

- Trauma Informed
- Medically Accurate
- Evidence Based
- Age Appropriate
- Culturally Sensitive



Check Us Out Online:
realoptions.net/education

Or Email Us:
education@realoptions.net

RealOptions

OBRIA MEDICAL CLINICS

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Optimal Health Education



real talk

A program
of RealOptions

RealOptions presenting REAL Essentials

Modeled after the Public Health Model of Primary Prevention, REAL Essentials teaches foundational principles of INTRINSIC MOTIVATION and INTERNAL DIRECTION.

There are over 50 customizable lessons geared towards 4th-12th grade, young adults, and parents. These provide age-appropriate, kinetic, and engaging learning experiences.

Students are equipped with a healthy life "tool kit"- immediately applicable in their daily lives.

RealOptions provides certified educators in the REAL Essentials Suite, free of charge with topics including:

Self-Care

Suicide Prevention

Confidence & Self Esteem

Social Media Literacy/Sexting

Intimacy- My Whole Self

Bullying & Violence

Drug & Alcohol Abuse

Peer Pressure & Boundary Setting

Understanding Other's Perspectives

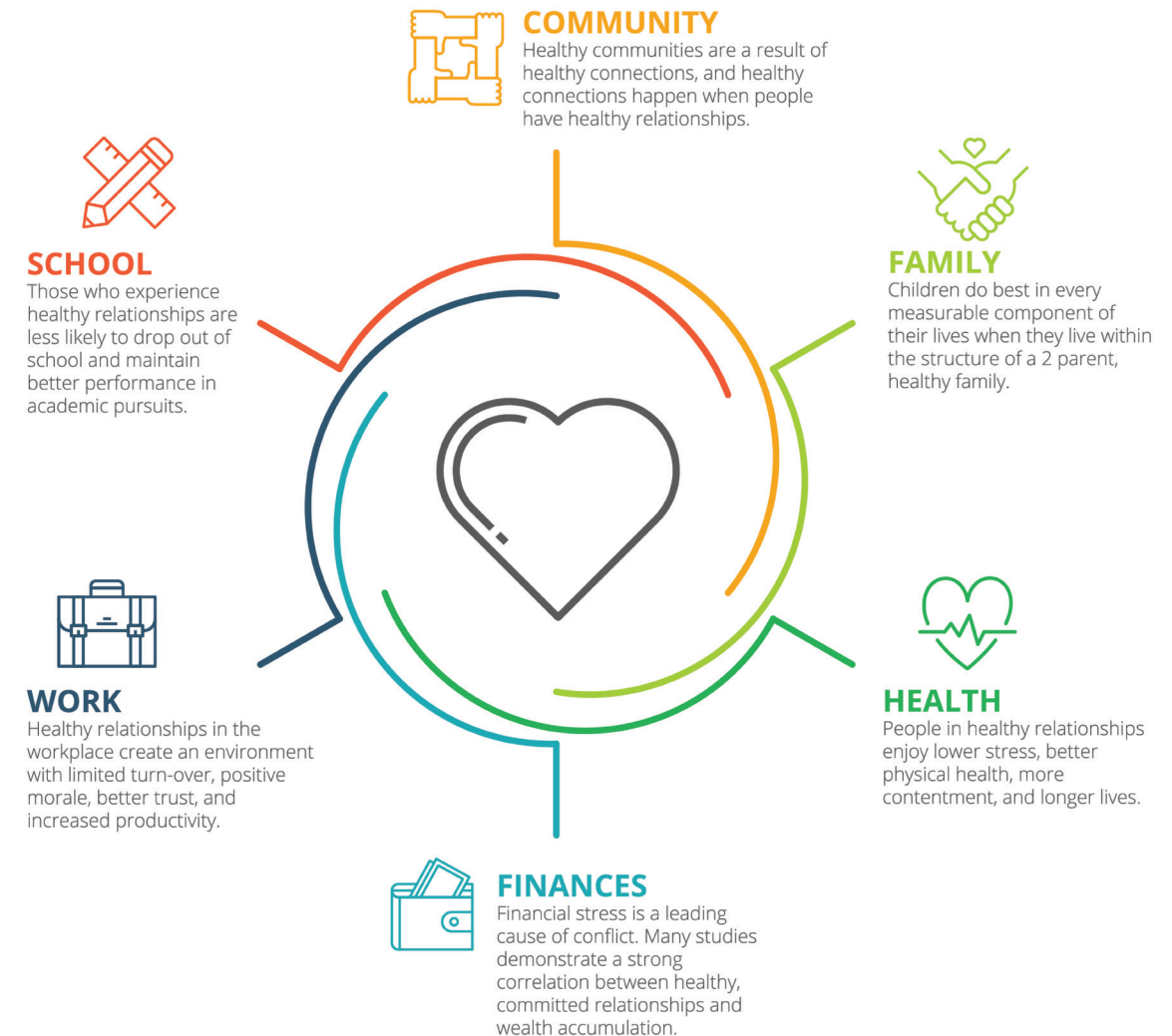
Dating Decisions

Navigating Conflict

Personal Strengths

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Healthy Relationships Are Essential for Life Success



“One of the key predictors of overall health in both children and adults is the quality and health of interpersonal and family relationships.”

- Center for Disease Control