

Optimal Health

Relationship Education

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RealTalk Program Goals

- **To help students learn and build relationship skills that:**
  - Enhance confidence
  - Lead to wise decisions
  - Align with their values
  - Help achieve academic and life goals
  - Inform social and emotional practices

Partnership with Alum Rock Union School District

- RealTalk has been teaching Relationship Education to 6th graders for the past seven years.
- In the 2025-26 school year 638 students participated in the program.
- Through the Title V grant, students receive 10 hours of instruction that includes practical and interactive programming.
- RealTalk facilitators work closely with classroom teachers and school staff.
- RealTalk is an opt-in program and families must give permission for their students to participate.

- ✔ Should I have questions or concerns, I may call 408-320-8575 or email Charmaine Williams listed above.

Please circle ◯ **"Yes"** or **"No" to the following statements**:

Yes/No My child can participate in the RealTalk program.

Yes/No My child can participate in the anonymous survey that may only ask for student initials and birth date (this can also be fictitious) to measure overall program outcomes.

Yes/No My child can participate in pictures that may be added to the school site's social media platform or RealTalk's social media.

Yes/No I would like to have access to the RealTalk newsletter for parents/guardians. My email is _____

By returning this form I do give my child (name) _____

permission to participate in the **RealTalk** Optimal Health program.

_____	_____	_____
Parent/Guardian Name	Signature	Date

About Our Curriculum

- **RealTalk utilizes The Center for Relationship Education curriculum called REAL Essentials:**
  - The University of Denver's Department of Psychology, informs the content of the REAL Essentials Program through their research faculty.
  - The curriculum is a Healthy Relationship Program that leverages positive youth development and operational skills to teach students how to build healthy relationships in all areas of their lives.
  - The curriculum is evidence-based, scientifically accurate, age appropriate, trauma-informed, and inclusive.
  - This specific curriculum makes the messaging engaging and focuses on a holistic approach to relational topics.
  - At Alum Rock Union School District the Starting Point Curriculum is used in 6th grade instruction.



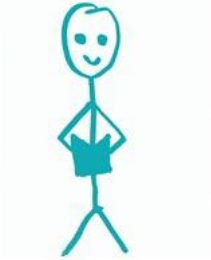
Physical



Financial



Intellectual



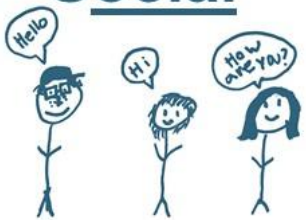


Spiritual

Emotional



Social



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Topics and Lessons

Holistic Health
- A Picture of Good Health
- Basic Needs of the Heart
- Human Needs

Characteristics and Personality
- How Do You Feel Loved?
- How Do I See Myself?
- Personality Profile

Real Friendships vs. Toxic Friendships
- Real Friendship
- Toxic Friends Defined (Characteristics)

Effective Communication
- Communicating Effectively
- Words Have Power

Wise Online Activity
- Media's Influence
- Internet & Texting

Personal Boundaries
- Where Are Your Boundaries?
- What Did You Say?/RU Safe?
- Drugs & Alcohol

Decision Making
- Paper Bag Hot Potato
- Feelings vs. Behavior Train
- Decision Making Model

Growth and Development
- Learning Social Skills
- Responding to Change

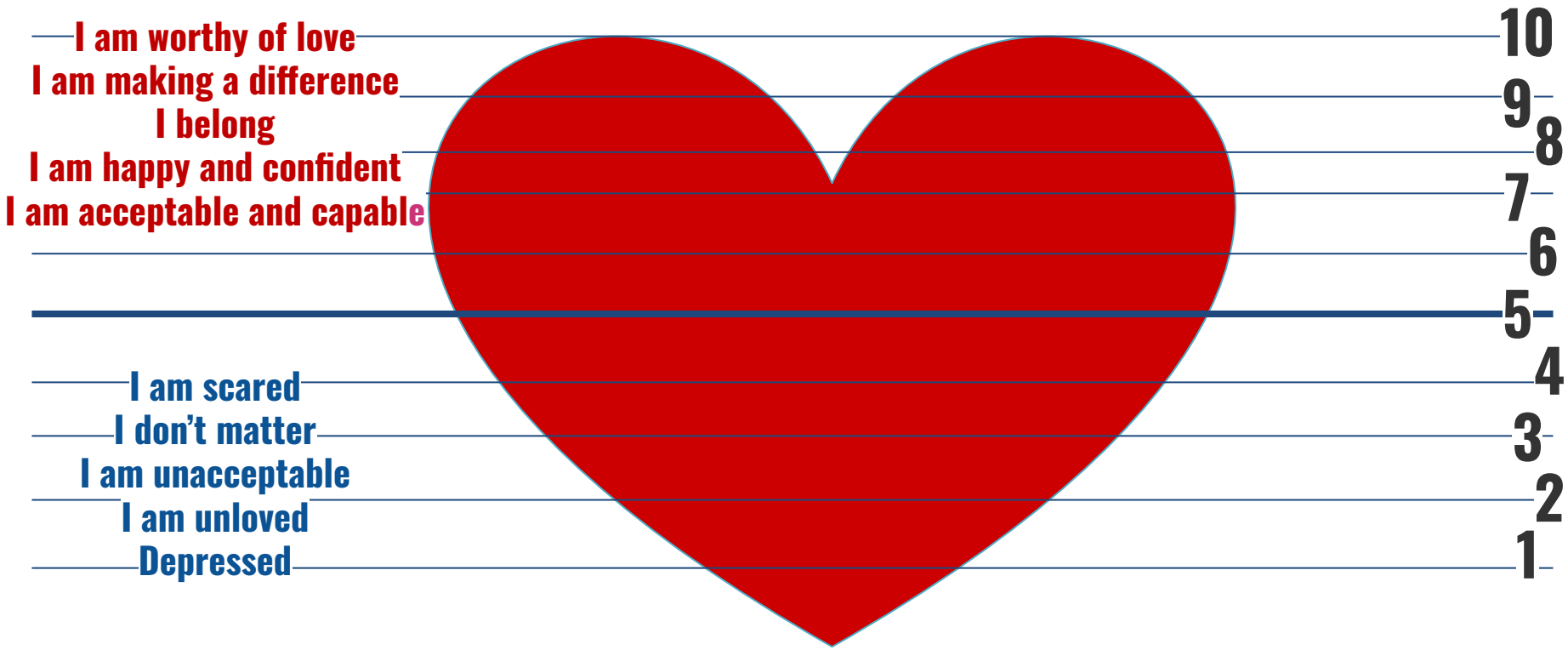
Goal Setting
- Order Up!
- Wheel of My Future

Basic Needs of the Heart



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Mark How Full Your Heart Is On A Scale From 1 to 10



FAQ

1. **Why is RealTalk taught at this age?**

   This is a key developmental stage in which we see students are discovering how to make decisions and navigate the world. RealTalk helps guide them by building strong foundations for healthy relationships and responsible decision-making.

2. **How does it benefit families?**

   RealTalk encourages open conversations at home and fosters empathy, respect, and healthy boundaries.

3. **Does RealTalk teach comprehensive sexual education?**

   RealTalk programming does **not** teach comprehensive sexual education at any level including sexual activity, abstinence, contraception, pregnancy or abortion. Middle school sex education as mandated by the California Healthy Youth Act occurs in 7th grade and is taught by another organization that partners with ARUSD.

RealTalk Feedback

From an Ocala student:

What I liked most about Optimal Health Education is...

" The way all of us could share our thoughts without being judged."

From a Sheppard student:

"The way they make sure everyone feels included."

From a Teacher:

What I liked most about Optimal Health Education is...

"It really promoted a lot of internal reflection, something I feel like educators don't really focus on because we focus more on the academic stuff."

From a Principal:

Share what you believed helped your students or a new idea taught that was impactful...

"Personality profiles/characteristics that were aligned/named for animals. It was an age appropriate frame for the students to grasp and contemplate the concept."

Other comments...

"The workshop was well received by students and that is largely due to the strengths of the facilitators..."

RealTalk Teaches Optimal Health Relationship Education to Help Students Learn Valuable Life Skills

RealTalk Program Summary:

- **A comprehensive framework** centered on breaking down theories and concepts into everyday practices students can easily implement.
- **Essential life skills training** on self-awareness, effective communication, decision-making and goal setting.
- **Awareness and ability** to recognize their own inherent value and rights.
- **Empowerment, dignity and self-respect** that students can extend to their family, peers and teachers, mentors, coaches, and others in their community - ***today and for the rest of their lives.***

Thank you!