

Family & Youth Initiatives

Real Life Choices

Are you searching for a program that encourages youth to make healthy, well-informed decisions regarding at-risk behaviors? If so, then Real Life Choices is for you.



What We Offer:

Real Life Choices (RLC) is an in-school education program that encourages youth to make healthy decisions by equipping them with tools to establish physical, emotional, mental, ethical, and social boundaries, setting them up for a sequence of success.

RLC Community Educators engage students through *I Decide For Me*, a sexual risk avoidance (SRA) curriculum that emphasizes the importance of establishing healthy relationships and boundaries. SRA education is presented with compelling, relevant, age-appropriate, medically accurate data and facts over a 6-week period.

Areas of Focus:

- Emphasizing every person is valuable, worth protecting, and worth respecting.
- Aiding in the development of self-respect, character, and integrity.
- Pointing students toward trusted adults for discussions and involvement.
- Using a comprehensive, holistic health model that uses facts, data, and real-life examples.
- The Success Sequence - Following specific incremental steps has been proven to reduce the likelihood of living in poverty.

Discussion Topics:

- The six critical health behaviors that are the #1 cause of death and disability in teens and adults.
- Whole Person Perspective - physical, mental, social, emotional, and ethical.
- Risks of sexual activity.
- Internet safety, including the dangers of pornography and sexting.
- Warning signs of teen dating violence.

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