

“BIG HOOP” INFORMATION

When you have a big hoop of information to draw from, instructors have the confidence and skills to address and adapt lessons to have cultural sensitivity, and meet the unique needs of each school and even each classroom's unique needs. Reality Check, Inc. provides training to build Instructor confidence, and competency in addressing the following topics:

- Understanding the Teen Brain and Brain Development
- Choosing sexual risk avoidance
- Reproductive Health
- Stopping generational cycles of Negative Risk behaviors.
- Dating Violence
- Sexual Abuse
- Consent
- Navigating Technology and Social Media
- State laws regarding age of consent and Sexting.
- Pressures and Boundary Setting
- Healthy Relationship development
- Understanding your Value and Potential
- Sexually Transmitted Diseases
- Finding your unique spark.

Reality Check, Inc. has a unique way of training instructors that doesn't just focus on how to teach a specific curriculum; it teaches instructors the science of “Why” behind the “what” you are teaching and “how” you are teaching. Everything that is taught and the way it is presented is to optimize your time with the students.

Schedule your training today:
Reality Check, Inc.
PO Box 479
Rogers, AR 72756
479-426-1519
www.realitycheckinc.org

Reality Check, Inc.

Now that you are SRA certified...



What's next?

www.realitycheckinc.org

Let Reality Check, Inc. help you learn how to take the concepts of Sexual Risk (SRA) Avoidance, or Primary Prevention Strategies and apply them effectively within your community and classrooms.

Many people are now talking about Sexual Risk Avoidance (SRA) and Primary Prevention, but few organizations have a true knowledge base of how to actually implement these concepts across a variety of curriculum with teens in an actual classroom setting.

Reality Check, Inc. has been providing Primary Prevention and SRA programs of proven effectiveness for 16 years. We have served over 100,000 teens with an average of 10 -14 hours of service each. Reality Check, Inc. has worked with public, private, alternative, and faith-based schools, colleges, and community organizations to provide programs that are sensitive and responsive to each community's unique culture and the needs of each location.

Reality Check, Inc. has documented their proven effectiveness not only through the ever growing number of schools requesting programming for their students but also through submitting our teaching techniques and programs for rigorous, scientific evaluation. Pre/Post testing and data analysis on Reality Check, Inc. programs were done through the Institute for Research and Evaluation from 2005-2010, and most recently, The Search Institute in 2018. "From pre-program to post-program, the survey revealed that students went from having only 2 of 8 categories that met an adequate level of assets to having adequate levels of assets in 5 of 8 categories. The categories in which students showed the highest level of asset growth were Empowerment, Positive Values, Social Competencies, and Positive Identity."-Search Institute Summary

Turning WHY into HOW

It is important to receive training in Risk Avoidance, Sexual Risk Avoidance or Primary Prevention concepts and gain an understanding of their impact to help youth navigate through their adolescent years, but if you are not trained to effectively implement those concepts, you will not experience the true success of seeing negative youth behaviors change. Knowing the "why" teens should choose to avoid all negative risk behaviors, including SRA, is important. Knowing "how" to effectively communicate that within the classroom is critical

Cutting Through the Clutter...

- How to choose the right curriculum for your students
- How to discern which curriculum are age appropriate and right for your particular school or community.
- Classroom Management
- How to effectively, and professionally discussing sensitive topics.
- How to present a Holistic program that addresses SRA from a whole child concept looking at the students':
 - Past history
 - Present Situation
 - Future Potential

Establish credibility and trust within your schools

Build Community Support

Build capacity & sustainability

