



This alignment document demonstrates how Realityworks' *RealCare Program: Life Skills and Healthy Choices for Middle School Students Curriculum* used with Realityworks' RealCare Baby® simulation meets the objectives of the National Standards for Family and Consumer Sciences Education as listed in this document.

The *Life Skills and Healthy Choices for Middle School Students Curriculum* is a standards-based program designed to be used with and enhance the educational value of the accompanying simulation. The curriculum contains a teacher guide with detailed lesson plans, slide presentations, and student materials. This curriculum was reviewed for alignment to the National Standards for Family and Consumer Sciences Education.

Area of Study 4.0 - Education and Early Childhood	
National Standards for Family and Consumer Sciences Education	Realityworks RealCare Program: Life Skills and Healthy Choices for Middle School Students Curriculum
4.1 Analyze career paths within early childhood education and related services.	N/A
4.2 Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.	N/A
4.3 Demonstrate integration of curriculum and instruction to meet developmental needs and interests of children, youth, and adults, considering gender, ethnicity, geographical, cultural, and global influences.	N/A
4.4 Demonstrate a safe and healthy learning environment for children, youth, and adults.	Lesson 1 Changes, Puberty, and Adolescence Lesson 2 The Human Reproductive System Lesson 4 Healthy Relationships Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
4.5 Demonstrate skills for building and maintaining positive collaborative relationships with children, youth, and adults in their family and community environments, considering gender, ethnicity, geographical, cultural, and global influence.	Lesson 1 Changes, Puberty, and Adolescence Lesson 2 The Human Reproductive System Lesson 4 Healthy Relationships Lesson 7 Sexual Harassment Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and

4.6 Demonstrate professional practices and standards related to working with children, youth, and adults, including diverse populations.	Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
Area of Study 12.0 - Human Development	
National Standards for Family and Consumer Sciences Education	Realityworks RealCare Program: Life Skills and Healthy Choices for Middle School Students Curriculum
12.1 Analyze principles of human growth and development across the life span.	Lesson 1 Changes, Puberty, and Adolescence Lesson 2 The Human Reproductive System Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 10 An Abstinent Lifestyle Rocks Lesson 11 Pregnancy and Birth Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
12.2 Analyze conditions that influence human growth and development.	Lesson 1 Changes, Puberty, and Adolescence Lesson 2 The Human Reproductive System Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 10 An Abstinent Lifestyle Rocks Lesson 11 Pregnancy and Birth Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
12.3 Analyze strategies that promote growth and development across the life span.	Lesson 1 Changes, Puberty, and Adolescence Lesson 2 The Human Reproductive System Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 10 An Abstinent Lifestyle Rocks Lesson 11 Pregnancy and Birth Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome

Area of Study 7.0 - Family and Human Services	
National Standards for Family and Consumer Sciences Education	Realityworks RealCare Program: Life Skills and Healthy Choices for Middle School Students Curriculum
7.1 Analyze career paths within family and human services.	Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
7.2 Analyze factors in providing family and human services.	Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
7.3 Demonstrate professional behaviors, skills, and knowledge in providing family and human services.	Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 12 RealCare Baby® Simulation Experience: Part 1 Lesson 13 RealCare Baby® Simulation Experience: Part 2 Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
7.4 Analyze the impact of conditions that could influence the well-being of individuals and families.	Lesson 1 Changes, Puberty, and Adolescence Lesson 2 The Human Reproductive System Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment Lesson 8 Sexually Transmitted Infections Lesson 11 Pregnancy and Birth Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
7.5 Evaluate services for individuals and families with a variety of conditions that could impact their well-being.	Lesson 4 Healthy Relationships Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 11 Pregnancy and Birth Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
Area of Study 13.0 - Interpersonal Relationships	
National Standards for Family and Consumer Sciences Education	Realityworks RealCare Program: Life Skills and Healthy Choices for Middle School Students Curriculum
13.1 Analyze functions and expectations of various types of relationships.	Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 6 Sexual Wellness and the Law Lesson 10 An Abstinent Lifestyle Rocks Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome

13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.	Lesson 1 Changes, Puberty, and Adolescence Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 7 Sexual Harassment Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 10 An Abstinent Lifestyle Rocks Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
13.3 Demonstrate communication skills that contribute to positive relationships.	Lesson 1 Changes, Puberty, and Adolescence Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 7 Sexual Harassment Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 10 An Abstinent Lifestyle Rocks Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome
13.4 Evaluate effective conflict prevention and management techniques.	Lesson 4 Healthy Relationships Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment
13.5 Demonstrate teamwork and leadership skills in the family, workplace, and community	Lesson 4 Healthy Relationships Lesson 7 Sexual Harassment
13.6 Demonstrate standards that guide behavior in interpersonal relationships	Lesson 1 Changes, Puberty, and Adolescence Lesson 4 Healthy Relationships Lesson 5 Where Could Relationships Go? Lesson 6 Sexual Wellness and the Law Lesson 7 Sexual Harassment Lesson 8 Sexually Transmitted Infections Lesson 9 Birth Control Lesson 10 An Abstinent Lifestyle Rocks Lesson 14 Handling Stress and Preventing Shaken Baby Syndrome