





Program Information Packet

Hello Teachers!

For over a decade, The RealEd program has been partnering with schools and organizations to provide high-energy, interactive presentations that give students a framework by which to build and maintain healthy relationships. Through the presentation students think through their own values and morals and challenge the unhealthy cultural perspectives that affect how they think. By laying a solid foundation of individual values, emotional awareness, and personal boundaries students are enabled to build healthy relationships that correspond to their specific priorities in life. This is not a “one-size fits all” approach to relationships, but rather foundational topics that apply to the vast array of relationships in which our students participate. Through this process valuable and insightful conversations are created as students grapple individually, in groups, and as a class with what truly makes a healthy relationship that lasts. Ideas are shared. Voices are heard. And Real Education occurs.

This year we are offering the presentation in three formats:

- **In-person:** Most interactive and preferred presentation. Will be adapted to specific organization policies.
- **Virtual:** Compatible with Zoom, Google Meet, and more. Adapted to the medium to preserve interactivity and impact.
- **Recorded:** Splits presentation into three 45-minute videos that can be showed at one's own pace. Activities included for engagement.

After reading through the packet, please do not hesitate to contact us with any questions or concerns you may have at chenry@amnion.org. We greatly appreciate your interest and want you to have all the information you need to make a decision about our relationship education program!

Sincerely,

The RealEd Team

Packet Contents



Program Overview

Our purpose and vision statement will give you insight about the RealEd program along with the presentation outline.

Impact and Testimonials

Details the statistical and personal responses to the RealEd presentation

Policies

This includes general information on our policies regarding etiquette, scheduling, and more.

FAQ

Answers common questions about the RealEd program.



RealEd Program Overview

Program Purpose Statement

To provide a framework that empowers young people to think through their own values and morals and make healthy decisions about life and their relationships.

Program Vision Statement

We envision a generation of young people who are able to self-reflect, process their emotions, and display self-control; which then enables them to make positive decisions towards forming and maintaining healthy relationships.

Outline of RealEd Presentation

Thinking Ahead (Feel-Think-Act)

If you want muscles you can't just wake up with muscles--you have to work out every day. The same concept applies to relationships. If you want a healthy relationship, you have to build the right muscles: self-control, maturity, and thinking before you act.

Decision Making / Foundation

The way we make decisions affects our life, our future, and our relationships. We must be intentional about building, or rebuilding, the foundation of our relationships and lives.

Intimacy

Intimacy develops as you get to know someone and build trust with them. We must determine how much we know those around us, so that we can build relationships on knowledge and trust.

Core Values

Our personal and shared values can drastically affect our relationships. We must recognize what we care about most in our relationships and lives, so that we can find someone who supports those values.

Emotions / Emotional Baggage

Relationships can cause us to feel a host of emotions, both positive and negative. The more intimate the relationship, the more intense the emotions. In the case of a break-up, we will need to work through our negative emotions, because we can carry them into future relationships.

Sex is Powerful

Sex has the ability to affect us mentally, physically, and emotionally. These affects can be powerful in both a positive and negative way, and should cause us to think critically about the place of sex in our relationships.

Boundaries

Boundaries provide a framework for what we want out of life. They are meant to protect our relationships, not to hinder them. If we do not set them ourselves, they can be set on us.

Personal Stories

Everyone has a story. We all have different backgrounds and experiences, but the common theme among all the stories told is value and worth. The purpose of telling our stories is not to suggest that we're perfect and every student should have our particular story, but rather to communicate that a person's worth does not come from their body or their sexual resume



Impact and Testimonials

We evaluate our program every year through surveys and evaluations to make sure that the information is inspiring, impactful and relevant.

Last year, 2019-2020, students said the program was:

Inspiring with over 64% of students saying the presentation inspired them to change their approach to current and future relationships.

Impactful with over 74% of students saying the presentation helped them think through their own values in life and relationships.

Relevant with 81% of students saying the presentation was relevant to their lives.

Finally, students found that the most helpful parts of the presentation were the activities that helped them clarify their personal values and the presenter's personal stories.

Teachers and Leaders agreed across the board that the presentation **increases student's self-reflection skills, encourages them to identify their own personal values, and teaches them how to think and plan ahead.** (Read some of our student and teacher's comments below)

"The program gives students a whole different perspective compared to the bombardment of messages they receive from a variety of media sources."

9th Grade Health Teacher
Perkiomen Valley HS

"Students were given the opportunity to reflect on their moral compass and how this impacts their decision making process."

Department Head
Perkiomen Valley HS

"They get into the values activity and think critically about relationships in a way that they are not used to doing."

11th Grade Health Teacher
Upper Darby HS

"It's what every teen needs to hear."

Female, 16, Upper Merion HS

"They genuinely made me reflect about the relationships in my life and whether they were healthy or not."

Female, 17, Upper Darby HS

"Hearing both of your stories got me to rethink pursuing a relationship and rather taking time on myself to deliberate on it first."

Male, 17, Upper Darby HS

"very helpful and relevant, made me open my eyes to good and bad relationships, helped me decipher what I want in a relationship"

Female, 15, Perkiomen Valley HS

"The story's really helped me to rethink things. They inspired me to be cautious in the future."

Female, 14, Perkiomen Valley HS

"I had just ended a relationship & had been dealing with heavy emotional baggage & depression, and the presentation allowed me to enter a healing time in my life."

Male, 16, Upper Darby HS



Policies

Arrival

We will arrive at least 15 minutes before the presentation time to get things set-up and make sure that we are on the same page for the night.

Scheduling

To schedule or adjust speaking engagements please email the RealEd Coordinator at chenry@amnion.org . Please email the RealEd Coordinator the nightly schedule *at least one week* prior to the scheduled speaking engagement so we can plan accordingly.

Presentation

Each presentation will have 1-2 speakers. We ask that a leader be present with us at all times to help manage the room and to maintain integrity, respect and appropriateness. We also ask leaders to help encourage conversations during the class period.

Students

Often students will approach us to offer feedback on the presentation. The conversations are usually personal in nature. It is our policy that *any* information shared by a student that is questionable to their overall emotional or physical health is reported to the group leader before we leave.

Cost for Services

All services from RealEd (Amnion) are free of charge. However, if you would like to make a donation to Amnion, we would graciously accept it.

Respect

We promote independent thinking and therefore will not disrespect the thoughts, opinions, and decisions of students, nor teachers, even if they differ from ours. We will respect all regardless of age, sex, race, sexual orientation, etc. We believe that youth are competent young adults who are able to make healthy decisions with the right tools.

Cancellation

If for any reason we need to cancel, we reserve the right to cancel the speaking engagement. We will do all we can to accommodate the presentation request and we will try our best to re-schedule the presentation.



Frequently Asked Questions

How does Amnion charge for the RealEd presentation? What funding does RealEd receive from the State/Federal government?

All of Amnion's services, including RealEd, are provided at no charge, offered as a free service to the community.

We receive no funding from the State or Federal Government.

Who is part of the RealEd team?

The RealEd team is a group of diverse and talented young adults. Research has shown that there is a high demand from teens to hear about such topics from people who are close to their age because it makes them feel more understood about the pressures that come to their age group. The RealEd team brings diversity and relevancy to the classroom in order to effectively communicate information regarding healthy relationships.

How are sensitive topics about sexual activity handled in the presentation?

One of the most significant concepts presented in RealEd is that we all have value and that value is not based on your relational status. Presenters are trained to sensitively focus on the intrinsic value of each individual and never shame or place blame on anyone for their past. Rather, we discuss the opportunity to set new personal goals and boundaries despite past experiences and based upon careful self-reflection.

How long is the RealEd Program?

The RealEd Program is adaptable to your group's time slot. We have up to three hours of content that can split over multiple days as needed. Let us know what your specific time needs are, and we will adjust according to your needs.

What about the LGBTQ community? Is your presentation inclusive of all people?

The RealEd presentation is focused on relationship education, and can be related to all people and all relationships. Everyone can benefit from lessons about the components of healthy relationships, goal-setting, thinking before acting, understanding emotions and emotional baggage, etc. RealEd does not discuss gender issues, but the presentation can be applied to all relationships.