



The education & prevention arm of RealOptions presents:

RealTalk - a multimedia interactive presentation that engages students in dynamic discussions and models healthy lifestyle choices. The REAL in RealTalk is an acronym for:

Respect
Education
Awareness
Life Skills

Our educators teach **Self-Respect** as the foundation for risk avoidance. We cover sex education basics like:

- HIV & STD prevention
- Birth control
- Conception & pregnancy

We create **Awareness** by discussing the emotional risks of sexual relationships like:

- Rejection
- Stress
- Anxiety
- Depression
- Suicidal thoughts

We equip students with **Life Skills** that help them exercise Self-Respect and choose healthy relationships to protect them from:

- Sexting
- Bullying
- Rape & sexual abuse
- Trafficking
- Drugs & drinking

And finally, we connect them to free, confidential community resources that are there for them, no matter what.