

## Protective Factors Correlation

YOUTH PROTECTIVE FACTORS	Love Notes 3.0 SRA Content
<ul style="list-style-type: none"> <li>Positive connections to supportive adults</li> </ul>	<p><b>Lessons 1-13</b> - Trusted Adult Connection Activities include:</p> <p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"> <li>Identify a Trusted Adult</li> </ul> <p><b>Lesson 2 - Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>COLORS or Baggage</li> </ul> <p><b>Lesson 3 - My expectations—My Future</b></p> <ul style="list-style-type: none"> <li>Expectations</li> </ul> <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"> <li>Infatuation—Love</li> </ul> <p><b>Lesson 5 - Principles of Smart Relationships</b></p> <ul style="list-style-type: none"> <li>Seven Principles of Smart Relationships</li> </ul> <p><b>Lesson 6 - Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"> <li>Breakup Handouts</li> <li>Healthy and Unhealthy Relationships</li> </ul> <p><b>Lesson 7 - Dangerous Love</b></p> <ul style="list-style-type: none"> <li>Worried About a Friend?</li> </ul> <p><b>Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships</b></p> <ul style="list-style-type: none"> <li>Sliding vs. Deciding &amp; Ways of Knowing</li> </ul> <p><b>Lesson 9 - What's Communication Got to Do with It?</b></p> <ul style="list-style-type: none"> <li>Time Outs and Speaker Listener Practice</li> </ul> <p><b>Lesson 10 - Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"> <li>Communication Patterns: What to Take, What to Change</li> </ul> <p><b>Lesson 11 - Let's Talk about Sex</b></p> <ul style="list-style-type: none"> <li>Intimacy &amp; Sexual Decisions</li> </ul> <p><b>Lesson 12 - Pregnancy, STIs and HIV</b></p> <ul style="list-style-type: none"> <li>STDs and HIV Fact Sheet</li> </ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>Lily's Letter &amp; the Success Sequence</li> </ul>
<ul style="list-style-type: none"> <li><b>Youth engagement and opportunities for active, meaningful involvement</b></li> <li>Healthy relationships</li> </ul>	<p><b>Lessons 1-13;</b> Each lesson is designed to engage youth with questions, activities, and processing of information through discussion, workbook, group work, role plays, art, sculpture, music, spoken word, and reflection.</p> <p>Love Notes is a comprehensive relationship skills curriculum. It has been carefully designed to help young people create relationship agency by building healthy relationships and avoiding unhealthy ones.</p>

Below is the Love Notes Table of Contents:

Lesson 1– **Relationships Today**

Lesson 2 - **Knowing Yourself**

Lesson 3 – **My Expectations—My Future**

Lesson 4 - **Attractions and Starting Relationship**

Lesson 5 - **Principles of Smart Relationships**

Lesson 6 - **Is it a Healthy Relationship?**

Lesson 7 - **Dangerous Love**

Lesson 8 - **Decide, Don't Slide! The Low-Risk Approach to Relationships**

Lesson 9 - **What's Communication Got to Do With It?**

Lesson 10 - **Communication Challenges and More Skills**

Lesson 11 - **Let's Talk about Sex**

Lesson 12 - **Pregnancy, STIs and HIV**

Lesson 13 - **Through the Eyes of a Child**

- Self-regulation and self-control

**Lesson 1 - Relationships Today**

- 1.3 - Choosing Reds or Greens?

**Lesson 4 - Attractions and Starting Relationships**

- 4.2 - The Chemistry of Attraction

**Lesson 5 - Principles of a Smart Relationship**

- 5.3 - Seven Questions to Ask

**Lesson 7 - Dangerous Love**

- 7.5 - Draw the Line of Respect

**Lesson 8 - Decide, Don't Slide! The Low Risk Approach to Relationships**

- 8.3 - The Low-Risk Deciding Approach

- 8.5 - Making Decisions

**Lesson 9 - What's Communication Got to Do With It?**

- 9.2 - Angry Brains and The Power of Time Outs

- 9.3 - The Speaker Listener Technique—When Talking Is Difficult

**Lesson 10 - Communication Challenges and More**

- 10.2 - Complain and Raise Issues Effectively

- 10.3 - Hidden Issues: What Pushes Your Button?

- 10.4 - A Problem-Solving Model

**Lesson 11 - Let's Talk about Sex**

- 11.3 - Understanding Sexual Regrets

- 11.4 - Are We on the Same Page?

- 11.5 - Risky Situations for Sex

- 11.6 - Set Your Personal Line

- 11.7 - The Success Sequence

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.1 - Test Your Knowledge About Sex, Pregnancy, and STIs/HIV

- 12.5 - My Personal Plan

**Lesson 13 - Through the Eyes of a Child**

<ul style="list-style-type: none"><li>• Planning and decision-making</li></ul>	<ul style="list-style-type: none"><li>• 13.4 - Child Speak: Brighter Futures</li><li>• 13.8 - Breaking Up</li></ul> <p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"><li>• 1.1 - Relationships Today</li></ul> <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"><li>• 4.2 - The Chemistry of Attraction</li></ul> <p><b>Lesson 8 - Decide, Don't Slide</b></p> <ul style="list-style-type: none"><li>• 8.3 - The Low-Risk Deciding Approach</li><li>• 8.5 - Making Decisions</li></ul> <p><b>Lesson 10 - Communication Challenges and More</b></p> <ul style="list-style-type: none"><li>• 10.2 - Complain and Raise Issues Effectively</li><li>• 10.3 - Hidden Issues: What Pushes Your Button?</li><li>• 10.4 - A Problem-Solving Model</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"><li>• 11.4 - Are We on the Same Page?</li><li>• 11.5 - Set Your Personal Line</li></ul> <p><b>Lesson 12 - Pregnancy, STIs and HIV</b></p> <ul style="list-style-type: none"><li>• 12.2 - STIs and HIV Are for Real</li><li>• 12.5 - My Person Plan</li></ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"><li>• 13.5 - Planning for Success</li></ul>
<ul style="list-style-type: none"><li>• Healthy lifestyle</li></ul>	<p><i>Love Notes</i> takes a holistic approach to a <b>Healthy lifestyle</b> by integrating a positive view on self, choices, safety, decisions, and life plans now and in the future.</p>
<ul style="list-style-type: none"><li>• Sense of purpose and positive view of personal future</li></ul>	<p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"><li>• 1.2 - Defining a Vision</li><li>• 1.3 - Choosing Reds or Greens?</li></ul> <p><b>Lesson 2 - Know Yourself</b></p> <ul style="list-style-type: none"><li>• 2.2 - Understanding My Personality Style</li></ul> <p><b>Lesson 3 - My Expectations--My Future</b></p> <ul style="list-style-type: none"><li>• 3.2 - The Power of Expectations</li></ul> <p><b>Lesson 5 - Principles of Smart Relationships</b></p> <ul style="list-style-type: none"><li>• 5.3 - Seven Questions to Ask</li></ul> <p><b>Lesson 7 - Dangerous Love</b></p> <ul style="list-style-type: none"><li>• 7.5 - Draw the Line of Respect</li></ul> <p><b>Lesson 8 - Decide, Don't Slide</b></p> <ul style="list-style-type: none"><li>• 8.3 - The Low-Risk Deciding Approach</li><li>• 8.5 - Making Decisions</li></ul> <p><b>Lesson 9 - What's Communication Got to Do With It?</b></p> <ul style="list-style-type: none"><li>• 9.2 - Angry Brains and the Power of Time Outs</li><li>• 9.3 - The Speaker Listener Technique—When Talking is Difficult</li></ul> <p><b>Lesson 10 - Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"><li>• 10.2 - Complain and Raise Issues Effectively</li><li>• 10.3 - Hidden Issues: What Pushes Your Button?</li><li>• 10.4 - A Problem-Solving Model</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p>

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- Lesson 12 - Pregnancy, STDs and HIV**
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- 13.5 - Planning for Success
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<b>FAMILY/CAREGIVER PROTECTIVE FACTORS</b>	<b>Love Notes PLUS SRA Content</b>
<ul style="list-style-type: none"> <li>• Positive connections and communication with family and caregivers</li> </ul>	<p><b>Lessons 1-13</b> - Trusted Adult Connection Activities Every lesson includes a Trusted Adult Connection activity designed to improve connections and positive connections with family and other caregivers.</p>
<ul style="list-style-type: none"> <li>• Parental involvement/Parental engagement</li> </ul>	<p><b>Lessons 1-13</b> - Trusted Adult Connection Activities</p>
<ul style="list-style-type: none"> <li>• Parental monitoring and boundaries</li> </ul>	<p><b>Lessons 1-13</b> - Trusted Adult Connection Activities</p>
<ul style="list-style-type: none"> <li>• Low family conflict</li> </ul>	<p>NA</p>
<ul style="list-style-type: none"> <li>• Family beliefs and attitudes supportive of healthy behaviors</li> </ul>	<p>NA</p>
<ul style="list-style-type: none"> <li>• Models positive and responsible behavior</li> </ul>	<p><b>Lessons 1-13</b> - Trusted Adult Connection Activities</p>
<ul style="list-style-type: none"> <li>• High expectations</li> </ul>	<p>NA</p>
<b>SYSTEMS-LEVEL PROTECTIVE FACTORS</b>	<b>Love Notes SRA Content</b>
<ul style="list-style-type: none"> <li>• Positive connections to schools, neighborhoods, organizations, and Systems-Level communities</li> </ul>	<p>Evidence has shown that when young people learn the relationship skills in Love Notes, they utilize these skills to build positive connections in other relationships including with their teachers, peers, and parents. Research on Relationship Smarts PLUS (the precursor to Love Notes) shows that violence, particularly verbal aggression significantly diminishes when this content is taught.</p>
<ul style="list-style-type: none"> <li>• Safe and secure places to live, learn, and play</li> </ul>	<p>NA</p>
<ul style="list-style-type: none"> <li>• Environment supportive of healthy behaviors</li> </ul>	<p>NA</p>
<ul style="list-style-type: none"> <li>• Coordinated, adolescent and family-centered</li> </ul>	<p>NA</p>

services

- Supportive community norms with clear boundaries and consequences

When entire agency staffs are trained in Love Notes, the norms, vocabulary, and skills the program teaches becomes infused in the organization creating clear boundaries and expectations for youth.