

Love Notes

Skills for
Love, Life, and Work

Sexual Risk Avoidance (SRA) Adaptation

INSTRUCTOR'S MANUAL

Marline E. Pearson, M.A.

Love Notes

Instructor's Manual

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Introduction

This adaptation of *Love Notes* builds skills and knowledge for healthy and successful relationships for romance, friends, family, school, and work. *Love Notes* is an innovative and strengths-based approach within a positive youth-development framework that teaches youth about forming and maintaining healthy relationships. This unique approach also empowers them to make healthy sexual choices that will boost sexual delay and sexual risk avoidance. It is developed especially for teens and young adults at risk for unstable and poor quality relationships, risky sexual behaviors, unplanned pregnancies, and for those who are pregnant or already parenting. That said, much of the content of *Love Notes* is relevant to any young person.

Love Notes builds assets and strengthens protective factors. It appeals to young people's aspirations, rather than merely emphasizing what they must avoid. *Love Notes* engages young people in learning more about themselves and supports them in cultivating a vision for their future. *Love Notes* empowers youth with the skills needed to further their own personal development, to form and maintain healthy relationships, to make wise sexual decisions, and build their skill capacity to follow through with their intentions. It encourages them to set goals and to work towards success with education and employment. These skills help youth reap the benefits associated with self-regulation.

All youth, regardless of sexual orientation, have attractions, emotions and desires for healthy relationships. All youth benefit from sexual delay and sexual risk avoidance. All youth need skills and knowledge to navigate their relationships and make wise sexual choices. This is an LGBTQ-inclusive curriculum.

Building Models and Confidence for Healthy Relationships

Many young people today lack models of healthy relationships. A recent *Child Trends* survey of disadvantaged youth reported that while respondents could list general qualities for healthy relationships, when asked if they saw many around them, they said, "No." More sadly, they said they had little confidence they would be able to achieve a healthy relationship, despite their aspirations to develop one.¹

Love Notes offers young people—including young parents—knowledge of what a healthy relationship is and isn't, as well as skills for handling the early chemistry of attraction and choosing partners wisely. Young people learn the building blocks of healthy relationships and are encouraged to identify relationship qualities important for good foundations. They are provided several frameworks to help them assess relationships (past or present) and to make important relationship decisions. They learn the red flags of unhealthy and dangerous relationships and ways to exit those relationships safely. They identify what needs to change or improve for a relationship to continue. They learn how to handle break-ups and then move forward.

Improving Communication Skills

This program includes a powerful set of evidence-based skills to improve communication, negotiation, and the handling of conflict. These skills are adapted from PREP, the *Prevention and Relationship Enhancement Program*. Youth practice new ways to handle anger and regulate strong emotions. They learn a technique for how to talk through difficult or sensitive issues. They learn how to more effectively raise issues and complaints, recognize hidden issues, and solve problems within their relationships. The communication skills are central to self-regulation.

Dating Violence Prevention

Building robust knowledge and skills for healthy relationships provides a positive and proactive way to prevent dating violence. It is difficult to steer clear of or exit a destructive relationship if young people have only experienced and seen unhealthy relationships and they have no clue how to build a healthy relationship. This problem is compounded if they have little insight into themselves and their unaddressed issues. The vision building, skills, guides, and frameworks in *Love Notes* help raise young people's confidence that they can develop healthy selves and healthy relationships. *Love Notes* contains activities to identify early warning signs of dating violence and sexual coercion, along with how to set boundaries and apply them at the first sign of disrespect. It also raises awareness of how children are harmed by turbulent and destructive parental and partner relationships. They learn about consent.

Sex—It’s More than Bodies, Risks, and Protection

Love Notes contains an important missing piece in sexual decision-making and STI/ pregnancy prevention by addressing relationship issues. After all, sex *is* a relationship issue. For example, can young people make wise sexual choices if they:

- Have never clarified what’s important to them?
- Know little about how to distinguish between healthy and unhealthy and /or abusive relationships?
- Lack communication and negotiation skills?
- Have never defined a context and timing for sex that is optimal for achieving their goals and is personally meaningful?

Youth are rarely asked to think about sex beyond the usual health paradigm of bio-reproduction, disease, and risk avoidance. If young people have never considered what deepening levels of physical intimacy mean to them and the optimal context to achieve that meaning, then how are they to make wise sexual decisions and stick to their choices? Sex is not just about bodies, risks, and protection. It’s about knowing one’s self and one’s values and possessing the skills to navigate this terrain. It is ultimately about the heart and aspirations.

Love Notes adds a needed heart-based approach to sexuality and provides unique ways to tap motivation. Sexual decision-making is embedded within a rich exploration of intimacy and the development of healthy relationships. The decision-making frameworks in *Love Notes* help youth clarify sexual values and set boundaries and clear intentions about sex and relationships. They outline a plan to stay true to those intentions and practice, through role-plays, how to do so. They deepen their awareness of how and why alcohol and drugs increase risky behaviors and include that in their sexual risk avoidance plans. This adaptation of *Love Notes* does not normalize teen sexual activity but encourages sexual delay and risk avoidance through stories, film, music, and the voices of young adults. Activities guide youth in cultivating a positive North Star for their love lives rather than merely follow the scripts of the popular and media culture. They learn the benefits of sexual delay and risk avoidance and self-regulation in achieving their personal and life goals.

Medically accurate information on pregnancy, STDs and HIV, and family planning are presented in a context that does not normalize teen sexual activity.

A New Message on Pregnancy Prevention and the *Success Sequence*

Many of our pregnancy prevention messages focus on a young person's self-interest in how a pregnancy would negatively affect him or her. *Love Notes* takes a different track. It encourages young people to step outside themselves and look more deeply at the consequences of unplanned pregnancy on children. By placing the child at center stage in the activities, participants see through the eyes of the child the consequences of sliding into sex and an unplanned pregnancy and the relationship turbulence that often accompanies it. Examining how an unplanned pregnancy can disadvantage a child may tap a more powerful and positive source of motivation to more consciously plan to delay sex until adulthood and marriage.

In this context, the value of sexual delay and following the *Success Sequence* is reinforced. Teens learn that this sequence can greatly reduce one's risk of poverty while also helping them reach their life goals. Youth learn that doing some of life's big things in a particular sequence really does matter—finish your schooling, obtain employment, and be married before starting a family.

In terms of positive youth development, one's love life is never neutral; it's one of the central developmental tasks on the path to adulthood. A troubled love life, especially linked with risky sexual behaviors and unplanned pregnancies, can derail everything. Helping young males and females (whatever their orientation) assess their relationships, choose partners wisely, acquire the skills and insights for forming and maintaining healthy relationships (and later, healthy marriages if they choose to marry) can help them be successful. Encouraging deliberate planning for sexual delay and sexual risk avoidance can reduce some formidable barriers in their personal lives as young people work toward their goals in education, employment, marriage, and family.

An Activity and Media-Based Approach

Love Notes is packed with lively activities that use real-life relationship scenarios written by diverse teens and young adults that are LGBTQ inclusive. It incorporates popular

music, music videos, film, stories, drawing, and sculpting. It appeals to males as much as females. It includes an engaging, interactive workbook where they can apply all the concepts to their own lives. Finally, there is a *Trusted Adult Connection* activity for each lesson to build a bond by communicating with a parent, caring adult, or mentor on these very important issues.

Love Notes is an adaptation of *Relationship Smarts PLUS* for older teens. *Relationship Smarts PLUS* (designed for younger teens) has been rigorously tested and is listed in the National Registry of Evidence-based Programs and Practices (NREPP), a service of the Substance Abuse and Mental Health Services Administration (SAMHSA). In a five-year study with over 8,000 diverse youth, it demonstrated significant improvements in relationship knowledge, decreases in destructive verbal and physical aggression, increases in reasoning strategies, and positive changes in beliefs about healthy relationships as compared to those in control groups.²

Love Notes is now listed as an evidence-based, pregnancy-prevention program with the Office of Adolescent Health. A rigorous five-year study showed adolescent participants were significantly less likely than youth in the control group to report ever having had sex. At 12 months it showed significantly less pregnancy when compared to control groups.³

Notes:

¹ Child Trends Research Brief (October 2009) *Telling It Like It Is: Teen Perspectives on Romantic Relationships*. childtrends.org

² For more information on the *Relationship Smarts Plus* study (principal investigator Dr. Jennifer Kerpelman, Auburn University) see DibbleInstitute.org/?page_id=2942

³ Barbee, A. P., Cunningham, M. R., van Zyl, M. A., Antle, B. F., & Langley, C. N. (2017). Impact of Two Adolescent Pregnancy Prevention Interventions on Risky Sexual Behavior: A Three-Arm Cluster Randomized Control Trial. *American Journal of Public Health*, 106(S1), S85-S90.

Instructor Tips

Each lesson of *Love Notes* is packed with activities and plenty of information to aid the instructor in delivering the lessons. It is designed and organized to be user friendly. Background information, preparation, materials list, step-by-step directions, as well as suggested scripts and talking points in italics are provided. All handout masters for lessons can be found at the end of each lesson. Activity cards on colored card stock are located and labeled with their lesson number at the back of the manual. We recommend that you cut and place the cards in a Ziploc bag or container.

An important feature of *Love Notes* is the use of images, music, film, and video clips, most of which are contained right inside the PowerPoint slides for each lesson. Although we have an array of diverse young people represented in the slides, the PowerPoint slides can also be customized with photos that better represent the population you serve. You may replace any image with a photo you own the copyright to. Several video clips used in the lessons will be directly embedded within the PowerPoint slides. There are also numerous music videos, songs, *YouTube* clips, and short TED Talks that are hyperlinked within the lesson's PowerPoint slides. Each PowerPoint slide contains key points in the note section below the slide to help keep you on track. Some facilitators have found printing off the slides in note form helpful for fidelity.

The PowerPoint slides and duplicate masters are accessed via a digital download page at DibbleInstitute.org/lnsra2. Easy-to-follow directions are found in the manual and on the web page, but a Dibble representative can guide anyone through the downloading process if needed. This download will also contain duplicate masters for activity cards and handouts. You will find viewing each lesson's PowerPoint presentation and previewing the embedded or linked media as you read through a lesson valuable in helping you prepare to deliver the lesson.

The *Video and Resource Guide* offers an overview of these resources and where they are used. Note that some of the music videos may contain explicit language, if clean versions could not be found, but all have been chosen because of their positive message and ability to inspire and speak to aspirations.

The *Love Notes Participant Workbook* is an essential component for increasing the effectiveness of this program. Workbooks are purchased in bulk order from The Dibble Institute. The workbook gives young people an opportunity to review, reflect, and apply what they have learned in each lesson to their own lives. The more they work these concepts into their own experiences, the more they can benefit from this curriculum. Each workbook application has been carefully designed to reinforce key concepts and skills. The final application in the workbook, *Success Planning*, is the capstone application. It helps them synthesize what they've learned and then integrate it into their own personal success plan. Let participants know this workbook is for them and you will not be reading their entries. You can assure accountability and privacy by holding periodic workbook checks. To check for completion, quickly page through their workbooks to ensure they have completed the exercises. A classroom teacher can offer credit and points for completion. A leader in a community-based program can offer prizes or incentives for completion. The workbook check can be done quickly—at one time or periodically. Some instructors have found it useful to keep the workbooks on site for the duration of the program to ensure participants have them for use in each session.

The *Primary Colors Personality Tool* is also an essential resource for Lesson 2. This four-page booklet is ordered in bulk from The Dibble Institute. In the pocket of the manual, you will find a sample *Love Notes Participant Workbook* and a *Primary Colors Personality Tool*.

The activities in *Love Notes* are varied. They include role-plays, drawing, sculpting, and games that are designed to teach and reinforce the concepts with real-life scenarios young people can relate to. The scenarios, poetry, and stories have all been written by diverse youth. The images in the PowerPoint slides, as well as language in the lessons and scenarios, are inclusive in terms of sexual orientation. Preview the scenarios in the activity cards. Select which to use according to what is best for your audience, cultural context, and institutional requirements or community standards. Feel free to tweak, add, or delete any scenarios or resources as needed. Consider having music playing as students enter the room, when they leave, and during some activities. Music engages emotions and creates a welcoming atmosphere for youth. It is an important medium for youth and it is a powerful way to connect with them. Also ask participants to bring in music that relates to the themes on hand on a regular basis.

Optional, but highly recommended, is the film *Antwone Fisher*, introduced at the end of Lesson 1. This film frames the entire program—it represents every concept in *Love Notes*. We recommend playing the opening scenes (8 minutes) at the end of the first session and then using one of the suggested options for participants to view the rest of the film. (Some instructors show the entire film before the start of the program.) Experience has taught how powerful a tool it is in hooking youth into the program and then being able to refer to it throughout. *Antwone Fisher* can be purchased or rented on internet sites, such as Amazon, for a few dollars. We have provided a guide in the appendix with detailed descriptions of scenes in *Antwone Fisher* that relate to themes in this program.

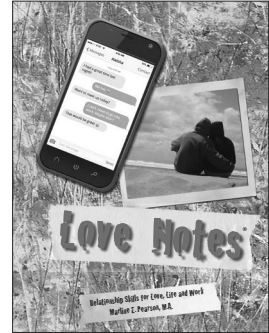
There is one short film, *Toothpaste*, used in Lesson 11. It can be found on *YouTube*. Produced by Scenarios USA, the script has been written by teens and produced by award-winning Hollywood filmmakers. Lesson 12 offers the option of using another Scenarios USA film, *Reflections* (found on *YouTube* or *Amazon*) or an alternative videoclip from *YouTube*, *Who Do You Know?* Activities have been designed around these films in the lessons.

We strongly encourage you to make full use of the *Trusted Adult Connection* activities that accompany each lesson. We believe the effectiveness of this program will be amplified if participants are able to discuss the information and skills they are being exposed to with a parent or trusted adult. The connection activities are meant not only to convey core content to the participants' trusted adult, but also to serve as conversation starters and extenders. They invite that adult to add their words of wisdom. In the first lesson, there are directions for helping participants identify an adult and for the instructor to know if help is needed in finding such a person.

We hope you'll find these lessons easy to use. We welcome your comments, questions, or suggestions for improvement. Please feel free to contact a Dibble Institute representative who can connect you with the author, either by phone at 800-695-7975 or email at relationships@DibbleInstitute.org.

Video and Resource Guide

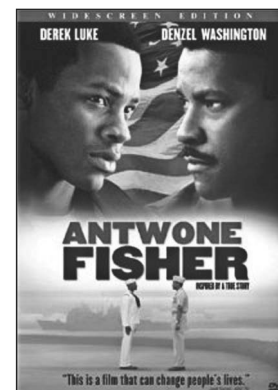
- TITLE:** Love Notes Participant Workbook
- LOCATION:** Available in bulk order from The Dibble Institute.
- NOTES:** The *Love Notes Participant Workbook* is an essential component for the effectiveness of this program. The workbook gives young people an opportunity to review, to reflect, and to apply what they have learned in session to their own lives. The more they work these concepts into their own experiences, the more they may benefit from this curriculum. Each workbook application has been carefully designed to reinforce key concepts and skills.



- TITLE:** Love Notes PowerPoint Slideshow
- LESSON:** Each lesson has a slideshow with key points in the notes section.
- LOCATION:** Available via digital download at DibbleInstitute.org/lnsra2.
- NOTES:** Aside from image-laden slides to help deliver the lesson, important video clips are embedded directly into the lesson's slideshow. In addition, a number of music videos, songs, YouTube clips and TED Talks are hyperlinked within a lesson's PowerPoint show. Contact a Dibble representative if you have any trouble accessing them.



- TITLE:** Antwone Fisher: Film
- LESSON 1:** Relationships Today
- LENGTH:** First 3 scenes—8 minutes for Lesson 1. Viewing options suggested for entire 120-minute film.
- LOCATION:** Purchase or rent from internet sites, such as Amazon.
- TOPIC:** Self-awareness, examining and healing past hurts, healthy relationship skills, intimacy and pacing, success sequence, anger regulation
- NOTES:** This is a hopeful portrayal of one young man's journey of healing from childhood trauma and who ultimately develops a healthy love relationship. The film engages participants from the start and provides a frame of reference for every concept addressed in *Love Notes*.



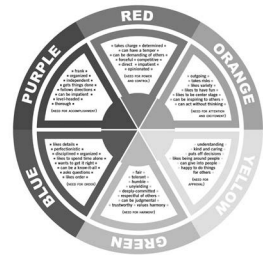
TITLE: **Primary Colors Personality Tool:** *Personality assessment*

LESSON 2: Knowing Yourself

LOCATION: Sample in pocket of manual. Bulk orders from The Dibble Institute.

TOPIC: Personality style, knowing yourself

NOTES: The *Primary Colors Personality Tool* is an essential component for Lesson 2. It is designed to help participants learn more about personality style and how it relates to relationship and personal growth challenges. Clear, simple, and fast, this tool is fun while building greater awareness of self and of how style impacts relationships.



TITLE: **No More Drama** by Mary J. Blige: *Music video*

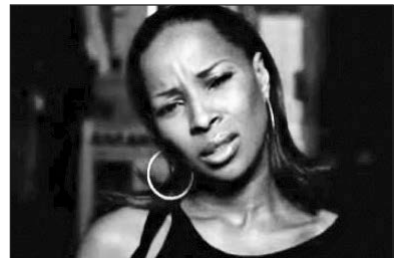
LESSON 2: Knowing Yourself

LOCATION: The music video is hyperlinked inside the PowerPoint slides for Lesson 2.

LENGTH: 4 minutes

TOPIC: Self-image, relationship decision-making, life decisions

NOTES: This music video is played after the activities on baggage: i.e., examining one's past and deciding what to change, what to strengthen or leave behind. The message of the song is positive in terms of, "I'm done. I'm done doing this any more, accepting this anymore." That message pertains to abusive relationships, to drugs, and to crime. It is visually explicit, but with a powerfully positive message of change. Other options to consider are *Not Afraid*, by Eminem, or *Starting Over*, by Mackelmore.



TITLE: **The Science of Love:** *YouTube clip*

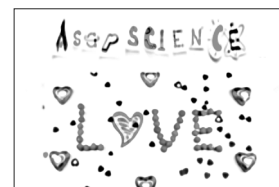
LESSON 4: Attractions and Starting Relationships

LOCATION: Hyperlinked to *YouTube* clip inside PowerPoint slides for Lesson 4.

LENGTH: 3 minutes

TOPIC: Romantic attractions, feelings and behaviors

NOTES: Engaging and colorful lecture doodle on the neurochemistry of romantic attraction produced by highly-acclaimed asapSCIENCE Productions.



TITLE: *Dating Violence* YouTube clips

LESSON 7: Dangerous Love

LOCATION: Hyperlinks to clips inside PowerPoint slides for Lesson 7.

LENGTH: Between 1:47 and 2:21 minutes

TOPIC: Teen dating violence

NOTES: Three, short *YouTube* clips: *Respect the Line* (1:47), *Know the Signs* (1:47), and *Teen Dating Violence* (2:21).



TITLE: *Tea and Consent*: YouTube clip

LESSON 7: Dangerous Love

LOCATION: Hyperlinked in the PowerPoint slides.

LENGTH: 3 minutes

TOPIC: Sexual assault and consent

NOTES: This short, animated clip focuses on consent.



TITLE: *Till It Happens to You* by Lady Gaga: *Music video*

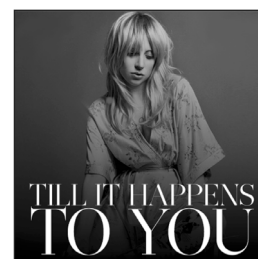
LESSON 7: Dangerous Love

LOCATION: Hyperlinked in the PowerPoint slides.

LENGTH: 5 minutes

TOPIC: Sexual assault, date rape

NOTES: Optional: This music video is graphic (offer trigger warnings). It emphasizes the importance of reaching out to parents and adults.



TITLE: *A Call To Men* by Tony Porter: *Short video*

LESSON 7: Dangerous Love


LOCATION: *YouTube* or [Ted.com](https://www.ted.com/talks/tony_porter_a_call_to_men); [Ted.com/talks/tony_porter_a_call_to_men](https://www.ted.com/talks/tony_porter_a_call_to_men)


LENGTH: 11 minutes


TOPIC: Boys to men, interpersonal violence

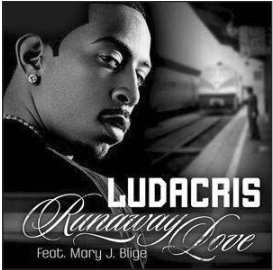
NOTES: Tony Porter talks about the kinds of messages that were drummed into him as he was growing up in the South Bronx. Porter's story gives us insights into how a guy could develop a mentality that would lead him to disrespect and abuse females, including sexual violence. He also tells how he broke out of that cycle.



TITLE:	Why Domestic Violence Victims Don't Leave	
LESSON 7:	Dangerous Love	
LOCATION:	Linked to TED Talks in the PowerPoint slides for Lesson 7.	
LENGTH:	15 minutes	
TOPIC:	Intimate partner violence	
NOTES:	Optional: A story of how one woman got drawn in by an abuser and how she got out.	

TITLE:	Because of You by Kelly Clarkson: <i>Music video</i>	
LESSON 7:	Dangerous Love	
LOCATION:	The music video is hyperlinked inside the PowerPoint slides for Lesson 7.	
LENGTH:	3 minutes	
TOPIC:	Interpersonal violence, its effect on children	
NOTES:	Lesson 7 ends with a music video to remind participants of the long-term effects of interpersonal violence and how it can become a cycle if it is not addressed. <i>Because of You</i> , by Kelly Clarkson, is a moving way to bring home the message about the impact on children and the importance of drawing the line of respect in all relationships. She was the winner of Season 1 of <i>American Idol</i> .	

TITLE:	DUI - Decisions Under the Influence: <i>Short video</i>	
LESSON 8:	Decide, Don't Slide!	
LOCATION:	Clip is embedded in Lesson 8 PowerPoint slideshow.	
LENGTH:	3.50 minutes	
TOPIC:	Sliding into living together	
NOTES:	This colorful and engaging lecture doodle shows how the love chemicals make it easy to slide and underscores the risks of sliding into living together while under the influence.	

TITLE:	Runaway Love by Ludacris, featuring Mary J. Blige: <i>Music video</i>	
LESSON 8:	Decide, Don't Slide!	
LOCATION:	Hyperlinked to <i>YouTube</i> in Lesson 8 PowerPoint slides.	
LENGTH:	5 minutes	
TOPIC:	Sliding vs. deciding and risks to children	
NOTES:	This powerful music video shows how children can be hurt when parents do not address serious problems, like substance abuse, and when they slide quickly into poor love choices with partners that are not safe for their child. It deals with relationship violence and child abuse.	

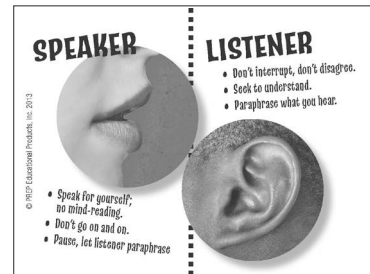
TITLE: **Communication:** *Video clips*

LESSONS 9, 10: What's Communication Got to Do With It? and Communication Challenges and More Skills

LOCATION: Four video clips are embedded in Lesson 11 & 12 PowerPoint slideshows.

LENGTH: Varies 1 to 10 minutes

TOPIC: Communication patterns and skills



NOTES: *Communicating Well* (3:33 minutes) is a clip on the patterns that block clear communication. *Anger & Stress* (3:34 minutes) shows what happens inside the brain when stressed and angry. The *Speaker Listener Technique* (10 minutes) uses cartoon characters and real couples to teach this technique. *Jimmy & Elizabeth Have Issues* (3 minutes) reveals some hidden issues underlying their fight.

TITLE: *S.E.X.* by Lyfe Jennings: *Music video*

LESSON 11: Let's Talk About Sex

LOCATION: Hyperlinked to *YouTube* in Lesson 9 PowerPoint slides.

LENGTH: 2:23 minutes

TOPIC: Sexual decision-making



NOTES: The music video is used to start Lesson 9. While showing pressures from a partner as well as the popular and peer culture, it has a positive message on thinking about sexual meaning and questioning whether two partners are on the same page. It encourages youth to define a context for sex that is in line with their values, protective of aspirations, and personally meaningful.

TITLE: *Toothpaste:* *Short film*

LESSON 11: Let's Talk About Sex

LOCATION: Available on *YouTube*.

LENGTH: 16 minutes

TOPIC: Healthy / unhealthy relationships, sexual decision-making, abstinence, and pregnancy



NOTES: Scenarios USA films are written by youth and produced by award-winning Hollywood filmmakers. Two best friends consider taking their relationships to the next level. Their relationships and the decisions they make are as different as the outcomes. Filmed in Mission, Texas.

TITLE: *Reflections: Short film*

LESSON 12: Pregnancy, STDs and HIV

LOCATION: Found for free on *YouTube* or a digital download can be purchased from Amazon.com.

LENGTH: 20 minutes

TOPIC: Sliding vs. deciding, healthy and unhealthy relationships, HIV, STD testing



NOTES: In another film from Scenarios USA, three best friends learn to take the risk of HIV / AIDS seriously as they navigate their relationships.

Alternatively, use *Who Do You Know?*, a *YouTube* clip hyperlinked in the PowerPoint. There is the full 20-minute version or a condensed, 11-minute version.

Also included in Lesson 10 is an animated TED-Ed clip (4:20 minutes) that visually reinforces information presented on conception and family planning. It's hyperlinked in the PowerPoint slide. Optional use.

TITLE: *You Never Know* by Immortal Technique: *Song*

LESSON 12: Pregnancy, STDs and HIV

LOCATION: Both the music video and the song on its own are hyperlinked inside the Lesson 10 slideshow.

LENGTH: 7 minutes.

TOPIC: Healthy relationship development, love, responsibility, HIV



NOTES: This is a moving ballad about a young man from the streets and his attraction to and respect for a young woman with character. Demonstrates healthy relationship development, a realistic concept of love, and a sense of responsibility and caring for those you love. Deals with HIV. Discussion prompts are included in the lesson. (If you cannot use *Reflections* from Scenarios USA, this may be a good alternative. **Note:** The lyrics in the song alone are very clear. We recommend playing the song, not the music video.)

TITLE: *Dance With My Father* by Luther Vandross: *Music video*

LESSON 13: Through the Eyes of a Child

LENGTH: 3 minutes

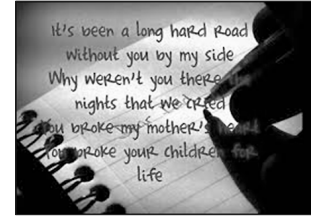
LOCATION: Hyperlinked to *YouTube* music video in PowerPoint slides.

TOPIC: Positive contributions of fathers

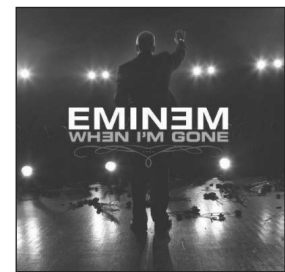
NOTES: A song dedicated to what his father meant to him.



- TITLE:** *Emotionless* by Good Charlotte: *Music video*
- LESSON 13:** Through the Eyes of a Child
- LOCATION:** Hyperlinked to *YouTube* song in PowerPoint slides.
- LENGTH:** 3:50 minutes
- TOPIC:** Father absence
- NOTES:** Poignant letter from a son about the pain, confusion and difficulties of his father's absence.



- TITLE:** *When I'm Gone* by Eminem: *Music video*
- LESSON 13:** Through the Eyes of a Child
- LOCATION:** Hyperlinked to *YouTube* music video in PowerPoint slides.
- LENGTH:** 6 minutes
- TOPIC:** Fathering and relationship instability
- NOTES:** This music video, written and performed by Eminem, is about his longing to be a good father and the barriers created by relationship instability with his daughter's mother.



- TITLE:** *Just the Two of Us* by Will Smith: *Music video*
- LESSON 13:** Through the Eyes of a Child
- LOCATION:** Hyperlinked to *YouTube* song in PowerPoint slides.
- LENGTH:** 4:30 minutes
- TOPIC:** Single fathers
- NOTES:** Beautiful song of a father's commitment to his child. Optional. Useful if your audience is pregnant and parenting youth.



- TITLE:** *Perfect*, duet by Ed Sheeran and Beyonce: *Song*
- LESSON 13:** Through the Eyes of a Child
- LOCATION:** Hyperlinked to *YouTube* song in PowerPoint slides.
- LENGTH:** 4 minutes
- TOPIC:** For wrapping up.



