

## Systematic Method for Assessing Risk Avoidance Tool (SMARTool) Checklist

### Love Notes SRA Adaptation

- 1 Enhances knowledge of physical development, sexual risks, and personal relationships

#### PHYSICAL DEVELOPMENT:

##### Lesson 4 - Attractions and Starting Relationships

- 4.2 - The Chemistry of Attraction

##### Lesson 11 - Let's Talk About Sex

- 11.4 - Are We on the Same Page?

#### SEXUAL RISKS:

##### Lesson 4 - Attractions and Starting Relationships

- 4.1 - Relationship Pyramid

##### Lesson 11 - Let's Talk About Sex

- 11.3 - Understanding Sexual Regrets

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

- 12.2 - STIs and HIV Are for Real

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

- 13.4 - Child Speak: Brighter Futures

#### PERSONAL RELATIONSHIPS:

##### Lesson 2 - Knowing Yourself

##### Lesson 4 - Attractions and Starting Relationships

- 4.1 - Relationship Pyramid

##### Lesson 5 - Principles of Smart Relationships

##### Lesson 6 - Is It a Healthy Relationship?

- 6.1 - How Can You Tell?

- 6.1 - Assessing Relationships

##### Lesson 11 - Let's Talk About Sex

- 11.2 - The Six Parts of Intimacy

- 11.2 - Chart A Relationship

- 2 Supports personal attitudes and beliefs that value sexual risk avoidance

##### Lesson 5 - Principles of Smart Relationships

- 5.4 - Three Sides of Love

##### Lesson 11 - Let's Talk About Sex

- 11.1 - Sex and Sliding

- 11.1 - Dominique's Decisions

- 11.7 - The Success Sequence

- 3 Acknowledges and address common rationalizations for sexual activity

##### Lesson 4 - Attractions and Starting Relationships

- 4.2 - The Chemistry of Attraction

<p>5 Builds personal competencies and self-efficacy to avoid sexual risk</p>	<p><b>Lesson 2 - Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>• 2.2 - Understanding My Personality Style</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 9 - What's Communication Got to Do With It?</b></p> <ul style="list-style-type: none"> <li>• 9.3 - The Speaker Listener Technique—When Talking is Difficult</li> </ul>
<p>6 Strengthens personal intention and commitment to avoid sexual activity</p>	<p><b>Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships</b></p> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.6 - Set Your Personal Line</li> </ul>
<p>7 Identifies and reduces the opportunities for sexual activity</p>	<p><b>Lesson 5 - Principles of Smart Relationships</b></p> <ul style="list-style-type: none"> <li>• 5.1 - Smart or Not-So Smart?</li> </ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.5 - Risky Situations for Sex</li> </ul>
<p>8 Strengthens future goals and opportunities</p>	<p><b>Lesson 1- Relationships Today</b></p> <ul style="list-style-type: none"> <li>• 1.2 - Defining a Vision</li> <li>• 1.2 - Vision Building</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>• 8.5 - Making Decisions</li> </ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.6 - Set Your Personal Line</li> <li>• 11.6 - Drawing My Line</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>
<p>9 Partners with parents</p>	<p><b>Lessons 1-13 - Trusted Adult Connection</b></p> <p>Each lesson includes a Trusted Adult Connection activity to help the young person start conversations and build connections with their parent or other trusted adult about the content of Love Notes.</p>

## *Love Notes SRA Adaptation*

### *materials are:*

<b><i>Medically accurate</i></b>	All medical information has been referenced to peer reviewed publications by educational, scientific, governmental, or health organizations.
<b><i>Age appropriate</i></b>	May be taught from ages 14 - 19 depending on the risk factors experienced by the population
<b><i>Culturally and linguistically appropriate</i></b>	Developed for high-needs urban and rural youth utilizing current youth culture
<b><i>Trauma informed</i></b>	Program meets participants where they are without shaming or blaming. Participants build agency to make healthy choices regardless of their background

## *Love Notes SRA Adaptation*

### *comports with the following public health protocols for addressing negative risk behaviors:*

<b><i>Weave goal of optimal health into every component</i></b>	Love Notes is a holistic approach to sexual risk avoidance and sexual risk reduction. It directly addresses the social and emotional sides of sex throughout the program so that young people understand and learn how to protect their hearts as well as their long-term aspirations.
<b><i>Clearly communicate risk</i></b>	<p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.3 - Understanding Sexual Regrets</li> <li>• 11.5 - Risky Situations for Sex</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> </ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>• 13.4 - Child Speak: Brighter Futures</li> </ul>
<b><i>Provide skills to avoid risk</i></b>	<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 7 - Dangerous Love</b></p> <ul style="list-style-type: none"> <li>• 7.1 - Early Warnings and Red Flags</li> </ul>
<b><i>Provide cessation support</i></b>	<p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.3 - Understanding Sexual Regrets</li> <li>• 11.6 - Set Your Personal Line</li> </ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>• 13.4 - Child Speak: Brighter Futures</li> <li>• 13.5 - Planning for Success</li> </ul>