

HECAT
Healthy Behavior Outcomes (HBO)

Love Notes SRA EBP
(ages 12-19)

<p><i>Establish and maintain healthy relationships.</i></p>	<p>Lesson 1: Relationships Today Lesson 2: Knowing Yourself – <u>Section 1: Good relationships Start with You</u> Lesson 3: My Expectations – My Future Lesson 4: Attractions and Starting Relationships 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 – <u>Section 2: Six Parts of Intimacy</u>; <u>Section 4: Are We on the Same Page?</u>; <u>Section 6: Set Your Personal Line</u> Lesson 13: Through the Eyes of a Child</p>
<p><i>Be sexually abstinent.</i></p>	<p>Lesson 11: Let's Talk About Sex Lesson 12: Pregnancy, STIs and HIV Lesson 13: Through the Eyes of a Child</p>
<p><i>Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.</i></p>	<p>Lesson 1: Relationships Today Lesson 3: My Expectations – My Future Lesson 8: Decide, Don't Slide! The Low-Risk Approach to Relationships Lesson 12: Pregnancy, STIs and HIV</p>
<p><i>Engage in behaviors that prevent or reduce unintended pregnancy.</i></p>	<p>Lesson 3: My Expectations – My Future Lesson 8: Decide, Don't Slide! The Low-Risk Approach to Relationships Lesson 11: Let's Talk About Sex Lesson 12: Pregnancy, STIs and HIV</p>
<p><i>Avoid pressuring others to engage in sexual behaviors.</i></p>	<p>Lesson 5: Principles of Smart Relationships Lesson 6: Is It a Healthy Relationship? Lesson 7: Dangerous Love Lesson 11: Let's Talk about Sex Lesson 12: Let's Plan for Choices</p>
<p><i>Support others to avoid or reduce sexual risk behaviors.</i></p>	<p>Lesson 5: Principles of Smart Relationships Lesson 8: Decide, Don't Slide! The Low-Risk Approach to Relationships Lesson 11: Let's Talk About Sex Lesson 12: Pregnancy, STIs and HIV Lesson 13: Through the Eyes of a Child</p>

<p><i>Treat all people with dignity and respect with regard to their gender identity and sexual orientation.</i></p>	<p>Lesson 4: Attractions and Starting Relationships 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 11: Let's Talk About Sex Lesson 12: Pregnancy, STIs and HIV</p>
<p><i>Use appropriate health services to promote sexual and reproductive health.</i></p>	<p>Lesson 7: Dangerous Love Lesson 12: Pregnancy, STIs and HIV</p>
<p><i>Give and receive consent in all situations.</i></p>	<p>Lesson 7: Dangerous Love Lesson 11: Let's Talk about Sex Lesson 12: Pregnancy, STIs and HIV</p>