

Love Notes is all about healthy relationships. And healthy relationships start with you. *Love Notes* offers ways to learn more about yourself and to identify what's important to you. Although much of the focus is on romantic relationships, *Love Notes* builds skills that are important for all kinds of relationships—with family, friends and at school or work. Importantly, the knowledge and skills in this program will help you make informed sexual decisions that are right for you.

This is your journal. It will give you the opportunity to practice new skills and apply what you are learning to choices in your own life, both now and in the future. Good luck on this journey, which is certain to increase your relationship smarts in your personal and work life!

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