Specific Interventions and Activities

Relationship Smarts Plus 5.0 EBP
Lesson Content:

Lesson 1: Who Am I and Where Am I Going?
Lesson 2: Maturity and What I Value
Lesson 3: Attractions and Infatuation
Lesson 4: Principles of Smart Relationships
Lesson 5: Is It a Healthy Relationship?
Lesson 6: Breaking Up and Dating Violence
Lesson 7: Decide, Don’t Slide! Pathways To Success
Lesson 8: Communication and Healthy Relationships
Lesson 9: Communication Challenges and More Skills
Lesson 10: Sexual Decision-Making
Lesson 11: Pregnancy, STIs and HIV
Lesson 12: Unintended Pregnancy Through the Eyes of a Child
Lesson 13: Teens, Technology and Social Media
All lessons: Trusted Adult-Teen Connection Activities

Individual Determinants
Shorter Term

A. Increased knowledge sexual and reproductive health issues including physical, social, and emotional perspectives.
B. Engagement in personal sexual values clarification.
C. Increased agency in intimate relationship skills to negotiate sexual activity along with condom and contraception use.
D. Increased self-regulation and motivation to avoid pregnancy and support healthy behaviors.
E. Increased interpersonal communication knowledge and skills.
F. Increased positive connections and communication between parents/trusted adults and youth about relationships and sex.
G. Learn about friendships, school situations and short-term relationships.

Behavior Changes
Longer Term

Program recipients are more likely to:
1. Avoid pregnancy and STI’s
2. Avoid behavioral & other risk factors underlying teen pregnancy
3. Demonstrate increased agency
4. Use condoms and contraception
5. Have fewer sexual partners.
6. Decrease sexual activity

Ultimate Goals

- Improve sexual and reproductive health outcomes
- Promote positive youth development
- Advance health equity and reduce disparities in unintended teen pregnancy and STIs with adolescents, their families, and communities
- Increase adults who respect the developing agency of adolescents