## Sexual Risk Avoidance Education Topics

### Love Notes 4.0 SRA

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<th>SRAE Topics</th>
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| **Life skill building to support future goals and well-being (Topic A)** | **Lesson 2: Knowing Yourself**  
  - 2.1 Good Relationships Start with You  
**Lesson 3: My Expectations–My Future**  
  - 3.1 What’s Important? | **Lesson 3: My Expectations–My Future**  
  - 3.2 Understanding My Personality Style  
  - 3.3 Examining Family of Origin |
| **Personal Responsibility.** Help youth recognize that their choices have short- and long-term consequences for themselves and others. | **Lesson 6: Is It a Healthy Relationship?**  
  - 6.1 Where Am I?  
  - 6.2 Making Decisions  
  - 6.3 Breaking Up | **Lesson 6: Is It a Healthy Relationship?**  
  - 6.3 Breaking Up  
**Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success**  
  - 8.1 The High Costs of Sliding  
  - 8.2 The Low-Risk Deciding Approach  
  - 8.3 Making Decisions  
  - 8.4 Pathways and Sequences Towards Success |
| **Self-worth.** Assure youth of their intrinsic worth, regardless of external traits or achievements. Build their feelings of self-respect by helping them reflect on what makes them unique, valuable, and worthy of setting high expectations for themselves. | **Lesson 11: Let’s Talk About Sex**  
  - 11.3 Am I Ready?  
  - 11.6 Are we on the Same Page?  
  - 11.7 Drawing Intimacy Lines and Pacing | **Lesson 11: Let’s Talk About Sex**  
  - 11.3 Am I Ready?  
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  - 11.7 Drawing Intimacy Lines and Pacing |
| **Goal setting and future planning.** Introduce how to set short-term and long-term goals and identify steps to achieving goals and planning for likely challenges. Goals encompass various facets of youth’s lives, including academic, career and relationships. | **Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success**  
  - 8.4 Pathways and Sequences Towards Success | **Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success**  
  - 8.4 Pathways and Sequences Towards Success  
**Lesson 12: Let’s Plan for Choices**  
  - 12.3 Planning for Choices  
  - 12.5 Pressure Situations-Assertiveness Skills | **Lesson 12: Let’s Plan for Choices**  
  - 12.3 Planning for Choices  
  - 12.5 Pressure Situations-Assertiveness Skills |
| **Lesson 13: Through the Eyes of a Child**  
  - 13.4 Decision about Living Together  
  - 13.5 Planning for Success – Wrap Up | **Lesson 13: Through the Eyes of a Child**  
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  - 13.5 Planning for Success – Wrap Up |

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| Decision making. Teach about healthy decision making, by having youth reflect on social norms, consequences, their intentions and beliefs, and how their actions related to sexual activity and other risk behaviors (such as alcohol and drug use) might influence their plans. | • 11.4 Risks of Sliding into Sex – Benefits of Deciding  
**Lesson 12:** Let’s Plan for Choices  
• 12.3 Planning for Choices  
**Lesson 13:** Through the Eyes of a Child  
• 13.4 Decision about Living Together  
• 13.5 Planning for Success – Wrap Up |
| Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success  
**Lesson 12:** Let’s Plan for Choices  
• 12.3 Planning for Choices  
• 12.5 Pressure Situations—Assertiveness Skills  
**Lesson 13:** Through the Eyes of a Child  
• 13.4 Decisions About Living Together |

| Self-regulation. Build youth’s self-regulation skills, or their ability to monitor and manage their thoughts, emotions, and behaviors to help them meet their goals and enhance their well-being. | Lesson 1: Relationships Today  
Lesson 2: Knowing Yourself  
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 9: Communication and Healthy Relationships  
Lesson 10: Communication Challenges and More |

| Advantages of refraining from non-marital sexual activity to improve future outcomes, enhance overall health, and avoid poverty (Topics B and C) | Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success  
• 8.1 The High Costs of Sliding  
• 8.2 The Low-Risk Deciding Approach  
• 8.3 Making Decisions  
• 8.4 Pathways and Sequences Towards Success  
**Lesson 12:** Let’s Plan for Choices  
• 12.1 STDs and HIV Are for Real  
**Lesson 13:** Through the Eyes of a Child  
• 13.1 Child Looking for a Family  
• 13.2 What about Fathers?  
• 13.3 Child Speak: Brighter Futures  
• 13.5 Planning for Success – Wrap-Up |

| Physical/Sexual health. Provide medically accurate information about adolescent development and sexual health, including risks such as STIs and unplanned pregnancy. Information on contraception must make it clear to youth that contraception reduces but does not eliminate physical risk. | **Lesson 12:** Let’s Plan for Choices  
• 12.1 Test Your Sex Smarts  
• 12.2 STDs and HIV Are for Real  
• 12.3 Planning for Choices  
• 12.4 A Discussion: Internet Porn  
• 12.5 Pressure Situations—Assertiveness Skills |

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| Emotional health. Address emotional and mental health issues that might unduly influence youth’s decisions to engage in sex and might also be triggered by engaging in sex. | Lesson 6: Is It a Healthy Relationship?  
- 6.1 How Can You Tell?  
Lesson 7: Dangerous Love  
- 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger  
- 7.3 Sexual Assault and Consent  
- 7.5 Draw the Line of Respect  
Lesson 11: Let’s Talk About Sex  
- 11.2 What is Intimacy, actually?  
- 11.2 Am I Ready  
- 11.3 Risks of Sliding into Sex – Benefits of Deciding  
- 11.7 Drawing Intimacy Lines and Pacing  
Lesson 12: Let’s Plan for Choices  
- 12.5 Pressure Situations—Assertiveness Skills |
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| Intellectual health and poverty avoidance. Explain the potential value of completing life milestones—such as earning a high school diploma, working full time, and/or getting married—before having children. If possible, help connect youth with opportunities for service learning, internships, job shadowing, and support on financial literacy and career planning. | Lesson 8: Decide, Don’t Slide! Pathways & Sequences Toward  
- 8.1 The High Costs of Sliding  
- 8.2 The Low-Risk Deciding Approach  
- 8.3 Making Decisions  
- 8.4 Pathways and Sequences Towards Success |
| Social and spiritual health. Help youth recognize sources of individual and community support that are invested in their health and well-being. This subtopic might include, for example, tips for having difficult conversations with parents and referrals to community activities and organizations. | Lesson 1: Relationships Today  
Lesson 2: Knowing Yourself  
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! Pathways & Sequences Towards Success  
Lesson 9: Communication and Healthy Relationships  
Lesson 10: Communication Challenges and More  
Lesson 11: Let’s Talk About Sex  
Lesson 12: Let’s Plan for Choices  
Lesson 13: Through the Eyes of a Child |
| Benefits of a healthy marriage. Discuss the characteristics of a healthy marriage. Explain the emotional, economic, and other potential benefits of a healthy marriage, and discuss the value of avoiding sex until marriage. | Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success  
- 8.4 Pathways and Sequences Towards Success |
| **The importance of healthy relationships and their influence on the formation of friendships, romantic relationships, healthy marriages, and safe and stable families (Topic D)** |
| Trusted relationships with parents/adults. | Each lesson in *Love Notes 4.0* includes a Trusted Adult-Teen Connection activity. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their parent and/or a trusted adult. |
| Healthy peer relationships. Teach interpersonal communication skills, boundary setting, conflict resolution, and other competencies to develop strong, healthy friendships and peer relationships. | Lesson 9: Communication and Healthy Relationships
- 9.2 Patterns that Harm Relationships
- 9.3 Angry Brains and the Power of Time Outs
- 9.4 The Speaker Listener Technique—When Talking is Difficult
- 9.5 Relationships in the Digital Age
Lesson 10: Communication Challenges and More Skills
- 10.1 Complain and Raise Issues Effectively
- 10.2 Hidden Issues: What Pushes Your Button
- 10.3 A Problem-Solving Model
Lesson 11: Let’s Talk About Sex
- 11.7 Drawing Intimacy Lines and Pacing |
| Healthy romantic relationships. Identify characteristics of healthy relationships (romantic and otherwise), and characteristics of unhealthy/abusive relationships. | Lesson 5: Principles of Smart Relationships
- 5.1 Smart or Not-So-Smart?
- 5.2 Seven Principles of Smart Relationships
- 5.3 Seven Questions to Ask
- 5.4 Three Sides of Love |
| Community Connections. Encourage youth (and provide opportunities or referrals) to engage positively with schools and communities through extracurricular activities, service opportunities, and internships, among others. | Lesson 7: Dangerous Love
- Sex Trafficking Prevention |
| Avoidance of negative risk behaviors, such as drug and alcohol use (Topic E) | Lesson 1: Relationships Today
Lesson 4: Attractions and Starting Relationships
Lesson 11: Let’s Talk About Sex
- 11.2 What is Intimacy, actually?
- 11.2 Am I Ready
- 11.3 Risks of Sliding into Sex – Benefits of Deciding
- 11.7 Drawing Intimacy Lines and Pacing
Lesson 12: Let’s Plan for Choices
12.5 Pressure Situations—Assertiveness Skills |
| Peer norms and behaviors. Address stereotypes about teen sex that are projected from peer and social environments. Share actual percentages of sexually active teens that normalize the avoidance of teen sex. Promote norms that increase the perceived value of marriage and the avoidance of sexual activity until marriage. | Lesson 3: My Expectations—My Future
- 3.2 The Power of Expectations |
| Drug and alcohol use. Highlight negative consequences of drug and alcohol use, |
| Media use and influence. Examine and discuss media portrayals of sex in the media. Discuss how to safely navigate social media and avoid provocative texts, photos, and video postings of self and/or acquaintances. | Lesson 1: Relationships Today  
- 9.5 Relationships in the Digital Age  
Lesson 9: Communication and Healthy Relationships  
- 9.5 Relationships in the Digital Age  
Lesson 10: Communication Challenges and More Skills  
- 10.5 Constantly Connected – For Better or Worse  
Lesson 11: Let’s Talk About Sex  
- 11.5 Navigating Relationships in the Digital Age |
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| Prevention of and support related to sexual coercion and dating violence (Topic F) | Lesson 7: Dangerous Love  
- 7.1 Early Warnings and Red Flags  
- 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger  
- 7.3 Sexual Assault and Consent  
- 7.4 Sex Trafficking Prevention |
| Sexual consent. Define consent and develop skills related to asking for and providing consent to partners. Help youth understand that sexual activity requires consent, but that even with consent, teen sex remains a risk behavior. | Lesson 7: Dangerous Love  
- 7.3 Sexual Assault and Consent |
| Sexual coercion and dating violence. Build self-protective behaviors, such as effective communication, personal boundary setting, and negotiation and refusal skills when confronted with sexual decisions. Help youth recognize signs of sexual coercion and address the threat of human sex trafficking. | Lesson 7: Dangerous Love  
- 7.1 Early Warnings and Red Flags  
- 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger  
- 7.3 Sexual Assault and Consent  
- 7.4 Sex Trafficking Prevention |