

Consolidated Curriculum Review

MEDICAL ACCURACY REVIEW FORM FOR CURRICULA AND EDUCATIONAL MATERIALS

Name of Curriculum/Material: **Love Notes 4.0**

Components (i.e., teacher manual, video, brochure): Instructor's Manual

Edition: 4th

Author: MARLINE E. PEARSON, M.A

Publisher: THE DIBBLE INSTITUTE | BERKELEY, CA 94707-0881

Copyright Date: 2023

Target Audience (if specified): Teens and young adults who are at risk for poor quality relationships, unplanned pregnancies, and for those who are expecting or parenting.

No. of pages/minutes (total and per component): Instructors manual (535 pages) activity cards (48 pages) participant journal (59 pages) slides (461 pages)

Description and Purpose of the Material: It is designed to empower young people by developing their skills and confidence for making wise choices for their relationships and intimate lives—ones that will assist them in achieving their education, employment, relationship, and family goals

Date Review was Completed: 3/25/2023

Contains medical information: Yes No

If yes, Medical Topics Addressed:

Biological Sex or Gender

Conception or Pregnancy

Contraceptive Methods and/or Effectiveness Rates

Reproductive Anatomy or Physiology

Abstinence

Substance Use/Abuse

Sexually Transmitted Infections (STIs)/Sexually Transmitted Diseases (STDs), including HIV/AIDS

STI/STD/HIV Prevention

STI/STD/HIV Testing

STI/STD/HIV Treatment

Other: _____

DEFINITION OF MEDICAL ACCURACY

Medically accurate and complete programs are verified or supported by the weight of research conducted in compliance with accepted scientific methods and published in peer-reviewed journals, where applicable; or comprising information that leading professional organizations and agencies with relevant expertise in the field recognized as accurate, objective, and complete.

All materials used in APP programs must be medically accurate. Materials covering medical topics (e.g., STIs/STDs, including human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS), contraception) may not contain any inaccurate, outdated, poorly referenced, or confusing/misleading medical information.

Overview

The Reviewer(s) have reviewed the materials provided for Medical Accuracy utilizing the Resource List by Topic (2021) found in the Family & Youth Services Bureau Guidance Document for Personal Responsibility Education Program (PREP) and Sexual Risk Avoidance Education (SRAE) Program, and other evidence-based resources. The materials provided support research that was conducted according to accepted scientific methods.

Further, documents and videos are appropriate and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the federal Centers for Disease Control and Prevention.

REVIEWER RECOMMENDATION

- Meets the definition of medical accuracy as submitted. Grantee may proceed with implementation.
- Meets the definition of medical accuracy with modifications. (Recommended modifications are detailed in the medical accuracy review report; grantee must resubmit materials for review after modifications have been made.
- Does not meet the definition of medical accuracy. Grantee may not proceed with using these materials and should contact APP Project Officer for further discussion.

MEDICAL ACCURACY REVIEW ISSUES

No Accuracy issues noted.

GENERAL REVIEW COMMENTS

The Love Notes curriculum includes power points, role-playing, and videos; each piece was thought-provoking on how students should not rely on sex as a whole relationship.

The music choices the writer believes made the teens more comfortable to participate in speaking and writing about themselves and their goals. In addition, the relaxed environment can encourage the student to ask honest questions about sexual health.

The writer does not want to take away from the excellent curriculum, but the ingenious Lesson Two, "Knowing Yourself," was spot on. Through the curriculum, the students had exercises to understand themselves better. Being self-aware to recognize one's strengths and build on weaknesses is crucial to developing our personalities. Through the curriculum, the student would probably be more likely to admit they have made mistakes but would like to change.

The writer is a healthcare professional and knows a teen can become pregnant and have a healthy pregnancy; however, teens are unaware of the teen's struggle with multiple stressors, health risks, and other complex issues. Love notes explore with the student not only the importance of pregnancy but the importance of healthy relationships. The 13 lesson materials have the student reflect on family relations and how one perceives themselves to gain the power to be better.

The information from the lessons will reduce teen pregnancy but also has the student recognizing healthy and unhealthy relationships. One lesson that stuck with the writers is the Adverse Childhood Experiences (ACEs)—educating the student on how history does not have to repeat itself. Empowering the students with strategies to prevent ACE traumatic events was well done. The approaches created a stable environment to free themselves from future harm.

The curriculum helps the student to strengthen many factors in relationships. For example, the importance of effective communication in the program allows the student to talk through complex and sensitive issues, especially in relationships of sexual pressure.

Adolescent sexual activity is associated with adverse outcomes such as s pregnancy and sexually transmitted diseases (STDs). Sex education classes promote abstinence and protection but do not provide information on healthy relationships without sex. Love Notes is a comprehensive healthy relationship education program. Pearson built the curriculum, so students learn to move slower in relationships and avoid unhealthy behavior. Students learn to move at their pace and do what is right for them.

The writer highly recommends this program for teens to gain knowledge and skills to know themselves and where they want to be in a relationship. In addition, the curriculum empowers the teen to make better choices.

A very detailed program with up-to-date material and tools for the targeted audience. Very resourceful in video, PowerPoint presentation and notebook. As data in the medical arena consistently changes, annual reviews for updated content is recommended.