LOVE NOTES Logic Model for Pregnancy Prevention

Specific Interventions and Activities

Love Notes 4.0 SRA
Lesson Content:

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 and Sequences Towards Success**

Lesson 9: **Communication and Healthy Relationships**

Lesson 10: **Communication Challenges and More Skills**

Lesson 11: **Let's Talk About Sex**

Lesson 12: **Let's Plan for Choices**

Lesson 13: **Through the Eyes of a Child**

All lessons: **Trusted Adult Connection Activities**

Individual Determinants Shorter Term

A. Engage youth to increase capacity to form & sustain healthy relationships; decrease unhealthy relationships.

B. Increased knowledge of sexual issues (including social and emotional) and personal sexual values clarification.

C. Increased self-efficacy and relationship skills to abstain or support return to abstinence.

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.

Behavior Changes Longer Term

Program recipients are more likely to:
1. Experience optimal health.
2. Return to abstinence or continue to remain sexually abstinent.
3. Have discussed relationship and sexual topics with a parent or caregiver.
4. Use non-violent alternatives during conflicts.
5. Avoid other risk factors associated with teen sex.

Ultimate Goals

- Prevent teen pregnancies
- Promote healthy adolescent development
- Increase healthy relationships
- Decrease intimate partner violence
- Give youth a sense of purpose and positive view of their future