

<p style="text-align: center;">HECAT Healthy Behavior Outcomes (HBO)</p>	<p style="text-align: center;">Love Notes 4.0 SRA (ages 12-19)</p>
<p>Establish and maintain healthy relationships.</p>	<p>Lesson 1: Relationships Today Lesson 2: Knowing Yourself</p> <ul style="list-style-type: none"> • 1.1 Good Relationships Start with You <p>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</p> <ul style="list-style-type: none"> • 11.2 What is Intimacy, Actually? • 11.6 Are We on the Same Page? • 11.7 Drawing Intimacy Lines and Pacing <p>Lesson 13: Through the Eyes of a Child</p>
<p>Be sexually abstinent.</p>	<p>Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices Lesson 13: Through the Eyes of a Child</p>
<p>Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.</p>	<p>Lesson 1: Relationships Today Lesson 3: My Expectations—My Future Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices</p>
<p>Engage in behaviors that prevent or reduce unintended pregnancy.</p>	<p>Lesson 3: My Expectations—My Future Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices</p>

<p>Avoid pressuring others to engage in sexual behaviors.</p>	<p>Lesson 5: Principles of Smart Relationships Lesson 6: Is It a Healthy Relationship? Lesson 7: Dangerous Love Lesson 11: Let’s Talk About Sex Lesson 12: Let’s Plan for Choices</p>
<p>Support others to avoid or reduce sexual risk behaviors</p>	<p>Lesson 5: Principles of Smart Relationships Lesson 8: Decide, Don’t Slide! Pathways and Sequences Towards Success Lesson 11: Let’s Talk About Sex Lesson 12: Let’s Plan for Choices Lesson 13: Through the Eyes of a Child</p>
<p>Treat all people with dignity and respect with regard to their gender identity and sexual orientation.</p>	<p>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 11: Let’s Talk About Sex Lesson 12: Let’s Plan for Choices</p>
<p>Use appropriate health services to promote sexual and reproductive health.</p>	<p>Lesson 7: Dangerous Love Lesson 11: Let’s Talk About Sex Lesson 12: Let’s Plan for Choices</p>
<p>Give and receive consent in all situations.</p>	<p>Lesson 7: Dangerous Love Lesson 11: Let’s Talk About Sex Lesson 12: Let’s Plan for Choices</p>