



The Dibble Institute®

Resources for Teaching Relationship Skills

Sexual Risk Avoidance Education Topics

Love Notes 4.0 SRA

SRAE Topics	Love Notes 4.0 SRA
Topic A: <i>“The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.”</i>	
<p>Personal Responsibility. Help youth recognize that their choices have short- and long-term consequences for themselves and others.</p>	<p>Lesson 2: Knowing Yourself</p> <ul style="list-style-type: none"> 2.1 Good Relationships Start with You <p>Lesson 3: My Expectations–My Future</p> <p>Lesson 6: Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> 6.3 Breaking Up <p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> 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 <p>Lesson 9: Communication and Healthy Relationships</p> <p>Lesson 10: Communication Challenges and More Skills</p> <p>Lesson 11: Let’s Talk About Sex</p> <ul style="list-style-type: none"> 11.3 Am I Ready? 11.6 Are we on the Same Page? 11.7 Drawing Intimacy Lines and Pacing <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> 12.3 Planning for Choices 12.5 Pressure Situations-Assertiveness Skills <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> 13.4 Decision about Living Together 13.5 Planning for Success – Wrap Up
<p>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.</p>	<p>Each lesson in the Love Notes 4.0 SRA curriculum includes either an activity, discussion, journal prompt, and/or trusted adult connection activity designed specifically to improve their self-regulation skills, and/or monitor and manage their thoughts, emotions, and behaviors to help meet their personal goals and enhance their well-being.</p>

<p>Goal setting and focus on the future. 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.</p>	<p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> • 8.4 Pathways and Sequences Towards Success <p>Lesson 11: Let’s Talk About Sex</p> <ul style="list-style-type: none"> • 11.1 Let’s Talk About Sex • 11.4 Risks of Sliding into Sex – Benefits of Deciding <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.3 Planning for Choices <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 13.4 Decision about Living Together • 13.5 Planning for Success – Wrap Up
<p>Healthy 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 might influence their plans.</p>	<p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.3 Planning for Choices • 12.5 Pressure Situations-Assertiveness Skills <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 13.4 Decision about Living Together
<p>Topic B: “The advantage of refraining from non-marital sexual activity to improve the future prospects and physical and emotional health of youth.”</p>	
<p>Improve future prospects. Explain the value of decision-making, underscoring the connection between avoiding non-marital sexual activity and improving various dimensions of health, in order to improve their future prospects. Help youth to see non-marital sexual activity as integral to reaching both their short-term and longer-term goals.</p>	<p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> • 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 <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.1 STDs and HIV Are for Real <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 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
<p>Physical 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.</p>	<p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.1 Test Your Sex Smarts • 12.2 STDs and HIV Are for Real • 12.3 Planning for Choices • 12.5 Pressure Situations—Assertiveness Skills

<p>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.</p>	<p>Lesson 6: Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> • 6.1 How Can You Tell? <p>Lesson 7: Dangerous Love</p> <ul style="list-style-type: none"> • 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 <p>Lesson 11: Let’s Talk About Sex</p> <ul style="list-style-type: none"> • 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 <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.5 Pressure Situations—Assertiveness Skills
<p>Topic C: “The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.”</p>	
<p>Self-sufficiency 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.</p>	<p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Toward</p> <ul style="list-style-type: none"> • 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
<p>Emotional maturity. 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.</p>	<p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> • 8.3 Making Decisions <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 13.1 Child Looking for a Family
<p>Topic D: “The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.”</p>	
<p>Foundational components of healthy relationships. Identify characteristics of healthy relationships (romantic and otherwise) and characteristics of unhealthy/abusive relationships. Teach interpersonal communication skills, boundary setting, and other competencies to develop strong, healthy relationships.</p>	<p>Lesson 1: Relationships Today</p> <p>Lesson 2: Knowing Yourself</p> <p>Lesson 3: My Expectations – My Future</p> <p>Lesson 4: Attractions and Starting Relationships</p> <p>Lesson 5: Principles of Smart Relationships</p> <p>Lesson 6: Is It a Healthy Relationship?</p> <p>Lesson 7: Dangerous Love</p> <p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <p>Lesson 9: Communication and Healthy Relationships</p> <p>Lesson 10: Communication Challenges and More</p> <p>Lesson 11: Let’s Talk About Sex</p>

	<p>Lesson 12: Let’s Plan for Choices Lesson 13: Through the Eyes of a Child</p>
<p>Foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families. 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.</p>	<p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> • 8.4 Pathways and Sequences Towards Success <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> • 13.1 Child Looking for a Family • 13.3 Child Speak: Bright Futures • 13.4 Decisions About Living Together
<p>Topic E: “How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex.”</p>	
<p>Drug and alcohol usage. Highlight negative consequences of drug and alcohol use,</p>	<p>Lesson 3: My Expectations—My Future</p> <ul style="list-style-type: none"> • 3.2 The Power of Expectations <p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> • 8.1 The High Costs of Sliding <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.5 Pressure Situations—Assertiveness Skills
<p>Topic F: “How to resist and avoid, and receive help regarding, sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior.”</p>	
<p>Sexual coercion, dating violence, and receiving help. 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. Provide local and national resources for youth.</p>	<p>Lesson 5: Principles of Smart Relationships</p> <ul style="list-style-type: none"> • 5.2 Seven Principles of Smart Relationships <p>Lesson 6: Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> • 6.1 How Can You Tell? • 6.3 Breaking Up <p>Lesson 7: Dangerous Love</p> <ul style="list-style-type: none"> • 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 • 7.5 Draw the Line of Respect <p>Lesson 8: Decide, Don’t Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> • 8.1 The High Costs of Sliding <p>Lesson 9: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> • 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 <p>Lesson 11: Let’s Talk About Sex</p> <ul style="list-style-type: none"> • 11.6 Are We on the Same Page? • 11.7 Setting Your Line <p>Lesson 12: Let’s Plan for Choices</p> <ul style="list-style-type: none"> • 12.5 Pressure Situations—Assertiveness Skills

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
- Lesson 11: Let's Talk About Sex**
- 11.7 Setting Your Line