

LOVE NOTES Logic Model for Teen Pregnancy Prevention

Specific Interventions and Activities

Love Notes 4.0 EBP
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 & 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. Increased knowledge regarding sexual and reproductive health issues including physical, social, and emotional perspectives.
- B. Engagement in personal sexual values clarification.
- C. Increased agency in intimate relationship skills to negotiate sexual activity along with condom and contraception use.
- 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.
- G. Focus on serious, longer-term relationships, employment and family.

Behavior Changes Longer Term

- Program recipients are more likely to:
1. Avoid pregnancy and STIs
 2. Avoid behavioral & other risk factors underlying teen pregnancy
 3. Demonstrate increased agency
 4. Use condoms and contraception
 5. Have fewer sexual partners
 6. Decrease sexual activity

Ultimate Goals

- Improve sexual and reproductive health outcomes
- Promote positive youth development
- Advance health equity and reduce disparities in unintended teen pregnancy and STIs with adolescents, their families, and communities
- Increase adults who respect the developing agency of adolescents