



# The Dibble Institute®

## Resources for Teaching Relationship Skills

HECAT Healthy Behavior Outcomes (HBO)	Love Notes 4.0 SRA (ages 12-19)
<b>Establish and maintain healthy relationships.</b>	<b>Lesson 1: Relationships Today</b> <b>Lesson 2: Knowing Yourself</b> <ul style="list-style-type: none"><li>1.1 Good Relationships Start with You</li></ul> <b>Lesson 3: My Expectation—My Future</b> <b>Lesson 4: Attractions and Starting Relationships</b> <b>Lesson 5: Principles of Smart Relationships</b> <b>Lesson 6: Is It a Healthy Relationship?</b> <b>Lesson 7: Dangerous Love</b> <b>Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success</b> <b>Lesson 9: Communication and Healthy Relationships</b> <b>Lesson 10: Communication Challenges and More Skills</b> <b>Lesson 11: Let's Talk About Sex</b> <ul style="list-style-type: none"><li>11.2 What is Intimacy, Actually?</li><li>11.6 Are We on the Same Page?</li><li>11.7 Drawing Intimacy Lines and Pacing</li></ul> <b>Lesson 13: Through The Eyes of a Child</b>
<b>Be sexually abstinent.</b>	<b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b> <b>Lesson 13: Through the Eyes of a Child</b>
<b>Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.</b>	<b>Lesson 1: Relationships Today</b> <b>Lesson 3: My Expectation—My Future</b> <b>Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b>
<b>Engage in behaviors that prevent or reduce unintended pregnancy.</b>	<b>Lesson 3: My Expectation—My Future</b> <b>Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b>

<b>Avoid pressuring others to engage in sexual behaviors.</b>	<b>Lesson 5: Principles of Smart Relationships</b> <b>Lesson 6: Is It a Healthy Relationship?</b> <b>Lesson 7: Dangerous Love</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b>
<b>Support others to avoid or reduce sexual risk behaviors</b>	<b>Lesson 5: Principles of Smart Relationships</b> <b>Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b> <b>Lesson 13: Through the Eyes of a Child</b>
<b>Treat all people with dignity and respect.</b>	<b>Lesson 4: Attractions and Starting Relationships</b> <b>Lesson 5: Principles of Smart Relationships</b> <b>Lesson 6: Is It a Healthy Relationship?</b> <b>Lesson 7: Dangerous Love</b> <b>Lesson 8: Decide, Don't Slide! Pathways and Sequences Towards Success</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b>
<b>Use appropriate health services to promote sexual and reproductive health.</b>	<b>Lesson 7: Dangerous Love</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b>
<b>Give and receive consent in all situations.</b>	<b>Lesson 7: Dangerous Love</b> <b>Lesson 11: Let's Talk About Sex</b> <b>Lesson 12: Let's Plan for Choices</b>