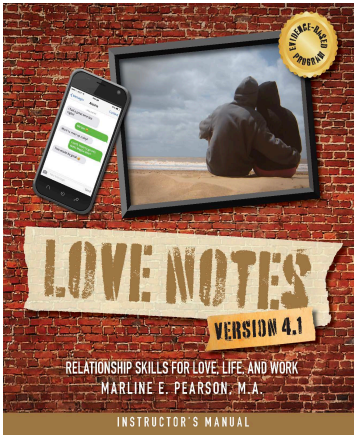


Applying for a PREP grant?

Meet five of the six adult preparation topics and cut pregnancy rates in half.¹

Love Notes: Making Relationships Work



Love Notes is designed for youth age 14 to 24 who are most at risk for unstable and unhealthy relationships and unplanned pregnancy, including pregnant or parenting youth. *Love Notes* is a youth development, pregnancy prevention and dating violence prevention program that is embedded within a context of building healthy relationship skills. The lessons show youth, often for the first time, how to make wise choices about partners, relationships, sex, the timing of family formation and more. It fosters future orientation with assessment, decision-making and planning frameworks to support success in school, employment, and personal life.

Love Notes begins with a focus on self-awareness—examining one’s past and its relationship to present self. Youth identify what’s important to them, learn about personality style, clarify relationship expectations, and set goals for the future. These first lessons build self-esteem and encourage youth to better know themselves and set goals.

Youth learn about the nature of romantic attractions and how to build healthy relationships. Topics such as attractions, infatuations, ingredients and building blocks for healthy relationships, how intimacy develops, and a realistic concept of love are addressed. They learn what's important to find out about a person; acquire a “deciding, not sliding” framework for relationship decisions and a clear assessment model for healthy relationships. *Love Notes* also deals with break-ups and moving forward. There's a special focus on recognizing abusive behaviors, setting high standards, and on practicing skills to prevent and halt disrespectful behavior. *Deciding, not sliding* is the central construct of *Love Notes*; youth are offered several frameworks to assess relationships, to make decisions, and to plan for their choices.

Importantly, *Love Notes* offers an essential package of research-based skills for communication, negotiation and conflict management important for all of kinds of relationships—in the workplace, at school, and in personal life.

With this unique approach youth, including young parents, are motivated to make wiser sexual and relationship choices. They learn the benefits of following a sequence of finishing school, obtaining employment, and forming a healthy union before having a child (or 2nd child) and explore related issues of family formation. Co-parenting challenges are addressed as well as research findings to help youth make decisions about cohabitation. All content is presented in a lively activity-based style and its skills-based approach empowers and builds confidence.

Finally, *Love Notes* has an important *Trusted Adult Connection* component. Every lesson contains an engaging activity to convey core content and extend the discussions with caring adults on these important topics.

Love Notes is an evidence-based (listed on the National Registry of Evidence-based Programs and Practices, SAMHSA) high activity program that was created and refined with the help of diverse youth.



• DibbleInstitute.org • RelationshipSkills@DibbleInstitute.org • 800-695-7975 •

¹ Barbee, A. P., Cunningham, M. R., Antle, B. F., Langley, C. N. (2022). Impact of a relationship-based intervention, *Love Notes*, on teen pregnancy prevention. *Family Relations*, 1-20.

Listed below is a description of how and where *Love Notes* addresses five (5) of the six topics required in the PREP funding. Topics overlap in some lessons.

PREP Topics:	Love Notes
Healthy Relationships *Positive Self-Esteem *Relationship Dynamics *Friendships *Dating *Romantic Involvement *Marriage *Family Interactions	Lesson 1: Relationships Today <i>defining a vision; making choices</i> Lesson 2: Knowing Yourself <i>personality style, examining my past, how it affects my present, deciding my future</i> Lesson 3: My Expectations—My Future <i>clarify expectations; setting goals</i> Lesson 4: Attractions and Starting Relationships <i>the chemistry of attraction; relationship dynamics and stages</i> Lesson 5: Principles of Smart Relationships <i>guiding principles for friendships and romantic relationships</i> Lesson 6: Is it a Healthy Relationship? <i>assessing relationships</i> Lesson 7: Dangerous Love <i>awareness, warning signs, safe exit</i> Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success <i>relationship building blocks and decision-making</i> Lesson 13: Through the Eyes of a Child <i>family formation, child and parent wellbeing</i>
Adolescent Development *Knowledge and Healthy attitudes & values about adolescent growth, development	Lesson 2: Knowing Yourself <i>personality style; examining my past, how it affects my present, deciding my future</i> Lesson 9: Communication and Healthy Relationships <i>assessing family patterns, identifying personal goals</i>
Parent-Child Communication	Each and every lesson of <i>Love Notes</i> has a <i>Trusted Adult-Teen Connection</i> activity to engage discussion with caring adults. These innovative connection activities provide information and talking points for parents or caring adults on each of the topics while also inviting them to add their own wisdom so that conversations and support on these very important topics continue.
Educational and Career Success	Lesson 9: Communication and Healthy Relationships <i>awareness of patterns that help/hurt relationships; self-assessment</i> Lesson 10: Communication Challenges and More Skills <i>together two lessons offer a skills package for effective communication, negotiation and conflict management important for school, work and personal life.</i> Lesson 3: My Expectations—My Future <i>setting school, career goals</i>
Healthy Life Skills *Goal Setting & Decision- making *Communication, Negotiation, Interpersonal Skills Stress management	Lesson 1: Relationships Today <i>defining my vision for the future</i> Lesson 6: Is it a Healthy Relationship? <i>assessing relationships</i> Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success <i>guide for information gathering and decision-making</i> Lesson 11: Let's Talk About Sex <i>values clarification, boundaries and timing decisions.</i> Lesson 12: Let's Plan for Choices <i>developing a personal plan for one's sexual choices; practice in assertiveness and negotiation and refusal and safe exit skills</i> Lessons 9 & 10: Communication <i>two lessons provide a package of essential skills for communication, negotiation, & conflict management to build self-efficacy in all kinds of interpersonal relationships (e.g. Communication Danger signs, Time-out Skill and emotional regulation, Speaker-Listener Technique; effective ways to raise issues and complaints; recognizing and handling hidden issues; problem-solving model; role of appreciations in healthy relationships)</i>