### **LOVE NOTES Logic Model for Teen Pregnancy Prevention**

## Specific Interventions and Activities

Love Notes 4.1 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, longerterm 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
- Improve outcomes related to unintended teen pregnancy and STIs among adolescents, their families, and communities
- Increase adults who respect the developing agency of adolescents