LOVE NOTES Logic Model for Sexual Risk Avoidance

Specific Interventions and Activities

Love Notes 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**

Shorter Term Outcomes

A. Understanding the benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.

B. Learning robust healthy relationship skills and their impact on forming healthy marriages and safe, stable families.

C. Ability to resist and avoid sexual pressure

D. Understanding how to seek and receive help with potential unwanted sexual situations

E. Increased interpersonal communication knowledge and skills.

F. Increased positive connections and communication between parents/trusted adults about relationships and sex.

Behavior Changes Longer Term

Program recipients are more likely to:
1. Demonstrate increased personal responsibility, self-regulation, goal setting, healthy decision-making, and future focus
2. Avoid the risk of pregnancy and STI's
3. Avoid behavioral & other risk factors underlying teen pregnancy

Ultimate Goals

- Fewer teen pregnancies and STIs.
- Promote positive youth development
- Reducing poverty
- Making choices that avoid sexual activity outside of marriage
- Prepare for healthy marriages and strong families.