

HECAT Healthy Behavior Outcomes (HBO)	Love Notes 4.1 SD/AO
<i>Establish and maintain healthy relationships.</i>	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: What's Communication Got to Do With It? 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
<i>Be sexually abstinent.</i>	Lesson 4: Attractions and Starting Relationships Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices Lesson 13: Through the Eyes of a Child
<i>Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.</i>	Lesson 1: Relationships Today Lesson 3: My Expectations – My Future Lesson 4: Attractions and Starting Relationships Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices
<i>Engage in behaviors that prevent or reduce unintended pregnancy.</i>	Lesson 1: Relationships Today Lesson 3: My Expectations – My Future Lesson 4: Attractions and Starting Relationships Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices
<i>Avoid pressuring others to engage in sexual behaviors.</i>	Lesson 5: Principles of Smart Relationships Lesson 6: Is It a Healthy Relationship? Lesson 7: Dangerous Love Lesson 11: Let's Talk about Sex Lesson 12: Let's Plan for Choices

<i>Support others to avoid or reduce sexual risk behaviors.</i>	Lesson 3: My Expectations – My Future Lesson 5: Principles of Smart Relationships Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices Lesson 13: Through the Eyes of a Child
<i>Treat others with courtesy and respect without regard to their sexuality.</i>	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 11: Let's Talk About Sex Lesson 12: Let's Plan for Choices
<i>Use appropriate health services to promote sexual health.</i>	Lesson 12: Let's Plan for Choices

