

Systematic Method for Assessing Risk Avoidance Tool (SMARTool) Checklist

Love Notes 4.1 SD/AO

- 1** Enhances knowledge of physical development, sexual risks, and personal relationships

PHYSICAL DEVELOPMENT:

Lesson 4 - Attractions and Starting Relationships

Lesson 9 - Communication and Healthy Relationships

Lesson 11 - Let's Talk About Sex

SEXUAL RISKS:

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

PERSONAL RELATIONSHIPS:

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 8 - Decide, Don't Slide! Pathways & Sequences Towards Success

Lesson 11 - Let's Talk About Sex

- 2** Healthy relationship Development

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

3 Support personal attitudes and beliefs that value sexual risk avoidance	Lesson 1 - Relationships Today Lesson 3 - My Expectations – My Future Lesson 4 - Attractions and Starting Relationships Lesson 5 - Principles of Smart Relationships Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11 - Let's Talk About Sex
4 Acknowledge and address common rationalizations for sexual activity	Lesson 4 - Attractions and Starting Relationships Lesson 11 - Let's Talk About Sex
5 Improve perception of, and independence from, negative peer and social norms	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 11 - Let's Talk About Sex
6 Builds personal competencies and self-efficacy to avoid sexual activity	Lesson 2 - Knowing Yourself Lesson 3 - My Expectations – My Future 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 11 - Let's Talk About Sex Lesson 12 - Let's Plan for Choices
7 Strengthen personal intention and commitment to avoid sexual activity	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
8 Identify and reduce the opportunities for sexual activity	Lesson 5 - Principles of Smart Relationships Lesson 6 - Is It a Healthy Relationship? Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11 - Let's Talk About Sex
9 Strengthen future goals and opportunities	Lesson 1 - Relationships Today Lesson 2 - Knowing Yourself Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success Lesson 11 - Let's Talk About Sex Lesson 13 - Through the Eyes of a Child

10 Partners with parents

Lessons 1-13 - Trusted Adult Connection

Each lesson includes a Trusted Adult Connection activity to help the young person start conversations and build connections with their parent or other trusted adult about the content of Love Notes.

