LOVE NOTES AO Logic Model for Sexual Risk Avoidance Education

Specific Interventions and Activities

Love Notes 4.2 AO
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 Outputs

A. Understanding the foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.

B. Increased agency in intimate relationships to avoid premarital sexual activity.

C. Increased self-regulation and motivation to avoid non-marital sex and support optimum healthy behaviors.

D. Increased interpersonal communication knowledge and skills to resist sexual coercion.

E. Increased positive connections and communication between parents/trusted adults and youth about marriage, relationships, and sex.

F. Focus on serious, longer-term relationships, employment, marriage, and family.

Behavior Changes Longer Term Outcomes

Program recipients are more likely to:

1. Avoid non-marital sexual activity.
2. Avoid behavioral & other risk factors underlying non-marital sexual activity.
3. Demonstrate increased self-regulation, goal setting, and healthy decision making.
4. Focus on the future
5. Decrease sexual activity
6. Avoid/resist sexual coercion and dating violence

Ultimate Goals

- Strengthen families
- Promote safe and stable home environments
- Improve outcomes for children and youth
- Support pathways to economic independence

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