



The Dibble Institute®

Resources for Teaching Relationship Skills

Love Notes 4.2 AO	
Program Requirement	Explanation
Teach benefits of personal responsibility, self-regulation, setting goals, healthy decision making, and planning for the future.	<i>Throughout Love Notes' 13 lessons, youth build a wide range of skills for self-regulation, goal-setting, healthy decision-making, and planning for the future. Youth learn and practice these skills in each lesson by various means including group activities and discussion, videos, and journal pages. At the end of the program, each youth completes a journal activity titled "My Personal Plan" that draws on everything they've learned in Love Notes 4.2 AO to continue building a plan for their future.</i>
Teach how to resist and avoid sexual coercion, dating violence, and discourage risk behaviors such as underage drinking or illicit drug use, recognizing how they increase the risk for teen sex.	<i>Love Notes 4.2 AO teaches youth how to resist and avoid sexual coercion and dating violence, including recognizing warning signs and asserting boundaries in a relationship. It also includes specific content on how underage drinking and illicit drug use increase the risk of unwanted or unplanned sexual activity, helping youth see the connection between substance use and risky decision-making.</i>
Encourage making choices that avoid sexual activity outside of marriage.	<i>Love Notes 4.2 AO encourages young people to make choices to avoid sexual activity outside of marriage, teaching this as the standard for avoiding pregnancy, STIs, and relationship risks. The program emphasizes the benefits of leaving sexual activity out of a non-martial relationship, and youth are taught how to set a clear boundary and stick to their intentions to avoid sexual activity outside of marriage.</i>
Be medically accurate and complete and age-appropriate	<i>All medical information has been made current and updated with guidance from the Family and Youth Services Bureau (FYSB).</i> <i>A contractor for FYSB recently reviewed and approved Love Notes for medical accuracy.</i>

Can be submitted to FYSB for medical accuracy review and revised as needed.	<i>We would be pleased to work with you on a medical accuracy review and any necessary revisions to the curriculum post-award.</i>
Does not provide information on nor demonstrations of contraceptive methods.	<i>Love Notes 4.2 AO does not include any language or instruction on contraception or family planning.</i>
Be based on adolescent learning and developmental theories for the age group.	<i>This program is grounded in adolescent developmental and social learning theory, including Bandura's social cognitive theory and social exchange theory. It brings this to life through real-life scenarios written by teens and young adults, along with music, videos, and art that engage multiple learning modalities to meet youth where they are.</i>
Be culturally appropriate, recognizing the experiences of youth from diverse communities, backgrounds, and experiences.	<i>This program was developed for youth to engage with the program activities. It has been successfully implemented with youth across many different populations and settings. It is up-to-date with social references and youth experiences to enhance youth engagement and empowerment.</i> <i>Additionally, we support and encourage organizations to make minor adaptations to the delivery material to further reflect the population of youth they're serving.</i>
Provide expert- and professional-led formal training on the program's approach and factors that affect youth's sexual risk avoidance.	<i>The Dibble Institute offers high-quality, ongoing training and professional development in the program's approach and factors that affect youth's sexual risk avoidance for all your project staff and facilitators to ensure successful implementation and evaluation. We are also available to provide ongoing follow-up technical assistance to facilitators, as needed.</i>
Exclusively provide education on sexual risk avoidance, defined by statute as voluntarily refraining from non-marital sexual activity.	<i>The program emphasizes the benefits of leaving sexual activity out of a non-marital relationship, and youth are taught how to set a clear boundary and stick to their intentions to avoid sexual activity outside of marriage.</i>
Address GD-SRAE legislation topics A-F.	<i>Love Notes 4.2 AO draws from and has been correlated with the A-F frameworks.</i>

Is an evidence-based approach.	Love Notes was <u>evaluated using a randomized control trial design</u> and was demonstrated to have positive impacts on youth in key outcomes related to this funding stream. As such, it meets the standard of an evidence-based intervention.
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