

LOVE NOTES Logic Model for Pregnancy Prevention

Specific Interventions and Activities

Love Notes 3.0 EBP

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! The Low-Risk Approach to Relationships**
- 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**
- All lessons: **Trusted Adult Connection Activities**

Individual Determinants Shorter Term

- A. Engage youth to increase capacity to form & sustain healthy relationships; decrease unhealthy relationships.
- B. Increased knowledge of sexual issues (including social and emotional) and personal sexual values clarification.
- C. Increased self-efficacy and relationship skills to abstain or support return to abstinence.
- D. Increased self-regulation and motivation to avoid pregnancy and support healthy behaviors.
- E. Increased interpersonal communication knowledge and skills.
- F. Increased positive connections and communication between parents/trusted adults and youth about relationships and sex.

Behavior Changes Longer Term

Program recipients are more likely to:

- 1. Experience optimal health.
- 2. Return to abstinence or continue to remain sexually abstinent.
- 3. Have discussed relationship and sexual topics with a parent or caregiver.
- 4. Use non-violent alternatives during conflicts.
- 5. Avoid other risk factors associated with teen sex.

Ultimate Goals

- Prevent teen pregnancies
- Promote healthy adolescent development
- Increase healthy relationships
- Decrease intimate partner violence
- Give youth a sense of purpose and positive view of their future