

Relationship Smarts PLUS Logic Model for Teen Pregnancy Prevention

Specific Interventions and Activities

Relationship Smarts Plus 5.0 EBP
Lesson Content:

- Lesson 1: **Who Am I and Where Am I Going?**
- Lesson 2: **Maturity and What I Value**
- Lesson 3: **Attractions and Infatuation**
- Lesson 4: **Principles of Smart Relationships**
- Lesson 5: **Is It a Healthy Relationship?**
- Lesson 6: **Breaking Up and Dating Violence**
- Lesson 7: **Decide, Don't Slide! Pathways To Success**
- Lesson 8: **Communication and Healthy Relationships**
- Lesson 9: **Communication Challenges and More Skills**
- Lesson 10: **Sexual Decision-Making**
- Lesson 11: **Pregnancy, STIs and HIV**
- Lesson 12: **Unintended Pregnancy Through the Eyes of a Child**
- Lesson 13: **Teens, Technology and Social Media**
- All lessons: **Trusted Adult-Teen Connection Activities**

Individual Determinants Shorter Term

- A. Increased knowledge sexual and reproductive health issues including physical, social, and emotional perspectives.
- B. Engagement in personal sexual values clarification.
- C. Increased agency in intimate relationship skills to negotiate sexual activity along with condom and contraception use.
- 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.
- G. Learn about friendships, school situations and short-term relationships.

Behavior Changes Longer Term

- Program recipients are more likely to:
1. Avoid pregnancy and STI's
 2. Avoid behavioral & other risk factors underlying teen pregnancy
 3. Demonstrate increased agency
 4. Use condoms and contraception
 5. Have fewer sexual partners.
 6. Decrease sexual activity

Ultimate Goals

- Improve sexual and reproductive health outcomes
- Promote positive youth development
- Advance health equity and reduce disparities in unintended teen pregnancy and STIs with adolescents, their families, and communities
- Increase adults who respect the developing agency of adolescents