



# The Dibble Institute®

Resources for Teaching Relationship Skills

## Sexual Risk Avoidance Education Topics

### Love Notes 4.0 SRA

SRAE Topics	Love Notes 4.0 SRA
<b>Life skill building to support future goals and well-being (Topic A)</b>	
<p><b>Personal Responsibility.</b> Help youth recognize that their choices have short- and long-term consequences for themselves and others.</p>	<p><b>Lesson 2: Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>• 2.1 Good Relationships Start with You</li> </ul> <p><b>Lesson 3: My Expectations–My Future</b></p> <p><b>Lesson 6: Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"> <li>• 6.3 Breaking Up</li> </ul> <p><b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Towards Success</b></p> <ul style="list-style-type: none"> <li>• 8.1 The High Costs of Sliding</li> <li>• 8.2 The Low-Risk Deciding Approach</li> <li>• 8.3 Making Decisions</li> <li>• 8.4 Pathways and Sequences Towards Success</li> </ul> <p><b>Lesson 9: Communication and Healthy Relationships</b></p> <p><b>Lesson 10: Communication Challenges and More Skills</b></p> <p><b>Lesson 11: Let’s Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.3 Am I Ready?</li> <li>• 11.6 Are we on the Same Page?</li> <li>• 11.7 Drawing Intimacy Lines and Pacing</li> </ul> <p><b>Lesson 12: Let’s Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.3 Planning for Choices</li> <li>• 12.5 Pressure Situations-Assertiveness Skills</li> </ul> <p><b>Lesson 13: Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>• 13.4 Decision about Living Together</li> <li>• 13.5 Planning for Success – Wrap Up</li> </ul>
<p><b>Self-worth.</b> Assure youth of their intrinsic worth, regardless of external traits or achievements. Build their feelings of self-respect by helping them reflect on what makes them unique, valuable, and worthy of setting high expectations for themselves.</p>	<p><b>Lesson 2: Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>• 2.2 Understanding My Personality Style</li> <li>• 2.3 Examining Family of Origin</li> </ul> <p><b>Lesson 3: My Expectations – My Future</b></p> <ul style="list-style-type: none"> <li>• 3.1 What’s Important?</li> </ul> <p><b>Lesson 4: Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"> <li>• 5.4 Three Sides of Love</li> </ul>
<p><b>Goal setting and future planning.</b> Introduce how to set short-term and long-term goals and identify steps to achieving goals and planning for likely challenges. Goals encompass various facets of youth’s lives, including academic, career and relationships.</p>	<p><b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Towards Success</b></p> <ul style="list-style-type: none"> <li>• 8.4 Pathways and Sequences Towards Success</li> </ul> <p><b>Lesson 11: Let’s Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.1 Let’s Talk About Sex</li> </ul>

	<ul style="list-style-type: none"> <li>• 11.4 Risks of Sliding into Sex – Benefits of Deciding</li> </ul> <p><b>Lesson 12: Let’s Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.3 Planning for Choices</li> </ul> <p><b>Lesson 13: Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>• 13.4 Decision about Living Together</li> <li>• 13.5 Planning for Success – Wrap Up</li> </ul>
<p><b>Decision making.</b> Teach about healthy decision making, by having youth reflect on social norms, consequences, their intentions and beliefs, and how their actions related to sexual activity and other risk behaviors (such as alcohol and drug use) might influence their plans.</p>	<p><b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Towards Success</b></p> <p><b>Lesson 12: Let’s Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.3 Planning for Choices</li> <li>• 12.5 Pressure Situations-Assertiveness Skills</li> </ul> <p><b>Lesson 13: Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>• 13.4 Decisions About Living Together</li> </ul>
<p><b>Self-regulation.</b> Build youth’s self-regulation skills, or their ability to monitor and manage their thoughts, emotions, and behaviors to help them meet their goals and enhance their well-being.</p>	<p><b>Lesson 1: Relationships Today</b></p> <p><b>Lesson 2: Knowing Yourself</b></p> <p><b>Lesson 3: My Expectations – My Future</b></p> <p><b>Lesson 4: Attractions and Starting Relationships</b></p> <p><b>Lesson 5: Principles of Smart Relationships</b></p> <p><b>Lesson 6: Is It a Healthy Relationship?</b></p> <p><b>Lesson 9: Communication and Healthy Relationships</b></p> <p><b>Lesson 10: Communication Challenges and More</b></p>
<p><b>Advantages of refraining from non-marital sexual activity to improve future outcomes, enhance overall health, and avoid poverty (Topics B and C)</b></p>	
<p><b>Overall or optimal health.</b> Explain the value of striving toward overall health and well-being, underscoring the connection between avoiding sexual activity and improving various dimensions of health. Help youth to see sexual avoidance as integral to reaching both their short-term and longer-term goals.</p>	<p><b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Towards Success</b></p> <ul style="list-style-type: none"> <li>• 8.1 The High Costs of Sliding</li> <li>• 8.2 The Low-Risk Deciding Approach</li> <li>• 8.3 Making Decisions</li> <li>• 8.4 Pathways and Sequences Towards Success</li> </ul> <p><b>Lesson 12: Let’s Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.1 STDs and HIV Are for Real</li> </ul> <p><b>Lesson 13: Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>• 13.1 Child Looking for a Family</li> <li>• 13.2 What about Fathers?</li> <li>• 13.3 Child Speak: Brighter Futures</li> <li>• 13.5 Planning for Success – Wrap-Up</li> </ul>
<p><b>Physical/Sexual health.</b> Provide medically accurate information about adolescent development and sexual health, including risks such as STIs and unplanned pregnancy. Information on contraception must make it clear to youth that contraception reduces but does not eliminate physical risk.</p>	<p><b>Lesson 12: Let’s Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.1 Test Your Sex Smarts</li> <li>• 12.2 STDs and HIV Are for Real</li> <li>• 12.3 Planning for Choices</li> <li>• 12.4 A Discussion: Internet Porn</li> <li>• 12.5 Pressure Situations—Assertiveness Skills</li> </ul>

<p><b>Emotional health.</b> Address emotional and mental health issues that might unduly influence youth’s decisions to engage in sex and might also be triggered by engaging in sex.</p>	<p><b>Lesson 6: Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"> <li>• 6.1 How Can You Tell?</li> </ul> <p><b>Lesson 7: Dangerous Love</b></p> <ul style="list-style-type: none"> <li>• 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger</li> <li>• 7.3 Sexual Assault and Consent</li> <li>• 7.5 Draw the Line of Respect</li> </ul> <p><b>Lesson 11: Let’s Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.2 What is Intimacy, actually?</li> <li>• 11.2 Am I Ready</li> <li>• 11.3 Risks of Sliding into Sex – Benefits of Deciding</li> <li>• 11.7 Drawing Intimacy Lines and Pacing</li> </ul> <p><b>Lesson 12: Let’s Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.5 Pressure Situations—Assertiveness Skills</li> </ul>
<p><b>Intellectual health and poverty avoidance.</b> Explain the potential value of completing life milestones—such as earning a high school diploma, working full time, and/or getting married—before having children. If possible, help connect youth with opportunities for service learning, internships, job shadowing, and support on financial literacy and career planning.</p>	<p><b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Toward</b></p> <ul style="list-style-type: none"> <li>• 8.1 The High Costs of Sliding</li> <li>• 8.2 The Low-Risk Deciding Approach</li> <li>• 8.3 Making Decisions</li> <li>• 8.4 Pathways and Sequences Towards Success</li> </ul>
<p><b>Social and spiritual health.</b> Help youth recognize sources of individual and community support that are invested in their health and well-being. This subtopic might include, for example, tips for having difficult conversations with parents and referrals to community activities and organizations.</p>	<p><b>Lesson 1: Relationships Today</b>  <b>Lesson 2: Knowing Yourself</b>  <b>Lesson 3: My Expectations – My Future</b>  <b>Lesson 4: Attractions and Starting Relationships</b>  <b>Lesson 5: Principles of Smart Relationships</b>  <b>Lesson 6: Is It a Healthy Relationship?</b>  <b>Lesson 7: Dangerous Love</b>  <b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Towards Success</b>  <b>Lesson 9: Communication and Healthy Relationships</b>  <b>Lesson 10: Communication Challenges and More</b>  <b>Lesson 11: Let’s Talk About Sex</b>  <b>Lesson 12: Let’s Plan for Choices</b>  <b>Lesson 13: Through the Eyes of a Child</b></p>
<p><b>Benefits of a healthy marriage.</b> Discuss the characteristics of a healthy marriage. Explain the emotional, economic, and other potential benefits of a healthy marriage, and discuss the value of avoiding sex until marriage.</p>	<p><b>Lesson 8: Decide, Don’t Slide! Pathways &amp; Sequences Towards Success</b></p> <ul style="list-style-type: none"> <li>• 8.4 Pathways and Sequences Towards Success</li> </ul>
<p><b>The importance of healthy relationships and their influence on the formation of friendships, romantic relationships, healthy marriages, and safe and stable families (Topic D)</b></p>	

<p><b>Trusted relationships with parents/adults.</b> Address the importance of having a trusted adult to talk to and offer tips on how to approach conversations with trusted adults. Look for opportunities to engage parents and other adults (for example, teachers, coaches, community members) in some aspects of programming.</p>	<p>Each lesson in <i>Love Notes 4.0</i> includes a Trusted Adult-Teen Connection activity. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their parent and/or a trusted adult.</p>
<p><b>Healthy peer relationships.</b> Teach interpersonal communication skills, boundary setting, conflict resolution, and other competencies to develop strong, healthy friendships and peer relationships.</p>	<p><b>Lesson 9: Communication and Healthy Relationships</b></p> <ul style="list-style-type: none"> <li>• 9.2 Patterns that Harm Relationships</li> <li>• 9.3 Angry Brains and the Power of Time Outs</li> <li>• 9.4 The Speaker Listener Technique—When Talking is Difficult</li> <li>• 9.5 Relationships in the Digital Age</li> </ul> <p><b>Lesson 10: Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"> <li>• 10.1 Complain and Raise Issues Effectively</li> <li>• 10.2 Hidden Issues: What Pushes Your Button</li> <li>• 10.3 A Problem-Solving Model</li> </ul> <p><b>Lesson 11: Let’s Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.7 Drawing Intimacy Lines and Pacing</li> </ul>
<p><b>Healthy romantic relationships.</b> Identify characteristics of healthy relationships (romantic and otherwise), and characteristics of unhealthy/ abusive relationships.</p>	<p><b>Lesson 5: Principles of Smart Relationships</b></p> <ul style="list-style-type: none"> <li>• 5.1 Smart or Not-So-Smart?</li> <li>• 5.2 Seven Principles of Smart Relationships</li> <li>• 5.3 Seven Questions to Ask</li> <li>• 5.4 Three Sides of Love</li> </ul>
<p><b>Community Connections.</b> Encourage youth (and provide opportunities or referrals) to engage positively with schools and communities through extracurricular activities, service opportunities, and internships, among others.</p>	<p><b>Lesson 7: Dangerous Love</b></p> <ul style="list-style-type: none"> <li>• Sex Trafficking Prevention</li> </ul>
<p><b>Avoidance of negative risk behaviors, such as drug and alcohol use (Topic E)</b></p>	
<p><b>Peer norms and behaviors.</b> Address stereotypes about teen sex that are projected from peer and social environments. Share actual percentages of sexually active teens that normalize the avoidance of teen sex. Promote norms that increase the perceived value of marriage and the avoidance of sexual activity until marriage.</p>	<p><b>Lesson 1: Relationships Today</b>  <b>Lesson 4: Attractions and Starting Relationships</b>  <b>Lesson 11: Let’s Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.2 What is Intimacy, actually?</li> <li>• 11.2 Am I Ready</li> <li>• 11.3 Risks of Sliding into Sex – Benefits of Deciding</li> <li>• 11.7 Drawing Intimacy Lines and Pacing</li> </ul> <p><b>Lesson 12: Let’s Plan for Choices</b>  12.5 Pressure Situations—Assertiveness Skills</p>
<p><b>Drug and alcohol use.</b> Highlight negative consequences of drug and alcohol use,</p>	<p><b>Lesson 3: My Expectations—My Future</b></p> <ul style="list-style-type: none"> <li>• 3.2 The Power of Expectations</li> </ul>

<p>delinquency, and other negative risk behaviors. Share information to dispel myths about the incidence and social acceptability of teenage drug and alcohol use, discuss the links between drug and alcohol use and sexual activity, and connect youth with positive alternatives and opportunities.</p>	<p><b>Lesson 7: Dangerous Love</b></p> <ul style="list-style-type: none"> <li>• 7.3 Sexual Assault and Consent</li> </ul> <p><b>Lesson 8: Decide, Don't Slide! Pathways &amp; Sequences Towards Success</b></p> <ul style="list-style-type: none"> <li>• 8.1 The High Costs of Sliding</li> </ul> <p><b>Lesson 12: Let's Plan for Choices</b></p> <ul style="list-style-type: none"> <li>• 12.3 Planning for Choices</li> <li>• 12.5 Pressure Situations—Assertiveness Skills</li> </ul>
<p><b>Media use and influence.</b> Examine and discuss media portrayals of sex in the media. Discuss how to safely navigate social media and avoid provocative texts, photos, and video postings of self and/or acquaintances.</p>	<p><b>Lesson 1: Relationships Today</b></p> <p><b>Lesson 9: Communication and Healthy Relationships</b></p> <ul style="list-style-type: none"> <li>• 9.5 Relationships in the Digital Age</li> </ul> <p><b>Lesson 10: Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"> <li>• 10.5 Constantly Connected – For Better or Worse</li> </ul> <p><b>Lesson 11: Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>• 11.5 Navigating Relationships in the Digital Age</li> </ul>
<p><b>Prevention of and support related to sexual coercion and dating violence (Topic F)</b></p>	
<p><b>Sexual consent.</b> Define consent and develop skills related to asking for and providing consent to partners. Help youth understand that sexual activity requires consent, but that even with consent, teen sex remains a risk behavior.</p>	<p><b>Lesson 7: Dangerous Love</b></p> <ul style="list-style-type: none"> <li>• 7.3 Sexual Assault and Consent</li> </ul>
<p><b>Sexual coercion and dating violence.</b> Build self-protective behaviors, such as effective communication, personal boundary setting, and negotiation and refusal skills when confronted with sexual decisions. Help youth recognize signs of sexual coercion and address the threat of human sex trafficking.</p>	<p><b>Lesson 7: Dangerous Love</b></p> <ul style="list-style-type: none"> <li>• 7.1 Early Warnings and Red Flags</li> <li>• 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger</li> <li>• 7.3 Sexual Assault and Consent</li> <li>• 7.4 Sex Trafficking Prevention</li> </ul>