



***Love Notes 4.0 Alignment*
With
The National Sex Ed Standards
Grades 9-12**

Table of Contents

<i>Introduction to Love Notes</i>	iii
<i>Instructor Tips</i>	xi
<i>Love Notes Video and Resource Guide</i>	xv
LESSON 1: Relationships Today	1
• Relationships Today	
• Defining a Vision	
• Choosing Reds or Greens?	
• Introduction to the Trusted Adult Connection Activities	
LESSON 2: Knowing Yourself	23
• Good Relationships Start with You	
• Understanding My Personality Style	
• Examining Family Origin	
LESSON 3: My Expectations—My Future	43
• What's Important?	
• The Power of Expectations	
LESSON 4: Attraction and Starting Relationships	57
• Relationship Pyramid	
• The Chemistry of Attraction	
LESSON 5: Principles of Smart Relationships	83
• Smart or Not-So-Smart?	
• Seven Principles of Smart Relationships	
• Seven Questions to Ask	
• Three Sides of Love	
LESSON 6: Is It a Healthy Relationship?	113
• How Can You Tell?	
• Having Fun—It's Important!	
• Breaking Up	
LESSON 7: Dangerous Love	133
• Early Warnings and Red Flags	
• Violence: Why it Happens, What Helps, Signs of Greatest Danger	
• Sexual Assault and Consent	
• Sex Trafficking Prevention	
• Draw the Line of Respect	
LESSON 8: Decide, Don't Slide! Pathways & Sequences Towards Success	167
• The High Costs of Sliding	
• The Low-Risk Deciding Approach	
• Making Decisions	
• Pathways and Sequences Towards Success	
LESSON 9: Communication and Healthy Relationships	201
• Communication Patterns Learned in Family	
• Patterns that Harm Relationships	
• Angry Brains and the Power of Time Outs	
• The Speaker Listener Technique—When Talking is Difficult	
• Relationships in the Digital Age	
LESSON 10: Communication Challenges and More Skills	235
• Complain and Raise Issues Effectively	
• Hidden Issues: What Pushes Your Button?	
• A Problem-Solving Model	
• A Brief Review	
• Constantly Connected—For Better or Worse	
LESSON 11: Let's Talk About Sex	271
• Let's Talk About Sex	
• What is Intimacy, Actually?	
• Am I Ready?	
• Risks of Sliding into Sex—Benefits of Deciding	
• Navigating Relationships in the Digital Age	
• Are We on the Same Page?	
• Drawing Intimacy Lines and Pacing	
Lesson 12: Let's Plan for Choices	317
• Test Your Sex Smarts	
• STIs and HIV Are for Real	
• Planning for Choices	
• A Discussion: Internet Porn	
• Pressure Situations & Assertiveness Skills	
LESSON 13: Through the Eyes of a Child	375
• Child Looking for a Family	
• What About Fathers?	
• Child Speak: Bright Futures	
• Decisions About Living Together	
• Planning for Success—Wrap-Up	
APPENDIX	437
• Supplemental Activities: Designing a Personal Policy for the Digital Age; Cyberbullying	
• Background & Research on Screen Time and Social Media	
• Film Guide for <i>Antwone Fisher</i>	
• Acknowledgements	
• About the Author	
• Colored Activity Cards	

Grades 9-10

CONSENT & HEALTHY RELATIONSHIPS

Core Concepts

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/ or sexual relationships. [\[Lessons 4, 5, 6, 8, 9, 10, 11, 12, 13\]](#)

CHR.10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent [\[Lessons 7, 11\]](#)

CHR.10.CC.3 Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship. [\[Lessons 11, 12\]](#)

Analyzing Influences

CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/ or professional support. [\[Lesson 6\]](#)

CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships. [\[Lessons 7, 9, 10, 11, 12\]](#)

CHR.10.INF.3 Analyze factors (e.g., body image, self-esteem, alcohol and other substances) that can affect the ability to give and receive sexual consent. [\[Lessons 7, 11, 12\]](#)

Interpersonal Communication

CHR.10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior. [\[Lessons 7, 11\]](#)

Decision-Making

CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important. [\[Lessons 1, 2, 5, 8, 13\]](#)

Goal Setting

CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship
[Lessons 6, 7]

Self Management

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior [Lessons 7, 8, 11]

ANATOMY & PHYSIOLOGY

Core Concepts

AP.10.CC.1 Explain the human reproductive and sexual response systems, including differentiating between internal and external body parts and their functions, and that there are naturally occurring variations in human bodies (e.g., intersex) [Not Included]

PUBERTY & ADOLESCENT SEXUAL DEVELOPMENT

Core Concepts

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood [Not Included]

Analyzing Influences

PD.10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem [Lessons 1, 2, 7, 10, 12]

GENDER IDENTITY & EXPRESSION

Core Concepts

GI.10.CC.1 Differentiate between sex assigned at birth, gender identity, and gender expression [Not Included]

Analyzing Influences

GI.10.INF.1 Analyze how media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about gender, gender identity, gender roles, and gender expression
[Not Included]

SEXUAL ORIENTATION & IDENTITY

Core Concepts

SO.10.CC.1 Differentiate between sexual orientation, sexual behavior, and sexual identity **[Not Included]**

Analyzing Influences

SO.10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about sexual orientation and sexual identity **[Lesson 2]**

Accessing Information

SO.10.AI.1 Access credible sources of information about sexual orientation
[Not Included]

SEXUAL HEALTH

Core Concepts

SH.10.CC.1 Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception) **[Lesson 12]**

SH.10.CC.2 Identify factors that impact the risk of unintended pregnancy and potential transmission of STDs, including HIV, from a variety of sexual behaviors, including vaginal, oral, and anal sex **[Lesson 12]**

SH.10.CC.3 Describe common symptoms, or lack thereof, and treatments for STDs, including HIV **[Lesson 12]**

SH.10.CC.4 List the major milestones of each trimester of fetal development utilizing medically accurate information **[Not Included]**

SH.10.CC.5 Explain the state and federal laws related to safe haven, parenting, and sterilization, including their impacts on oppressed communities
[Not Included]

SH.10.CC.6 Define reproductive justice and explain its history and how it relates to sexual health
[Not Included]

Analyzing Influences

SH.10.INF.1 Describe the impact of racism and inequality on sexual health
[Not Included]

SH.10.INF.2 Analyze state and federal laws and guidelines (e.g., CDC) that address sexual healthcare services for minors (e.g., contraception, emergency contraception, prenatal care, adoption, abortion, STD, including HIV, prevention, testing, and treatment)* **[Not Included]**

SH.10.INF.3 Explain the federal and states laws that prohibit the creation, sharing, and viewing of sexually explicit media by minors (e.g., sexting) **[Lesson 11]**

Accessing Information

SH.10.AI.1 Demonstrate the ability to determine whether a resource or service is medically accurate or credible **[Lesson 11]**

SH.10.AI.2 Identify medically accurate sources of information about and local services that provide contraceptive methods (including emergency contraception and condoms) and pregnancy options (including parenting, abortion, adoption, and prenatal care) **[Lesson 12]**

SH.10.AI.3 Identify medically accurate sources of information about and local services that provide prevention, testing, care, and treatment of STDs, including HIV, including the steps to obtain PrEP and PEP
[Lesson 11]

Interpersonal Communication

SH.10.IC. Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/ or contraception, and preventing, getting testing, and seeking treatment for STDs (including HIV) **[Lessons 8, 12]**

Decision-Making

SH.10.DM.1 Apply a decision-making model to choices about contraceptive use, including abstinence and condoms **[Lessons 8, 12]**

Goal Setting

SH.10.GS.1 Develop a plan to eliminate or reduce risk for unintended pregnancy and/ or STDs (including HIV) and identify ways to overcome potential barriers to prevention [\[Lessons 8, 12\]](#)

SH.10.GS.2 Describe the steps for how a person living with HIV can remain healthy [\[Lesson 12\]](#)

Self Management

SH.10.SM.1 Demonstrate the steps to using barrier methods correctly (e.g., external and internal condoms, dental dams) [\[Not Included\]](#)

INTERPERSONAL VIOLENCE

Core Concepts

IV.10.CC.1 Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence) [\[Lesson 7\]](#)

IV.10.CC.2 Describe the types of abuse (e.g., physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence [\[Lesson 7\]](#)

IV.10.CC.3 Explain why a victim/survivor of interpersonal violence, including sexual violence, is never to blame for the actions of the perpetrator [\[Lesson 7\]](#)

IV.10.CC.4 Explain sex trafficking, including recruitment tactics that sex traffickers/ exploiters use to exploit vulnerabilities and recruit youth [\[Lesson 7\]](#)

Accessing Information

IV.10.AI.1 Demonstrate how to access credible sources of information and resources for survivors of interpersonal violence, including sexual violence [\[Lesson 7\]](#)

IV.10.AI.2 Identify credible resources related to sex trafficking and sexual violence prevention and intervention [\[Lesson 7\]](#)

Interpersonal Communication

IV.10.IC.1 Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors [\[Lesson 7\]](#)

IV.10.IC.2 Identify ways to reduce risk in physical and digital settings related to sex trafficking and other potentially harmful situations [\[Lesson 7\]](#)

Grades 11-12

CONSENT & HEALTHY RELATIONSHIPS

Core Concepts

CHR.12.CC.1 Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes) [\[Lesson 12\]](#)

Analyzing Influences

CHR.12.INF.1 Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/ or sexual relationships and pleasure [\[Lesson 12\]](#)

CHR.12.INF.2 Analyze cultural and social factors (e.g., sexism, homophobia, transphobia, racism, ableism, classism) that can influence decisions regarding sexual behaviors [\[Not Included\]](#)

CHR.12.INF.3 Describe the potential impacts of power and privilege within romantic or sexual relationships (e.g., age, race, ethnicity, sexual orientation, gender, gender identity, socioeconomic status, immigration status, ability) [\[Lesson 7, 12\]](#)

CHR.12.INF.4 Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship [\[Lessons 2, 7, 11\]](#)

Decision-Making

CHR.12.DM.1 Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship [\[Lessons 1, 7, 8, 10, 11, 12, 13\]](#)

Self Management

CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully [\[Lesson 11\]](#)

ANATOMY & PHYSIOLOGY

Core Concepts

AP.12.CC.1 Describe the human sexual response cycle, including the role of hormones and pleasure [\[Lesson 4\]](#)

GENDER IDENTITY & EXPRESSION

Core Concepts

GI.12.INF.1 Explain how support from peers, families, schools, and communities can improve a person's health and wellbeing as it relates to gender identity and gender expression [\[Not Included\]](#)

Advocacy

GI.12.ADV.1 Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, and gender identities [\[Lessons 1-13\]](#)

SEXUAL ORIENTATION & IDENTITY

Core Concepts

SO.12.INF.1 Explain how support from peers, families, schools, and communities can improve a person's health and wellbeing as it relates to sexual orientation and sexual identity [\[Not Included\]](#)

Advocacy

SO.12.ADV.1 Advocate for school and community policies and programs that promote dignity and respect for people of all sexual orientations [\[Lessons 1-13\]](#)

SEXUAL HEALTH

Core Concepts

SH.12.CC.1 Evaluate the benefits of biomedical approaches to prevent STDs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP) [\[Lesson 12\]](#)

SH.12.CC.2 Explain the importance of lowering the viral load of a person living with HIV to undetectable and maintaining viral suppression [\[Lesson 12\]](#)

Analyzing Influences

SH.12.INF.1 Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, and adoption [\[Not Included\]](#)

SH.12.INF.2 Analyze factors that can influence condom use and other safer sex decisions (e.g., availability, affordability, perception of risk, pleasure) [\[Lesson 12\]](#)

SH.12.INF.3 Analyze the impact of stigma and conscious and unconscious biases on pregnancy and STD, including HIV, prevention, testing, and treatment [\[Lesson 12\]](#)

SH.12.INF.4 Analyze the state and federal laws related to minors' ability to give and receive sexual consent and their association with sexually explicit media [\[Lesson 7\]](#)

SH.12.INF.5 Analyze ways systemic oppression and intersectionality impact the sexual agency of communities of color and other marginalized communities [\[Not Included\]](#)

Accessing Information

SH.12.AI.1 Access medically accurate and credible information about pregnancy options, including parenting, abortion, and adoption [\[Not Included\]](#)

Interpersonal Communication

SH.12.IC.1 Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations [\[Lesson 12\]](#)

Decision-Making

SH.12.DM.1 Assess the skills needed to be an effective parent [\[Lesson 13\]](#)

Goal Setting

SH.12.GS.1 Develop a plan to access local resources and services related to reducing the risk of pregnancy and/ or STDs (including HIV) transmission, including ways to overcome potential barriers to access [\[Not Included\]](#)

Self Management

SH.12.SM.1 Assess individuals' responsibility to test for and inform partners about STDs (including HIV) status [\[Lesson 12\]](#)

INTERPERSONAL VIOLENCE

Core Concepts

IV.12.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes and beliefs about interpersonal and sexual violence [\[Lesson 9\]](#)

Advocacy

IV.12.ADV.1 Advocate for school and community policies that promote safety, respect, and equity for all people (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration) [\[Lesson 7\]](#)