

Love Notes 3.0 Standards

Positive Youth Development Standards

Lesson 1: Relationships Today

STANDARD 3: Youth Development and Leadership

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.1	Youth are able to explore various roles and identities, promoting self-determination.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.
INDICATOR 3.2.1	Youth develop ethical values and reasoning skills.

Lesson 2: Knowing Yourself

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.1	Youth are able to explore various roles and identities, promoting self-determination.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.
INDICATOR 3.2.1	Youth develop ethical values and reasoning skills.
INDICATOR 3.2.2	Youth develop individual strengths. STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

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Lesson 3: My Expectations—My Future

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.1	Youth are able to explore various roles and identities, promoting self-determination.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

STANDARD 1: SCHOOLING

STANDARD 1.1	State Education Agencies (SEAs)/Local Education Agencies (LEAs) provide youth with equitable access to a full range of academic and non-academic courses and programs of study.
INDICATOR 1.1.1	Each youth develops and begins to implement an individual life plan based on his or her interests, abilities, and goals.

Lesson 4: Attractions and Starting Relationships

STANDARD 3: Youth Development and Leadership

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.1	Youth are able to explore various roles and identities, promoting self-determination.
INDICATOR 3.1.5	Youth interact with peers and have a sense of belonging.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
STANDARD 3.4	Youth demonstrate the ability to make informed decisions for themselves.
INDICATOR 3.4.1	Youth practice self-management and responsible decision-making that reflects healthy choices.

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Lesson 5: Principles of Smart Relationships

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.1	Youth are able to explore various roles and identities, promoting self-determination.
INDICATOR 3.1.4	Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
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STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals and have the skills to act on that understanding.
INDICATOR 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.
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STANDARD 3.4	Youth demonstrate the ability to make informed decisions for themselves.
INDICATOR 3.4.1	Youth practice self-management and responsible decision-making that reflects healthy choices.

Lesson 6: Is It a Healthy Relationship?

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.1	Youth are able to explore various roles and identities, promoting self-determination.
INDICATOR 3.1.4	Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals and have the skills to act on that understanding.
INDICATOR 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

Lesson 7: Dangerous Love

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.4	Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.
INDICATOR 3.2.1	Youth develop ethical values and reasoning skills.
INDICATOR 3.2.2	Youth develop individual strengths.
INDICATOR 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.
STANDARD 3.3	Youth have the knowledge and skills needed to practice leadership and participate in community life.
INDICATOR 3.3.6	Youth identify and use resources in their community.
STANDARD 3.4	Youth demonstrate the ability to make informed decisions for themselves.
INDICATOR 3.4.1	Youth practice self-management and responsible decision-making that reflects healthy choices.

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Lesson 8: Decide, Don't Slide!

STANDARD 3.1 Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

INDICATOR 3.1.4 Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

INDICATOR 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

STANDARD 3.2 Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.

INDICATOR 3.2.1 Youth develop ethical values and reasoning skills.

INDICATOR 3.2.2 Youth develop individual strengths.

INDICATOR 3.2.3 Youth demonstrate the ability to set goals and develop a plan.

INDICATOR 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

STANDARD 3.4 Youth demonstrate the ability to make informed decisions for themselves.

INDICATOR 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

INDICATOR 3.4.6 Youth identify and use resources in their community.

Lesson 9: What's Communication Got to Do With It? & Lesson 10: Communication Challenges and More Skills

STANDARD 3.1 Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

INDICATOR 3.1.1 Youth are able to explore various roles and identities, promoting self-determination.

INDICATOR 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.
INDICATOR 3.2.1	Youth develop ethical values and reasoning skills.
INDICATOR 3.2.2	Youth develop individual strengths.
INDICATOR 3.2.3	Youth demonstrate the ability to set goals and develop a plan.
INDICATOR 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.
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STANDARD 3.3	Youth have the knowledge and skills needed to practice leadership and participate in community life.
INDICATOR 3.3.6	Youth identify and use resources in their community.
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STANDARD 3.4	Youth demonstrate the ability to make informed decisions for themselves.
INDICATOR 3.4.1	Youth practice self-management and responsible decision-making that reflects healthy choices.

Lesson 11: Let's Talk About Sex & Lesson 12: Let's Plan for Choices

STANDARD 3.1	Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.
INDICATOR 3.1.2	Youth participate in the creative arts, physical education, and health education programs in school and the community.
INDICATOR 3.1.3	Youth are provided accurate information about reproductive health and sexuality and have the opportunity to ask questions and discuss sexual attitudes.
INDICATOR 3.1.4	Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
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STANDARD 3.2	Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.
INDICATOR 3.2.1	Youth develop ethical values and reasoning skills.
INDICATOR 3.2.2	Youth develop individual strengths.

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INDICATOR 3.2.3 Youth demonstrate the ability to set goals and develop a plan.
INDICATOR 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

STANDARD 3.4 Youth demonstrate the ability to make informed decisions for themselves.

INDICATOR 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

Lesson 13: Through the Eyes of a Child

STANDARD 3.1 Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

INDICATOR 3.1.1 Youth are able to explore various roles and identities, promoting self-determination.

INDICATOR 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

STANDARD 3.2 Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.

INDICATOR 3.2.1 Youth develop ethical values and reasoning skills.

INDICATOR 3.2.2 Youth develop individual strengths.

INDICATOR 3.2.3 Youth demonstrate the ability to set goals and develop a plan.

INDICATOR 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

STANDARD 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

INDICATOR 3.3.6 Youth identify and use resources in their community.

STANDARD 3.4 Youth demonstrate the ability to make informed decisions for themselves.

INDICATOR 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

INDICATOR 3.4.2 Youth demonstrate independent living skills.

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STANDARD 1: SCHOOLING

STANDARD 1.1	State Education Agencies (SEAs)/Local Education Agencies (LEAs) provide youth with equitable access to a full range of academic and non-academic courses and programs of study.
INDICATOR 1.1.1	Each youth develops and begins to implement an individual life plan based on his or her interests, abilities, and goals.