

# LOVE NOTES Logic Model for Runaway and Homeless Youth

## 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. Increased capacity to form & sustain healthy relationships; decrease unhealthy relationships  
B. Increased knowledge about sexual issues (beyond health) and personal sexual values clarification  
C. Increased self-efficacy & skills to use contraception and condoms, if sexually active.  
D. Increased self-efficacy & skills to abstain or to wait longer in any relationship to have sex  
E. Increased motivation to avoid pregnancy  
F. Increased communication between trusted adults and youth about relationships and sex

## Behavior Changes Longer Term

- Program recipients are more likely to:
1. Have ended an unhealthy relationship
  2. Have made healthier choices in their intimate relationships
  3. Use contraception and/or condoms consistently if sexually active.
  4. Have fewer numbers of sexual partners.
  5. Return to abstinence or continue to remain sexually abstinent.
  6. Have discussed relationship and sexual topics with a trusted adult.
  7. Use non-violent alternatives during conflicts.

## Ultimate Goals

- Enhance youth's social and emotional well-being
- Establish permanent connections
- Decrease in Intimate Partner Violence
- Improve school completion/employment
- Develop healthy family engagement strategies.