

## Protective Factors Correlation

YOUTH PROTECTIVE FACTORS	Love Notes 3.0 Content
<ul style="list-style-type: none"> <li>Positive connections to supportive adults</li> </ul>	<p><b>Lessons 1-13</b> - Trusted Adult Connection Activities include:</p> <p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"> <li>Identify a Trusted Adult</li> </ul> <p><b>Lesson 2 - Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>COLORS or Baggage</li> </ul> <p><b>Lesson 3 - My Expectations—My Future</b></p> <ul style="list-style-type: none"> <li>Expectations</li> </ul> <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"> <li>Infatuation-Love</li> </ul> <p><b>Lesson 5 - Principles of Smart Relationships</b></p> <ul style="list-style-type: none"> <li>Seven Principles of Smart Relationships</li> </ul> <p><b>Lesson 6 - Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"> <li>Breakup Handouts</li> <li>Healthy and Unhealthy Relationships</li> </ul> <p><b>Lesson 7 - Dangerous Love</b></p> <ul style="list-style-type: none"> <li>Worried About a Friend?</li> </ul> <p><b>Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships</b></p> <ul style="list-style-type: none"> <li>Sliding vs. Deciding &amp; Ways of Knowing</li> </ul> <p><b>Lesson 9 - What's Communication Got to Do with It?</b></p> <ul style="list-style-type: none"> <li>Intimacy &amp; Sexual Decisions</li> </ul> <p><b>Lesson 10 - Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"> <li>STDs and HIV Fact Sheet</li> </ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"> <li>Time Outs and Speaker Listener Practice</li> </ul> <p><b>Lesson 12 - Let's Plan for Choices</b></p> <ul style="list-style-type: none"> <li>Communication Patterns: What to Take, What to Change</li> </ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"> <li>Lily's Letter &amp; the Success Sequence</li> </ul>
<ul style="list-style-type: none"> <li><b>Youth engagement and opportunities for active, meaningful involvement</b></li> <li>Healthy relationships</li> </ul>	<p><b>Lessons 1-13;</b> Each lesson is designed to engage youth with questions, activities, and processing of information through discussion, workbook, group work, role plays, art, sculpture, music, spoken word, and reflection.</p> <p>Love Notes is a comprehensive relationship skills curriculum. It has been carefully designed to help young people create relationship agency by building healthy relationships and avoiding unhealthy ones.</p>

Below is the Love Notes Table of Contents:

Lesson 1 - **Relationships Today**

Lesson 2 - **Knowing Yourself**

Lesson 3 - **My Expectations—My Future**

Lesson 4 - **Attractions and Starting Relationship**

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**

- Self-regulation and self-control

**Lesson 1 - Relationships Today**

- 1.3 - Choosing Reds or Greens?

**Lesson 3 - My Expectations—My Future**

- 3.3 - Myself—My Future

**Lesson 4 - Attractions and Starting Relationships**

- 4.2 - The Chemistry of Attraction

**Lesson 5 - Principles of a Smart Relationship**

- 5.3 - Seven Questions to Ask

**Lesson 6 - Is It a Healthy Relationship?**

- 6.3 - Breaking Up

**Lesson 7 - Dangerous Love**

- 7.4 - Draw the Line of Respect
- 7.5 - Sexual Assault

**Lesson 8 - Decide, Don't Slide! The Low Risk Approach to Relationships**

- 8.2 - The Low-Risk Deciding Approach
- 8.3 - Making Decisions
- 8.4 - The Success Sequence

**Lesson 9 - What's Communication Got to Do With It?**

- 9.2 - Angry Brains and The Power of Time Outs
- 9.3 - The Speaker Listener Technique—When Talking Is Difficult

**Lesson 10 - Communication Challenges and More Skills**

- 10.2 - Complain and Raise Issues Effectively
- 10.3 - Hidden Issues: What Pushes Your Button?
- 10.4 - A Problem-Solving Model

**Lesson 11 - Let's Talk about Sex**

- 11.3 - Emotional Risks and Emotional Benefits
- 11.4 - Are We on the Same Page?
- 11.5 - Am I Ready?
- 11.6 - Drawing Intimacy Lines and Pacing Relationships

	<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>• 12.4 - Pressure Situations—Assertiveness Skills</li><li>• 12.5 - My Personal Plan</li></ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"><li>• 13.4 - Child Speak: Brighter Futures</li></ul>
<ul style="list-style-type: none"><li>• Planning and decision-making</li></ul>	<p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"><li>• 1.1 - Relationships Today</li></ul> <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"><li>• 4.2 - The Chemistry of Attraction</li></ul> <p><b>Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships</b></p> <ul style="list-style-type: none"><li>• 8.2 - The Low-Risk Deciding Approach</li><li>• 8.3 - Making Decisions</li></ul> <p><b>Lesson 10 - Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"><li>• 10.2 - Complain and Raise Issues Effectively</li><li>• 10.3 - Hidden Issues: What Pushes Your Button?</li><li>• 10.4 - A Problem-Solving Model</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"><li>• 11.4 - Are We on the Same Page?</li><li>• 11.6 - Drawing Intimacy Lines and Pacing Relationships</li></ul> <p><b>Lesson 12 - Let's Plan for Choices</b></p> <ul style="list-style-type: none"><li>• 12.2 - STIs and HIV Are for Real</li><li>• 12.3 - Risky Situations</li><li>• 12.4 - Pressure Situations—Assertiveness Skills</li><li>• 12.5 - My Person Plan</li></ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"><li>• 13.6 - Planning for Success—Wrap-Up</li></ul>
<ul style="list-style-type: none"><li>• Healthy lifestyle</li></ul>	<p><i>Love Notes</i> takes a holistic approach to a <b>Healthy lifestyle</b> by integrating a positive view on self, choices, safety, decisions, and life plans now and in the future.</p>

<ul style="list-style-type: none"><li>• Sense of purpose and positive view of personal future</li></ul>	<p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"><li>• 1.2 - Defining a Vision</li><li>• 1.3 - Choosing Reds or Greens?</li></ul> <p><b>Lesson 2 - Knowing Yourself</b></p> <ul style="list-style-type: none"><li>• 2.2 - Understanding My Personality Style</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><li>• 3.2 - The Power of Expectations</li><li>• 3.3 - Myself—My Future</li></ul> <p><b>Lesson 5 - Principles of Smart Relationships</b></p> <ul style="list-style-type: none"><li>• 5.3 - Seven Questions to Ask</li></ul> <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 7 - Dangerous Love</b></p> <ul style="list-style-type: none"><li>• 7.4 - Draw the Line of Respect</li></ul>
---	--

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.2 - The Low-Risk Deciding Approach
- 8.3 - Making Decisions
- 8.4 - The Success Sequence

**Lesson 9 - What's Communication Got to Do With It?**

- 9.2 - Angry Brains and the Power of Time Outs
- 9.3 - The Speaker Listener Technique—When Talking is Difficult

**Lesson 10 - Communication Challenges and More Skills**

- 10.2 - Complain and Raise Issues Effectively
- 10.3 - Hidden Issues: What Pushes Your Button?
- 10.4 - A Problem-Solving Model

**Lesson 11 - Let's Talk About Sex**

- 11.1 – Let's Talk About Sex... *and Sliding*
- 11.3 – Emotional Risks and Emotional Benefits
- 11.4 - Are We on the Same Page?
- 11.6 - Drawing Intimacy Lines and Pacing Relationships

**Lesson 12 – Let's Plan for Choices**

- 12.3 - Risky Situations
- 12.4 - Pressure Situations—Assertiveness Skills
- 12.5 - My Personal Plan

**Lesson 13 - Through the Eyes of a Child**

- 13.4 - Child Speak: Brighter Futures
- 13.5 - Planning for Success—Wrap-Up

FAMILY/CAREGIVER PROTECTIVE FACTORS	Love Notes 3.0 Content
<ul style="list-style-type: none"> <li>• Positive connections and communication with family and caregivers</li> </ul>	<p><b>Lessons 1-13 - Trusted Adult Connection Activities</b> Every lesson includes a Trusted Adult Connection activity designed to improve connections and positive connections with family and other caregivers.</p>
<ul style="list-style-type: none"> <li>• Parental involvement/Parental engagement</li> </ul>	<p><b>Lessons 1-13 - Trusted Adult Connection Activities</b></p>
<ul style="list-style-type: none"> <li>• Parental monitoring and boundaries</li> </ul>	<p><b>Lessons 1-13 - Trusted Adult Connection Activities</b></p>
<ul style="list-style-type: none"> <li>• Low family conflict</li> </ul>	<p>NA</p>
<ul style="list-style-type: none"> <li>• Family beliefs and attitudes supportive of healthy behaviors</li> </ul>	<p>NA</p>
<ul style="list-style-type: none"> <li>• Models positive and responsible behavior</li> </ul>	<p><b>Lessons 1-13 - Trusted Adult Connection Activities</b></p>
<ul style="list-style-type: none"> <li>• High expectations</li> </ul>	<p>NA</p>

SYSTEMS-LEVEL PROTECTIVE FACTORS	Love Notes 3.0 Content
<ul style="list-style-type: none"> <li>Positive connections to schools, neighborhoods, organizations, and Systems-Level communities</li> </ul>	<p>Evidence has shown that when young people learn the relationship skills in Love Notes, they utilize these skills to build positive connections in other relationships including with their teachers, peers, and parents. Research on Relationship Smarts PLUS (the precursor to Love Notes) shows that violence, particularly verbal aggression significantly diminishes when this content is taught.</p>
<ul style="list-style-type: none"> <li>Safe and secure places to live, learn, and play</li> </ul>	<p><b>NA</b></p>
<ul style="list-style-type: none"> <li>Environment supportive of healthy behaviors</li> </ul>	<p><b>NA</b></p>
<ul style="list-style-type: none"> <li>Coordinated, adolescent and family-centered services</li> </ul>	<p><b>NA</b></p>
<ul style="list-style-type: none"> <li>Supportive community norms with clear boundaries and consequences</li> </ul>	<p>When entire agency staffs are trained in Love Notes, the norms, vocabulary, and skills the program teaches becomes infused in the organization creating clear boundaries and expectations for youth.</p>