



# Love Notes: An Innovative Tool to Address and Prevent Childhood Adversity

## GOALS

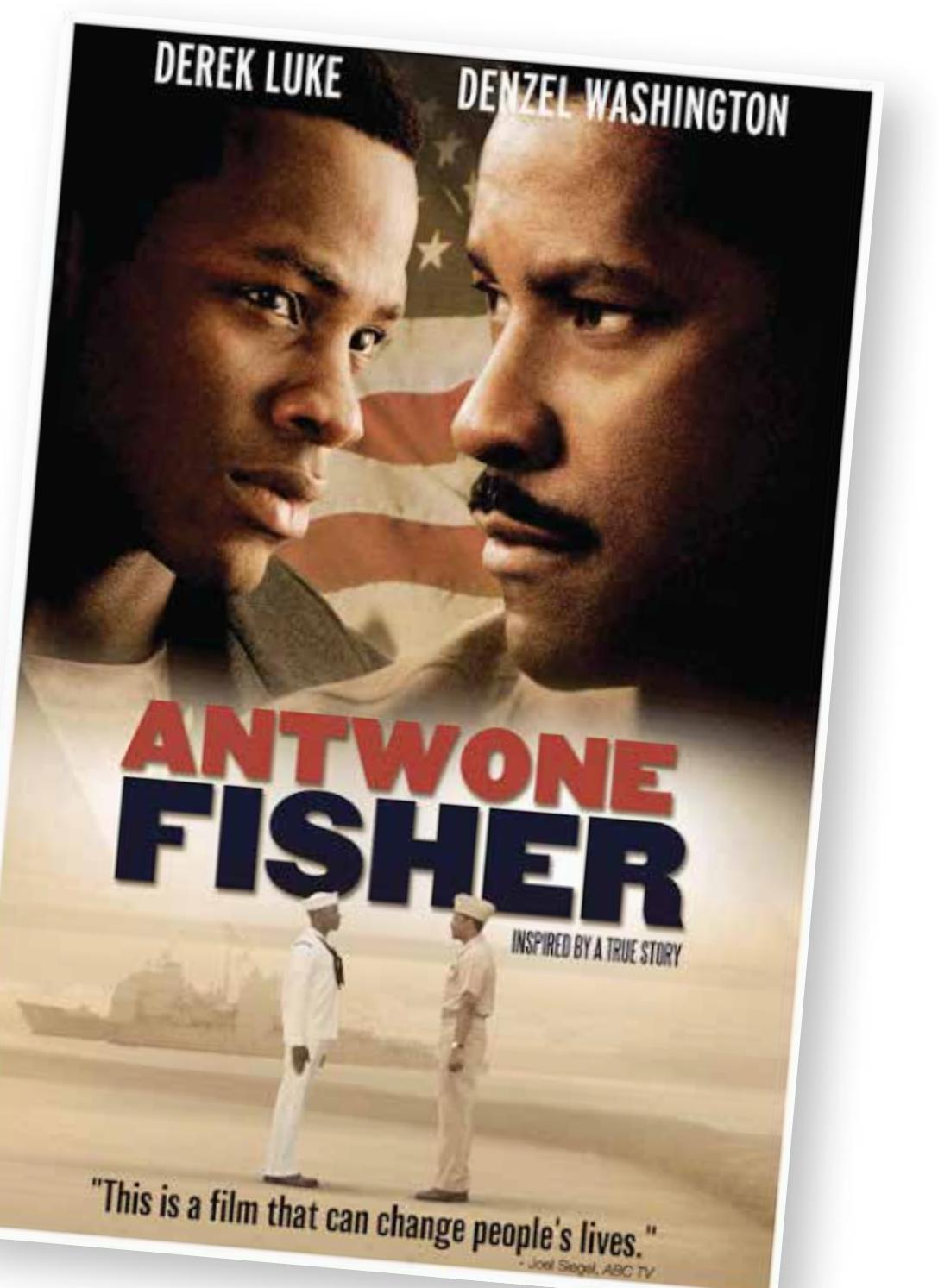
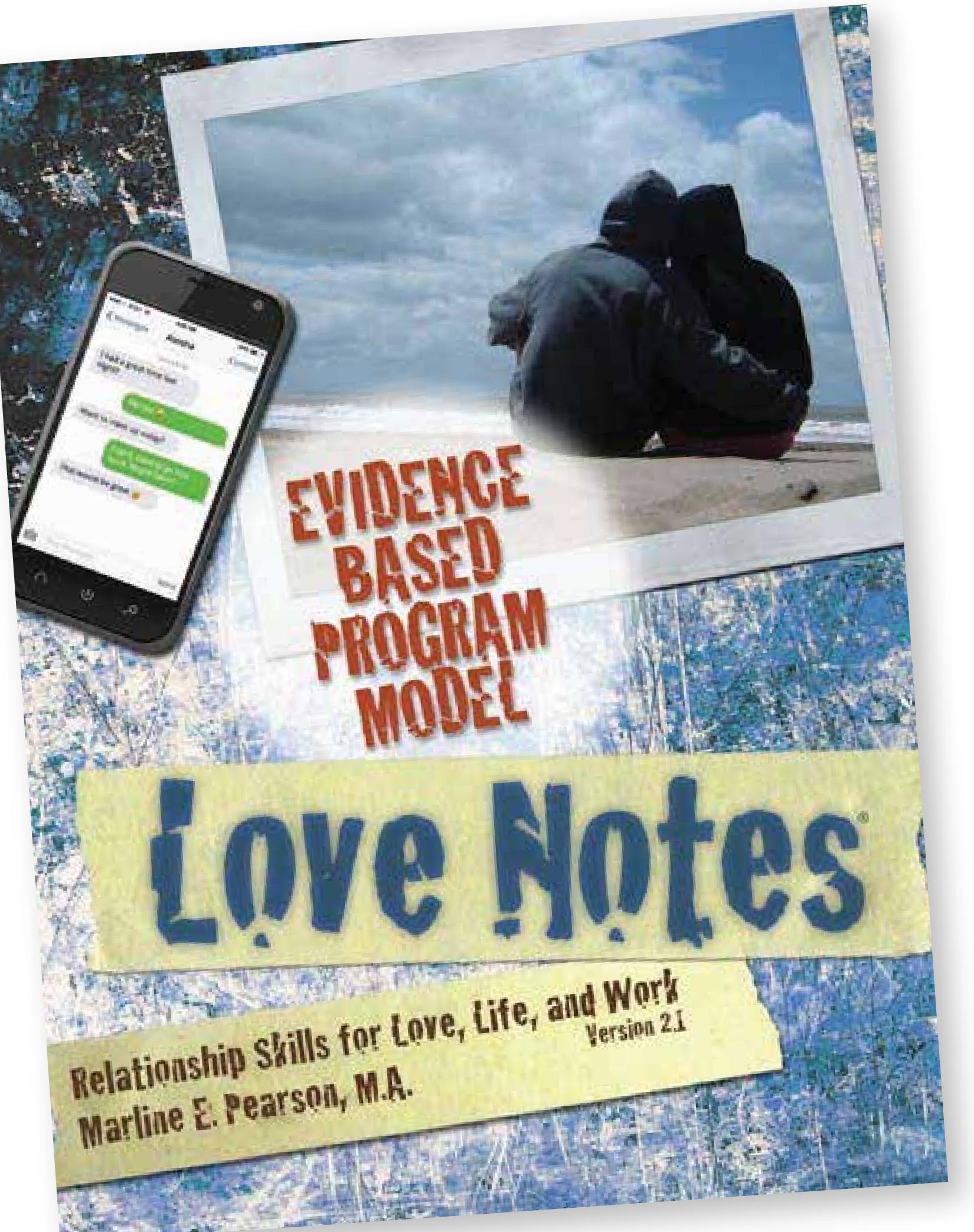
- 1) To **create a safe space that empowers youth** who have experienced ACES to make meaning of their pasts, support them in defining what they want in their future relationships and families, and equip them with knowledge and skills to build the self-efficacy to move towards their goals.
- 2) To **prevent ACES in the children that these youth have now or may have in the future** by viewing Intimate Partner Violence, turbulent relationships, and unplanned pregnancies "through the eyes of a child" to build empathy and increase motivation to change.

## CORE CONTENT

- **Knowing yourself**—personality style, baggage, expectations, mapping your future
- **Forming & maintaining healthy relationships**—skills and smart steps
- **"Your Love Life Is Not Neutral"**—Frameworks for assessing relationships and making decisions
- **"Red Flags"**—Recognizing unhealthy relationships and acting on dangerous ones
- **Effective communication and conflict management skills**
- **"Decide, Don't Slide"**—Intimacy, sexual values, pacing relationships and sex
- **Unplanned pregnancy and relationship turbulence**  
"Through the Eyes of a Child"
- **How the order of school, commitment, and babies impacts your future**

## APPROACH

- **One of the most effective evidence-based pregnancy prevention programs** with the Office of Adolescent Health, and included as an adaptation on SAMHSA's evidence list
- **13 lessons that use popular media and lively activities** to engage both young males and females.
- **Trusted Adult Connection Activity** in each lesson to facilitate discussions of important topics with a caring adult.
- **Personal journal** to reflect, solidify learning, and plan for the future.
- **Tips, guides, tools, and frameworks** to build long-term relationship confidence and efficacy.
- **Ready-to-teach** format that facilitators love.



## WHAT PARTICIPANTS LEARN

*"With this group, it helps us stay in school, helps us open our eyes to healthy relationships. It helps us get what we need to grow in ourselves, and also grow in our families, and grow in our children. And also, like I don't know, it gives us hope!"*

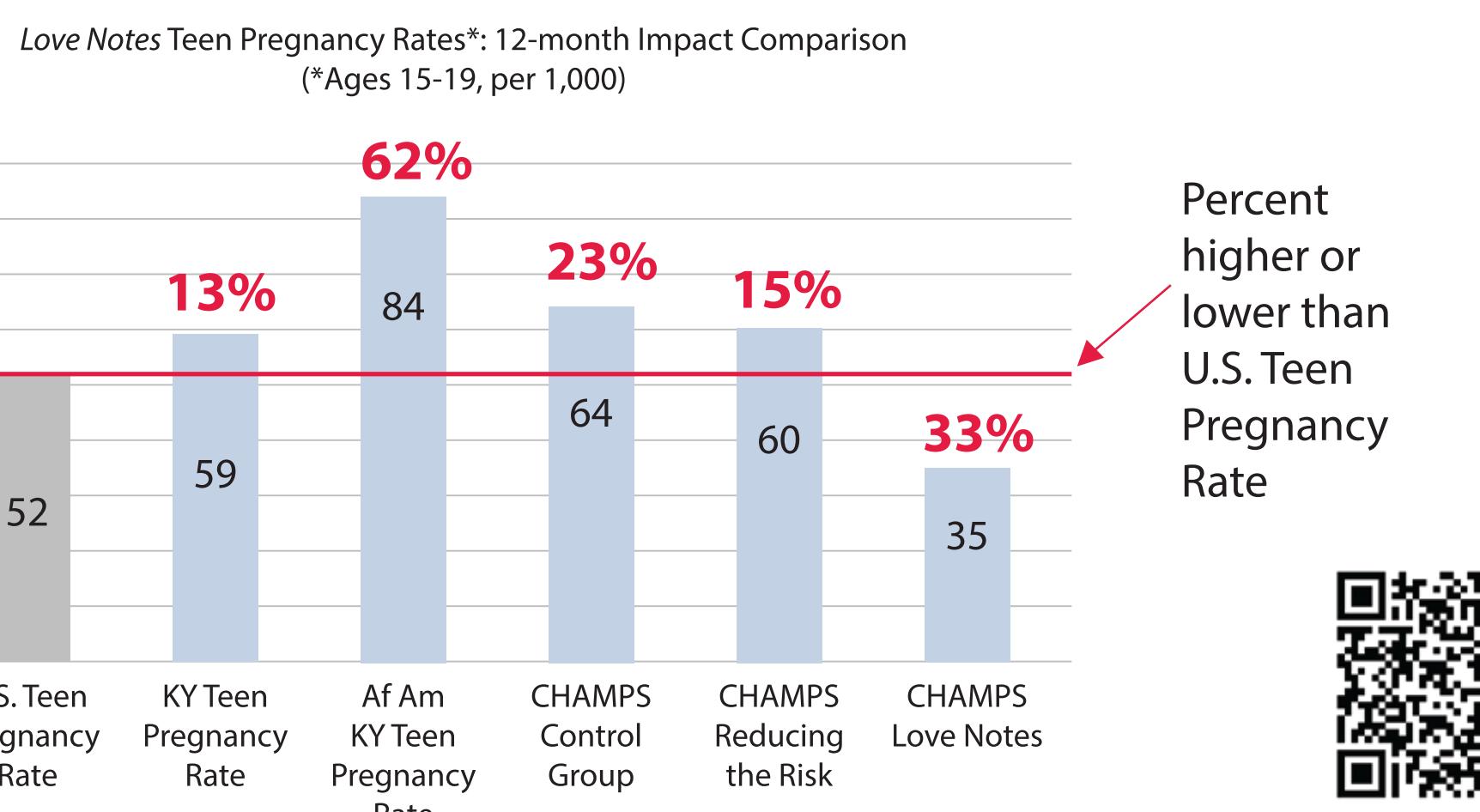
—Parenting Teen, Texas

*"I frequently use Love Notes curriculum with girls at the Journey Home. Since they are navigating through dating and relationships out of treatment the content is relatable. I have found that it is valuable for the girls in recognizing red flags with potential love interest as well as what a mature relationship should look like."*

—Kim England M.S., ACMHC The Journey Home-Program Director Residential Therapy High School

## RESEARCH

- **OBJECTIVES.** To test the efficacy of Reducing the Risk (RTR) and Love Notes (LN) on reducing risky sexual behavior among youths yet to experience or cause a pregnancy.
- **METHODS.** The four dependent variables were ever had sex, condom use, birth control use, and number of sexual partners at 3- and 6-month follow-up in a randomized controlled trial of 1448 impoverished youths, aged 14 to 19 years, in 23 community-based organizations in Louisville, Kentucky, from 2011 through 2014.
- **RESULTS.** At 6 months, LN participants reported greater use of birth control and condoms, fewer sexual partners, and were less likely to have ever had sex compared with the control condition.



## ABOUT DIBBLE

The Dibble Institute is a national, independent non-profit that equips young people with the skills and knowledge they need to build healthy romantic lives now and in the future. We do this by translating research into teaching tools.

Rather than primarily focusing on what to avoid, Dibble's focus is positive and proactive—how to form and maintain healthy relationships—making it unique compared to other programs in the field of youth development.