Specific Interventions and Activities

Lesson Content:

Lesson 1: *Who Am I and Where Am I Going?*
Lesson 2: *Maturity Issues and What I Value*
Lesson 3: *Attractions and Infatuation*
Lesson 4: *Principles of Smart Relationships*
Lesson 5: *Is It a Healthy Relationship?*
Lesson 6: *Breaking Up and Dating Violence*
Lesson 7: *Decide, Don't Slide!*
Lesson 8: *Communication and Healthy Relationships*
Lesson 9: *Communication Challenges and More Skills*
Lesson 10: *Sexual Decision-Making*
Lesson 11: *Pregnancy, STIs and HIV*
Lesson 12: *Unplanned Pregnancy Through the Eyes of a Child*
Lesson 13: *Teens, Technology and Social Media*

All lessons: Parent Teen 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 & relationship skills to abstain.
D. Increased motivation to avoid pregnancy
E. Increased interpersonal communication knowledge and skills.
F. Increased communication between parents/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. Remain sexually abstinent.
3. Have discussed relationship and sexual topics with a parent or trusted adult.
4. Use non-violent alternatives during conflicts.

Ultimate Goals

- Decrease teen pregnancies
- Increase in healthy relationships
- Decrease in intimate partner violence
- Greater school completion/employment