**LOVE NOTES Logic Model for Pregnancy Prevention**

### 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.** Engage youth to increase capacity to form & sustain healthy relationships; decrease unhealthy relationships.

**B.** Increased knowledge of sexual issues (including social and emotional) and personal sexual values clarification.

**C.** Increased self-efficacy and relationship skills to abstain or support return to abstinence.

**D.** Increased self-regulation and motivation to avoid pregnancy and support healthy behaviors.

**E.** Increased interpersonal communication knowledge and skills.

**F.** Increased positive connections and communication between parents/trusted adults and youth about relationships and sex.

### Behavior Changes Longer Term

Program recipients are more likely to:

1. Experience optimal health.
2. Return to abstinence or continue to remain sexually abstinent.
3. Have discussed relationship and sexual topics with a parent or caregiver.
4. Use non-violent alternatives during conflicts.
5. Avoid other risk factors associated with teen sex.

### Ultimate Goals

- Prevent teen pregnancies
- Promote healthy adolescent development
- Increase healthy relationships
- Decrease intimate partner violence
- Give youth a sense of purpose and positive view of their future