

## Positive Youth Development Framework

## Love Notes SRA EBP

**Skill building:** Develop soft and life skills through skill building activities within individual, family, peer and community settings.

**Youth engagement and contribution:** Allow youth engagement to take different shapes. This can include youth expression, youth involvement in community service and creating opportunities for youth decision-making at various levels of government. This can also include programs that provide structure for youth contribution or that support youth leadership.

*Love Notes SRA EBP* empowers youth with the skills needed to further their own personal development, to form and maintain healthy relationships, to make wise sexual decisions, and build their skill capacity to follow through with their intentions. It encourages them to set goals and to work towards success with education and employment. These skills help youth reap the benefits associated with self-regulation.

### **Lesson 1 – Relationships Today**

- 1.2 - Defining a Vision

### **Lesson 2 – Knowing Yourself**

### **Lesson 3 – My Expectations—My Future**

### **Lesson 7 – Dangerous Love**

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

- 8.3 - The Low-Risk Deciding Approach

### **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
- 10.4 - A Problem-Solving Model

### **Lesson 12 – Pregnancy, STIs and HIV**

- 12.4 - Pressure Situations and Assertiveness Skills

The activities in *Love Notes SRA* are varied. They include role-plays, drawing, sculpting, and games that are designed to teach and reinforce the concepts with real-life scenarios young people can relate to. The student workbook also provides opportunities for youth to take the reins in identifying how the curriculum applies to their own individual lives. Open discussion

	<p>between facilitator and youth is encouraged in all of the lessons.</p>
<p><b>Healthy relationships and bonding:</b> Identify and link youth to positive adult role models, mentors, coaches, teachers, health care providers and community leaders. Ideally, youth have at least one caring and consistent adult in their lives. Healthy peer relationships are also particularly important to youth.</p> <p><b>Belonging and membership:</b> Foster activities where youth feel included regardless of gender, ethnicity, sexual orientation, disabilities or other factors. Identify activities that provide positive sense of belonging (schools, sports, community service, faith-based youth group, etc.)</p>	<p><b>Trusted Adult Connection</b> activities are provided for each lesson in the <i>Love Notes SRA</i> curriculum. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their parent and/or a trusted adult. Each activity conveys core concepts, provides talking points, and uses an easy activity to engage conversation between youth and adult.</p> <p>All youth, regardless of sexual orientation, gender, ethnicity, etc. have attractions, emotions and desires for healthy relationships. All youth benefit from sexual delay and sexual risk avoidance. All youth need skills and knowledge to navigate their relationships and make wise sexual choices. <i>Love Notes SRA</i> is an LGBTQ-inclusive curriculum. Furthermore, the activities included in <i>Love Notes SRA</i> have been designed to be inclusive. The scenarios, poetry, and stories have all been written by diverse youth. The images in the PowerPoint slides, as well as language in the lessons and scenarios, are inclusive in terms of sexual orientation.</p>
<p><b>Positive norms, expectations, and perceptions:</b> Have clear and consistent norms and expectations about health, relationships, and forms of engagement that provide youth an increasing amount of responsibility and independence and allow youth to grow and take on new roles.</p>	<p><i>Love Notes SRA</i> offers young people—including young parents—knowledge of what a healthy relationship is and isn't, as well as skills for handling the early chemistry of attraction and choosing partners wisely. Young people learn the building blocks of healthy relationships and are encouraged to identify relationship qualities important for good foundations. They are provided several frameworks to help them assess relationships (past or present) and to make important relationship decisions.</p> <p><b>Lesson 2 – Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>• 2.1 - Good Relationships Start with You</li> </ul>

### **Lesson 3 – My Expectations—My Future**

- 3.2 - The Power of Expectations

### **Lesson 4 – Attractions and Starting Relationships**

- 4.1 - Relationship Pyramid

### **Lesson 5 – Principles of Smart Relationships**

- 5.2 - Seven Principles of Smart Relationships

### **Lesson 6 – Is It a Healthy Relationship?**

- 6.1 - How Can You Tell?

### **Lesson 7 – Dangerous Love**

- 7.1 - Early Warnings and Red Flags
- 7.5 - Draw the Line of Respect

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

- 8.2 - The Success Sequence

### **Lesson 11 – Let's Talk About Sex**

- 11.2 - The Six Parts of Intimacy

### **Lesson 12 – Pregnancy, STIs and HIV**

- 12.5 - My Personal Plan

**Safe space:** Create safe spaces that are tailored to the needs of youth – including physical infrastructure as well as emotional safety. Space can be defined in a variety of ways, including virtual. Many communities lack any space for youth to convene. Thus communities must be committed to providing youth with safe spaces to practice, engage, and learn creatively and collaboratively. An emotionally safe space is critical to learning.

The *Love Notes SRA EBP* curriculum training includes a ground rules discussion for teachers to have with youth in order to set expectations for safe and open discussions. The *Love Notes SRA Student Workbook* also provides a safe and private space where students can reflect and apply the concepts they are learning into their own lives. Finally, the Trusted Adult Connection activities help students to identify someone in their personal life with whom they can safely connect and discuss what they are learning.