LOVE NOTES EBP Logic Model for Pregnancy Prevention (SRA)

**Specific Interventions and Activities**

Love Notes SRA 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: Pregnancy, STIs, and HIV
- 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. Increase knowledge of success sequencing and goal setting.

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