

Love Notes 3.0

Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competencies.
GRADES 6-12

Lesson 1: Relationships Today

| Section | Self-Awareness |
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| 1.2 & 1.3 | Having a growth mindset. |
| | Self-Management |
| 1.2 | Setting personal and collective goals. |
| | Relationship Skills |
| 1.1-1.5 | Developing positive relationships. |
| 1.5 | Seeking or offering support and help when needed. |

Lesson 2: Knowing Yourself

| Section | Self-Awareness |
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| 2.1-2.3 | Integrating personal and social identities. |
| 2.2 & 2.3 | Identifying personal, cultural, and linguistic assets. |
| 2.3 | Having a growth mindset. |
| | Self-Management |
| 2.2 | Managing one's emotions. |
| 2.3 | Demonstrating personal and collective agency. |
| | Social Awareness |
| 2.2 | Recognizing strengths in others. |
| 2.3 | Understanding the influences of organizations and systems on behavior. |
| | Relationship Skills |
| 2.1-2.3 | Developing positive relationships. |
| 2.3 | Seeking or offering support and help when needed. |

Lesson 3: My Expectations - My Future

| Section | Self-Awareness |
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| 3.1-3.3 | Linking feelings, values, and thoughts. |
| | Self-Management |

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| 3.1-3.3 | Setting personal and collective goals. |
| 3.3 | Demonstrating personal and collective agency. |

Relationship Skills

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| 3.1-3.3 | Developing positive relationships. |
| 3.2 | Resisting negative social pressure. |
| 3.3 | Seeking or offering support and help when needed. |

Lesson 4: Attractions and Starting Relationships

Section Self-Awareness

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| 4.2 | Linking feelings, values, and thoughts. |
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Self-Management

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| 4.2 | Managing one's emotions |
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Relationship Skills

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| 4.1 & 4.2 | Developing positive relationships. |
| 4.2 | Seeking or offering support and help when needed. |

Lesson 5: Principles of Smart Relationships

Section Self-Management

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| 5.1-5.3 | Demonstrating personal and collective agency. |
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Relationship Skills

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| 5.1-5.3 | Developing positive relationships. |
| 5.3 | Seeking or offering support and help when needed. |

Lesson 6: Is It a Healthy Relationship?

Section Self-Awareness

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| 6.1 | Linking feelings, values, and thoughts. |
| 6.1 | Experiencing self-efficacy. |

Self-Management

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| 6.3 | Showing the courage to take initiative. |
| 6.1 & 6.3 | Demonstrating personal and collective agency. |

Relationship Skills

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| 6.1-6.3 | Developing positive relationships. |
| 6.3 | Seeking or offering support and help when needed. |

Responsible Decision Making

6.1 & 6.3 Learning how to make a reasoned judgement after analyzing information, data, and facts.

6.1-6.3 Reflecting on one's role to promote personal, family, and community well-being.

Lesson 7: Dangerous Love

Section Self-Awareness

7.4 & 7.5 Experiencing self-efficacy.

Self-Management

7.4 & 7.5 Showing the courage to take initiative.

7.4 & 7.5 Demonstrating personal and collective agency

Social Awareness

7.4 & 7.5 Recognizing situational demands and opportunities.

Relationship Skills

7.1-7.5 Developing positive relationships

7.1 & 7.5 Resisting negative social pressure.

7.5 Seeking or offering support and help when needed.

Responsible Decision Making

7.1-7.5 Reflecting on one's role to promote personal, family, and community well-being.

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

Section Self-Awareness

8.3 Experiencing self-efficacy.

Self-Management

8.2-8.4 Exhibiting self-discipline and self-motivation.

8.3 Using planning and organizational skills.

8.3 Showing the courage to take initiative.

Relationship Skills

8.1-8.4 Developing positive relationships

8.1 & 8.3 Resisting negative social pressure.

8.4 Seeking or offering support and help when needed.

Responsible Decision Making

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| 8.1-8.3 | Learning how to make a reasoned judgement after analyzing information, data, and facts. |
| 8.1 | Anticipating and evaluating the consequences of one's actions. |
| 8.1-8.4 | Reflecting on one's role to promote personal, family, and community well-being. |
| 8.1-8.4 | Evaluating personal, interpersonal, community, and institutional impact. |

Lesson 9: What's Communication Got to Do With It?

Section

Self-Awareness

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| 9.2 | Identifying one's emotions. |
| 9.2 & 9.3 | Experiencing self-efficacy. |

Self-Management

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| 9.2 & 9.3 | Managing one's emotions. |
| 9.1-9.3 | Identifying and using stress-management strategies. |

Social Awareness

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| 9.3 | Taking other's perspectives. |
| 9.3 | Demonstrating empathy and compassion. |
| 9.3 | Showing concern for the feelings of others. |

Relationship Skills

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| 9.1-9.3 | Communicating effectively. |
| 9.1-9.3 | Developing positive relationships. |
| 9.1-9.3 | Resolving conflicts constructively |
| 9.3 | Seeking or offering support and help when needed. |

Lesson 10: Communication Challenges and More Skills

Section

Self-Awareness

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| 10.3 | Identifying one's emotions. |
| 10.2 & 10.3 | Experiencing self-efficacy. |

Self-Management

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| 10.2 & 10.3 | Managing one's emotions. |
| 10.1-10.5 | Identifying and using stress-management strategies. |

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| | Social Awareness |
| 10.2 | Taking other’s perspectives. |
| 10.2 & 10.5 | Demonstrating empathy and compassion. |
| 10.2 & 10.5 | Showing concern for the feelings of others. |
| 10.2 | Understanding and expressing gratitude. |

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| | Relationship Skills |
| 10.1-10.5 | Communicating effectively. |
| 10.1-10.5 | Developing positive relationships. |
| 10.1-10.5 | Resolving conflicts constructively. |
| 10.5 | Seeking or offering support and help when needed. |

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| | Responsible Decision Making |
| 10.4 | Identifying solutions for personal and social problems. |
| 10.5 | Recognizing how critical thinking skills are useful both inside and outside of school. |

Lesson 11: Let’s Talk About Sex

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| Section | Self-Awareness |
| 11.6 | Linking feelings, values, and thoughts. |
| 11.6 | Experiencing self-efficacy. |

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| | Self-Management |
| 11.6 | Exhibiting self-discipline and self-motivation. |
| 11.6 | Demonstrating personal and collective agency. |

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| | Relationship Skills |
| 11.4 & 11.5 | Communicating effectively. |
| 11.1-11.6 | Developing positive relationships. |
| 11.6 | Resisting negative social pressure. |
| 11.6 | Seeking or offering support and help when needed. |

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| | Responsible Decision Making |
| 11.3 | Recognizing how critical thinking skills are useful both inside and outside of school. |
| 11.1-11.6 | Reflecting on one’s role to promote personal, family, and community well-being. |

11.1-11.6 Evaluating personal, interpersonal, community, and institutional impact.

Lesson 12: Let's Plan for Choices

| Section | Social Awareness |
|-------------|---|
| 12.4 & 12.5 | Experiencing self-efficacy. |
| | Self-Management |
| 12.5 | Exhibiting self-discipline and self-motivation. |
| 12.5 | Setting personal and collective goals. |
| 12.4 & 12.5 | Showing the courage to take initiative. |
| 12.5 | Demonstrating personal and collective agency. |
| | Relationship Skills |
| 12.4 & 12.5 | Communicating effectively. |
| 12.1-12.5 | Developing positive relationships. |
| 12.4 & 12.5 | Resisting negative social pressure. |
| 12.5 | Seeking or offering support and help when needed. |
| | Responsible Decision Making |
| 12.1-12.5 | Reflecting on one's role to promote personal, family, and community well-being. |
| 12.1-12.5 | Evaluating personal, interpersonal, community, and institutional impact. |

Lesson 13: Through the Eyes of a Child

| Section | Self-Awareness |
|-----------|---|
| 13.6 | Experiencing self-efficacy. |
| | Self-Management |
| 13.6 | Exhibiting self-discipline and self-motivation. |
| 13.6 | Setting personal and collective goals. |
| 13.6 | Showing the courage to take initiative. |
| 13.6 | Demonstrating personal and collective agency. |
| | Social Awareness |
| 13.1-13.6 | Demonstrating empathy and compassion. |
| 13.1-13.6 | Showing concern for the feelings of others. |

Relationship Skills

- 13.1-13.6 Developing positive relationships.
- 13.6 Seeking or offering support and help when needed.
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Responsible Decision Making

- 13.6 Learning how to make a reasoned judgement after analyzing information, data, and facts.
- 13.3 Anticipating and evaluating the consequences of one's actions.
- 13.4 & 13.5 Recognizing how critical thinking skills are useful both inside and outside of school.
- 13.1-13.6 Reflecting on one's role to promote personal, family, and community well-being.
- 13.1-13.6 Evaluating personal, interpersonal, community, and institutional impact.