

## What's New, Updated, and Changed in the New Love Notes and Relationship Smarts PLUS?

	NEW Content	UPDATED content	CHANGES in Delivery
<b>BOTH RSP And LN</b>	<ul style="list-style-type: none"> <li>• Sex trafficking prevention</li> <li>• <i>Navigating Relationships in the Digital Age</i> with additional focus on online sharing, sexting, sextortion, and digital consent.</li> <li>• Provide practice for essential conversations for <i>"Getting on the Same Page"</i>, which includes an added emphasis on equality, kindness and caring.</li> <li>• Internet Porn. A unique approach using an interview with Billie Eilish.</li> <li>• <i>Planning for Success</i>: planning/making decisions on personal use of digital/mobile technology, encouraging young people to be in control versus the technology controlling them.</li> </ul>	<ul style="list-style-type: none"> <li>• Strengths-based approach:               <ul style="list-style-type: none"> <li>○ Participants define for themselves a meaningful context and timing for sex.</li> <li>○ The Benefits of Deciding</li> <li>○ The importance of mutuality and being mutually informed so that both partners are on the same page.</li> <li>○ Greater emphasis on the motivation for young males to be more proactive in STI and pregnancy prevention.</li> <li>○ Child's Wish List</li> <li>○ The positive steps young parents can take to provide bright futures for children.</li> </ul> </li> <li>• New research &amp; updated stats:               <ul style="list-style-type: none"> <li>○ Pathways and Sequences to Success</li> <li>○ Digital technology including texting, sexting, social media</li> <li>○ Sexual assault prevention</li> </ul> </li> <li>▪ Medically accurate contraception information based on CDC recommendations.</li> <li>• Improved some Trusted Adult-Teen Connection activities for more interaction.</li> <li>• Many resources and activity cards updated, added, or removed to better fit with updated content.</li> </ul>	<ul style="list-style-type: none"> <li>• Activities have been streamlined.</li> <li>• Videos, music, images are current.</li> <li>• Participant Workbooks now called Journals.</li> <li>• Scenarios, role plays, and language updated to be more diverse and inclusive</li> <li>• Ongoing focus on asset-building approach and framework</li> </ul>

<b>RSP Only</b>			Parent-Teen Connection activities name changed to Trusted Adult-Teen Connection activities to accommodate youth-in-care.
<b>LN Only</b>	<ul style="list-style-type: none"> <li>Two additional Journal pages have been added. <i>Getting on the Same Page</i> and <i>Problem-Solving &amp; Reflections</i>.</li> <li>To the original discussion of hormones and sexual arousal patterns has been added <i>Safe Sex Re-imagined</i></li> </ul>	<p>Updated research:</p> <ul style="list-style-type: none"> <li>○ Cohabitation—when it’s more or less risky—to help young people make informed decisions</li> </ul>	