



# Love Notes

## Relationship Skills for Love, Life, and Work

### What is Love Notes?

Love Notes is an evidence-based, comprehensive healthy relationship education program designed to teach youth how to build healthy, romantic relationships, as well as how to reduce their risk for dating violence, unintentional pregnancy, and sexually transmitted infections (STIs), including HIV. Skills taught throughout this curriculum can be applied to many areas of life, resulting in healthier outcomes for youth. Love Notes is intended for youth and young adults ages 17-24.

### Outcomes

Research shows youth who participated in the Love Notes program reported the following:

- Delayed initiation of sexual intercourse
- Reduced frequency of sexual activity
- Increased use of contraceptives if sexually active
- Reduced incidence of pregnancy

### Unique Features

Love Notes represents an innovative approach to the prevention of unintentional pregnancy, STIs, and intimate partner violence. Some of its unique features include:

1. Integration of sexual health and healthy relationships
2. Positive youth development approach
3. Encouraging youth to see potential impacts of unhealthy relationships through the eyes of a child
4. Framework for intimacy planning and pacing
5. Acknowledgment and inclusion of expectant/parenting teens

### Learning Activities

Love Notes aims to help youth develop skills to make healthy relationship and sexual choices through a variety of peer-based and interactive strategies.

- Brainstorming and group discussions
- Videos
- Communication and conflict management skills practice
- Worksheets
- Artistic activities – drawing, poetry, sculpting
- Role-playing
- Games and scenario cards

Love Notes provides 805 minutes of instruction for unintentional pregnancy prevention, STI prevention, and reproductive health. All facilitators are trained to deliver the program with fidelity.

### HIV/AIDS Prevention Education

Oklahoma's AIDS Prevention Education statute ([70 O.S. § 11-103.3](#)) requires students to receive AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade. Love Notes contains information about HIV/AIDS and can be used to meet the state statute.

### Consent Education

Love Notes is implemented in compliance with Oklahoma's Sex Education Curriculum and Materials statute ([70 O.S. § 11-105.1](#)), which requires all sex education curriculum, materials, classes, programs, tests, surveys/questionnaires to include information about sexual consent and meet the state's definition for consent ([21 O.S. § 113](#)).

## Oklahoma Academic Standards for Health Education

Oklahoma Academic Standards serve as expectations for what students should know and be able to do by the end of the school year. An effective health education program offers all students the opportunity to gain the needed knowledge, skills, and dispositions toward healthy lifestyles. When implemented with fidelity, Love Notes can potentially fulfill some of the objectives for the [health education standards](#) listed below for students in 6th-12th grade.

**Standard 1:** Comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

**Standard 4:** Demonstrate ability to use interpersonal communication skills to enhance health and avoid/reduce health risks.

**Standard 5:** Demonstrate ability to use decision-making skills to enhance health.

**Standard 6:** Demonstrate ability to use goal-setting skills to enhance health.

**Standard 8:** Demonstrate ability to advocate for personal, family, and community health.



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