

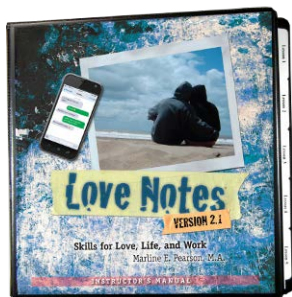
## What is Love Notes?

*Love Notes* is an **evidence-based**, comprehensive healthy relationship education program. Lessons/activities in the curriculum have a heavy focus on communication, decision-making, setting and respecting boundaries, planning and pacing relationships and sexual activity, and the impact of family formation on children. The purpose is to teach youth how to build healthy, romantic relationships, as well as how to reduce their risk for dating violence, unplanned 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



For more information about this or any other evidence-based curriculum, contact:



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[factforward.org](http://factforward.org)



# Love Notes

Relationship Skills for Love, Life, and  
Work

## Unique Features

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

1. Integrating sexual health and healthy relationships into one comprehensive curriculum
2. Utilizing a positive youth development approach
3. Encouraging youth to see consequences of unplanned pregnancy/unhealthy relationships through the eyes of a child
4. Framework for intimacy planning and pacing
5. Acknowledgement and inclusion of pregnant/parenting teens

## Learning Activities

*Love Notes* aims to help youth develop skills to make healthy relationship and sexual choices through 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 unplanned pregnancy prevention, STI prevention, reproductive health, and healthy relationship instruction. All facilitators are trained to deliver the program with fidelity.

“The quality of your life is the quality of your relationships.”

- Tony Robbins, author

## HIV/AIDS Prevention Education

*Love Notes* is in compliance with Oklahoma’s HIV/AIDS education statute ([70 O.S. § 11-103.3](#)) which requires students to receive AIDS prevention education a minimum of once from 7<sup>th</sup>-9<sup>th</sup> grade and a minimum of once from 10<sup>th</sup>-12<sup>th</sup> grade.

## Consent Education

*Love Notes* is 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 (OAS)

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* fulfills all of the Health/Safety education standards for students in 9<sup>th</sup> -12<sup>th</sup> grade.

### Health Education Standards:

**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 3:** Demonstrate ability to access valid information, products, and services to enhance health.

**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 7:** Demonstrate ability to practice health-enhancing behaviors and avoid/reduce health risks.

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