

Love Notes – 9th – 12th Grade

Lesson 1: Relationships Today

- Relationships Today
- Defining a Vision
- Choosing Reds or Greens?
- Film Opportunity

Lesson 2: Knowing Yourself

- Good Relationships Start With You
- Understanding My Personality Style
- Examining Family Origin

Lesson 3: My Expectations-My Future

- What's Important?
- The Power of Expectations
- Myself-My Future

Lesson 4: Attractions and Starting Relationships

- Relationship Pyramid
- The Chemistry of Attraction
- Infatuation-Love Match

Lesson 5: Principles of Smart Relationships

- Smart or Not-So-Smart?
- Seven Principles of Smart Relationships
- Seven Questions to Ask
- Three Sides of Love

Lesson 6: Is It a Healthy Relationship?

- How Can You Tell?
- Assessing my Relationship
- Having Fun-It's Important
- Breaking Up

Lesson 7: Dangerous Love

- Early Warning and Red Flags
- Violence: Why it Happens, What Helps, Signs of Greatest Danger
- Dangerous Love: Impact on Children
- Draw the Line of Respect

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

- The High Costs of Sliding
- The Low-Risk Deciding Approach
- A Brief Review
- Making Decisions and The Success Sequence

Lesson 9: Let's Talk About Sex

- Let's Talk About Sex and Sliding
- Intimacy: It's More than a Physical Thing
- Understanding Sexual Regrets
- Risky Situations for Sex
- The Success Sequence
- Set Your Personal Line

Lesson 10: Anatomy, Reproduction, Pregnancy, STDs and HIV

- Anatomy and Reproduction
- Test Your Knowledge
- STDS and HIV Are for Real
- Pressure Situations and Assertiveness
- My Personal Plan

Lesson 11: What's Communication Go to Do With It?

- Patterns that Harm Relationships
- Angry Grains Aren't Smart Brains: The Power of Time Outs
- The Speaker Listener Technique

Lesson 12: Communication Challenges and More Skills

- Patterns Learned in Family
- Complain and Raise Issues Effectively
- Hidden Issues-Button Pushers
- Problem-Solving Model
- A Brief Review

Lesson 13: Through the Eyes of a Child

- Child Looking for a Family
- What About Fathers?
- Relationship Troubles and Father Absence
- Child Speak: Brighter Futures
- The Success Sequence and Planning for Success

Special note: Each lesson contains a *Trusted Adult Connection Activity*