WHY WE EXIST

On May 3rd, 2010, Yeardley Love, who was then a senior lacrosse player at the University of Virginia and three weeks shy of her graduation, was beaten to death by her ex-boyfriend.

Devastated by the loss of Yeardley, her family created One Love, a foundation that educates young people about the difference between healthy and unhealthy relationships so that they may seek help before an abusive relationship escalates to violence.
Here’s the sad truth: Yeardley Love was killed and her death was avoidable, if only anyone in her life—including her—understood the visible, yet often misunderstood, signs of an unhealthy relationship. This is why One Love works to make sure others have the information that Yeardley, her friends and her family did not. Information that can save lives.

**OUR MISSION**

Will be in an abusive relationship during his or her lifetime

- **1 in 3**
- **1 in 4**
OUR APPROACH:
ENGAGE PARTICIPANTS IN A MEANINGFUL WAY

1. Deliver best-in-class, highly relatable content about unhealthy relationships to our audience.

2. The compelling content spurs conversations around the often-taboo topic of unhealthy relationships.

3. Excited by the possibility of achieving community change, individuals step up to rally their communities.
OUR TONE

Our language dictates how we’re heard, which is why we’ve tried to establish the tone of a friend who has advice to offer without any judgment.
Yeardley’s role as an athlete was an integral part of her identity. We carry on Yeardley’s spirit by empowering athletes as leaders who have the ability to create real change in their communities. **We believe that if teams have the knowledge to recognize healthy and unhealthy relationship behaviors, and the language to talk about them, their team dynamic will be stronger both on and off the field.**

“One Love offers me another way to care for my teammates…it’s helped me be so much more comfortable talking to my teammates and other athletes and show them another way to better their lives and their friends’. **I am a better teammate and athlete because of One Love.**” – Arica Smith, swimmer, University of Wisconsin - Milwaukee

“One Love have provided me the tools and more importantly **the confidence to intervene** in a situation when necessary.” – Conor Okim, Men’s Lacrosse, Boston University
OUR CONTENT

ESCALATION WORKSHOP
A 40-minute film that gives students a deep dive into how a relationship can escalate to violence

LOVE LABYRINTH
A short film that shows how partners can get sucked into the cycle of an unhealthy relationship

BECAUSE I LOVE YOU
A short film that shows how words like 'love' can be used to manipulate partners

BEHIND THE POST
A campaign that, in the age of social media, reminds people that real life happens behind the post

COUPLETS
A series of short, animated films that show the difference between healthy and unhealthy relationships

#OKFORPETSNOTPARTNERS
A social campaign that showed how some behaviors are acceptable when dealing with a pet, but not a partner

ASTERISK
Short videos that show how seemingly loving phrases like "I'm sorry" or "I love you" can take on different meanings in an abusive relationship.
Understanding these behaviors can help you figure out if you’re in an unhealthy or dangerous relationship. Many times, these behaviors are used to gain power or control and can have a negative impact on your wellbeing or day-to-day life. In some cases, these unhealthy behaviors can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help.

**10 SIGNS OF AN UNHEALTHY RELATIONSHIP**

1. INTENSITY
2. JEALOUSY
3. MANIPULATION
4. ISOLATION
5. SABOTAGE
6. BELITTILING
7. GUILTING
8. VOLATILITY
9. BETRAYAL
10. DEFLECTING RESPONSIBILITY

**10 SIGNS OF A HEALTHY RELATIONSHIP**

Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. At the end of the day, the below characteristics in a healthy relationships make you feel confident and supported.

1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY
What is anger?
Anger is a strong feeling of annoyance or madness. Anger is an emotion we all experience, but we can respond in a healthy or an unhealthy way.

What are other examples?
This Couplet is just one example of unhealthy anger. Others are when a friend or a partner:
• Makes you feel like you have to “walk on eggshells” around them
• Physically hurts you or threatens to harm you
• Does things to scare or intimidate you, gets really mad, yells, punches things, or destroys stuff
• Makes you feel like you need to do things, or not do things, so they don’t get mad
• Yells to get their point across
What is isolation?
Isolation is when someone is being separated or kept away from other people. Isolation in a relationship happens when someone wants you all to themselves and doesn’t like to share you.

What are other examples?
This Couplet is just one example of isolation. Others are when someone:
• Gets jealous when you make new friends
• Makes you sit with them alone at lunch
• Asks you to skip class, practice or any other activity to hang out with them
• Makes you feel like your parents or family don't care about you
• Doesn't like you texting other people.
ONLINE RESOURCES

#AskOneLove: I THINK MY S.O. IS CHEATING

INSTEAD OF SAYING THIS, SAY THAT

10 SIGNS EXPLAINED

HOW TO HELP A FRIEND

Unhealthy Behaviors Series: JEALOUSY

BLOG: ARE ATHLETES PRONE TO UNHEALTHY RELATIONSHIPS?
BRING ONE LOVE TO YOUR COMMUNITY

• Go to: https://www.joinonelove.org/act/start-convo/

• Download the Discussion Guides
  • Scroll down on each chapter’s page

• Go through an Escalation Workshop Facilitator Training

• Use your local resources!
  • Contact your Safe Sport rep

• Contact Emily Lloyd to learn more
  • Emily.lloyd@joinonelove.org
  • 443-534-4917
HOW TO TALK TO YOUNG PEOPLE ABOUT RELATIONSHIPS BEFORE THEY START DATING

Experts Say:
• Talk about healthy friendships and point out behaviors you see
• Use teachable moments in the media or your community
• Model healthy behaviors!

Survivors Say:
• Teach how to communicate about your boundaries
• This can happen to anybody, including our friends and in our community - so talk about it!

Conversation Starters:
• Have you ever had a teammate who gets jealous if you hang out with another friend? Or if you talk to someone else on the pool deck?
• Has a friend ever bothered you on social media, like sending you lots of Instagram messages when you didn’t want them to?
• How would you tell a teammate if they were making you uncomfortable?
• Have you ever been jealous of your friend if they beat you in a race? How did you respond?
HOW TO TALK TO YOUNG PEOPLE ABOUT RELATIONSHIPS WHEN THEY START DATING

Experts Say:
• Talk about what healthy looks like
• Weave healthy relationships into other topics, like alcohol or social media
• Talk about consent before they start having sex

Survivors Say:
• Don’t emphasize that being in a relationship is a social achievement
• Emphasize that emotional abuse is abuse, too
• Father figures and male role models play an important role in these conversations - don’t leave them out!

Conversation Starters:
• I’m happy when you’re happy so you know where to find me if that changes.
• It was so nice when [partner] did [behavior] the other day - are they always like that? How did it make you feel?
• From the outside, it seems like you and [partner] are really happy together. But how are you really feeling about it on the inside?
HOW TO TALK TO A YOUNG PERSON YOU’RE WORRIED IS IN AN UNHEALTHY RELATIONSHIP

EXPERTS SAY:
• Believe them and know that they may not tell you everything right away
• Problematize the abusive behaviors instead of the person
• Encourage them to talk to a professional - you are a step along the way, not their entire support system!
• Understand the dangers of a breakup

SURVIVORS SAY:
• Pay attention to the early clues that something isn’t right (constant communication, anxiousness around their phone, etc)
• Checking in goes a long way, even if they don’t respond positively right away

Conversation Starters:
• You don’t seem like yourself these days. Is everything alright?
• I’ve noticed you’re looking for your phone every break we get between sets. Is there something you want to talk about?
• What I’m seeing makes me worried. I’m here if you want to talk about it
• We’re on your team - we like [partner] because you do - if that changes, we are on your team first and foremost.
RESOURCES

TIPS FOR SWIM COACHES:

• Coaches and team leaders can use the Safe Sport Monday curriculum (found at www.usaswimming.org/toolkit) to open up conversations with their teams about power dynamics, healthy and unhealthy relationship behaviors in all relationships, and speaking up when something doesn’t seem right.

• Not sure where to get resources? In addition to One Love’s resources, you can contact USA Swimming Safe Sport, a local school counselor or domestic violence resource agency, or access online tools such as www.loveisrespect.org.

• If the unhealthy or dangerous relationship behaviors are happening between athletes on your team, USA Swimming Safe Sport can help with addressing the behaviors and safety planning.

• **Bottom line:** if a swimmer discloses something to you, this is a good thing. This means that swimming is a safe place for them, and they’re reaching out for help. Safe Sport, One Love, and community resources can help you help that swimmer.
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Questions?
WE HOPE YOU WILL JOIN US IN THIS MOVEMENT.