



one1love

WHY WE EXIST

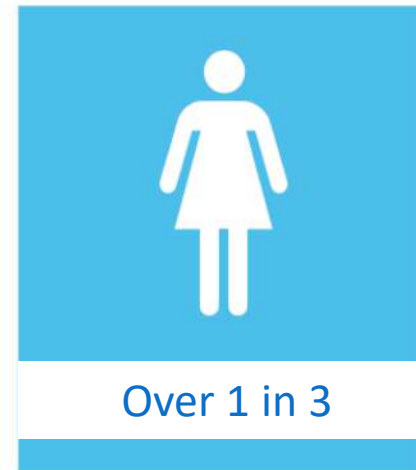
On May 3rd, 2010, Yeardley Love, who was then a senior lacrosse player at the University of Virginia and three weeks shy of her graduation, was beaten to death by her ex-boyfriend.

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.



OUR MISSION

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.



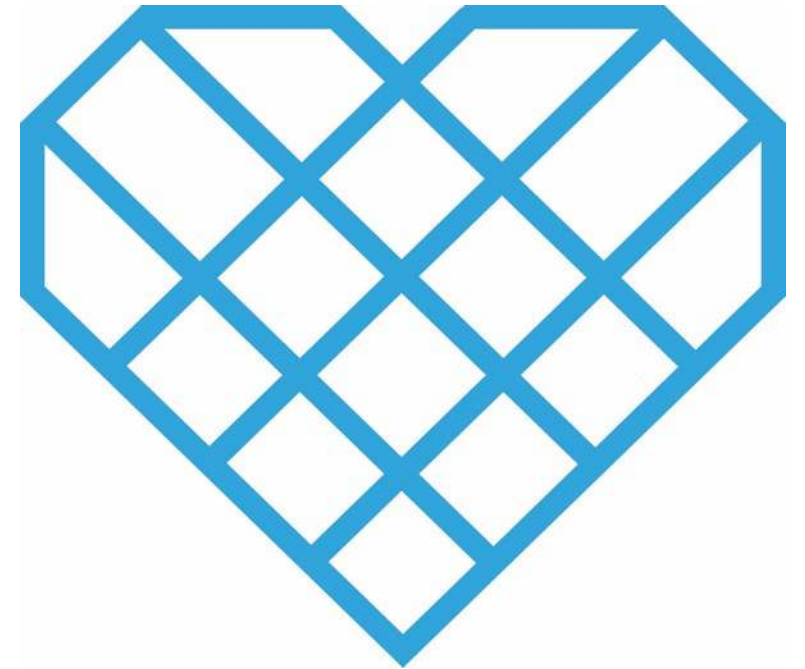
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Will be in an abusive relationship during his or her lifetime



ESCALATION



10 SIGNS OF AN UNHEALTHY 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.

1. INTENSITY

2. JEALOUSY

3. MANIPULATION

4. ISOLATION

5. SABOTAGE

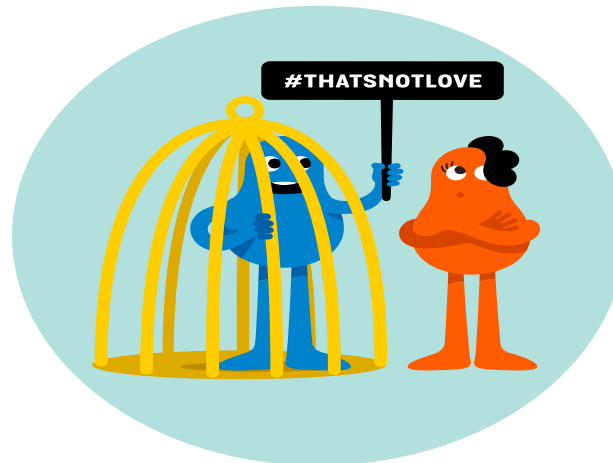
6. BELITTLING

7. GUILTING

8. VOLATILITY

9. BETRAYAL

10. DEFLECTING RESPONSIBILITY



Put these 10 signs into your own words.

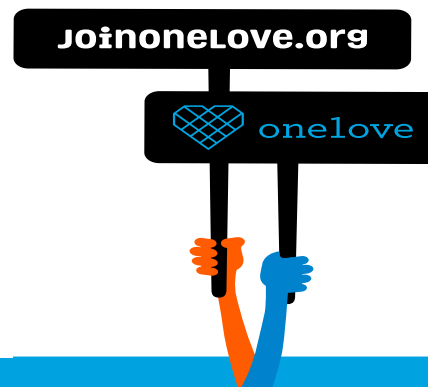
- Which ones stick out to you?
- What are synonyms?
- Which do you see most within your kids friendships/relationships?

10 SIGNS OF A HEALTHY RELATIONSHIP

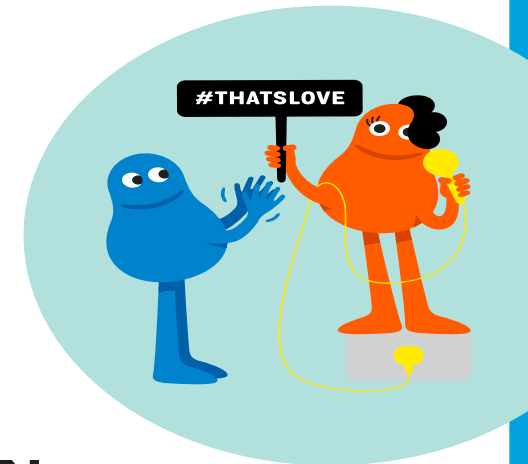
Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. At the end of the day, the below characteristics in a healthy relationships make you feel confident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

Put these 10 signs into
your own words.

- What do they look like?
- Which are most important to you for your kids?
- Which are you going to bring into your relationships?



1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY



How to Help A Young Person

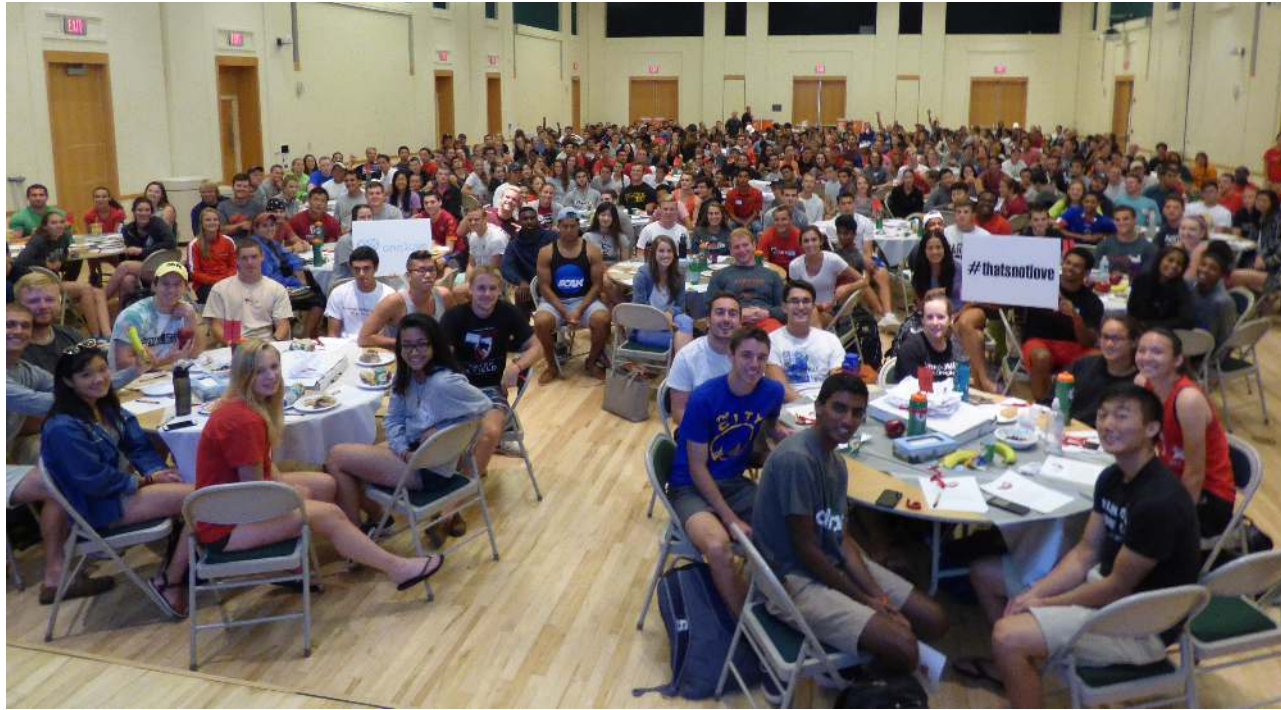
1. Be observant and look for signs.
2. Calmly start a conversation on a positive note.
3. Be supportive.
4. Focus on labeling the behaviors as unhealthy, as opposed to labeling their partner as abusive.
5. Keep the conversation friendly, not preachy.
6. Don't place the blame on them.
7. Allow them to make their own decision.
8. Offer solutions to them.
9. If there's any risk of danger, call the police.
10. Expect more conversations in the future.
11. Don't get discouraged if they refuse to talk to you.

A romantic couple is shown in a close embrace on a beach. The man, with a beard and long hair, is wearing a dark tank top. The woman, with curly hair and sunglasses, is wearing a denim jacket over a light-colored shirt and is laughing joyfully. In the background, another couple is visible, also smiling and embracing. The entire scene is overlaid with a semi-transparent blue filter.

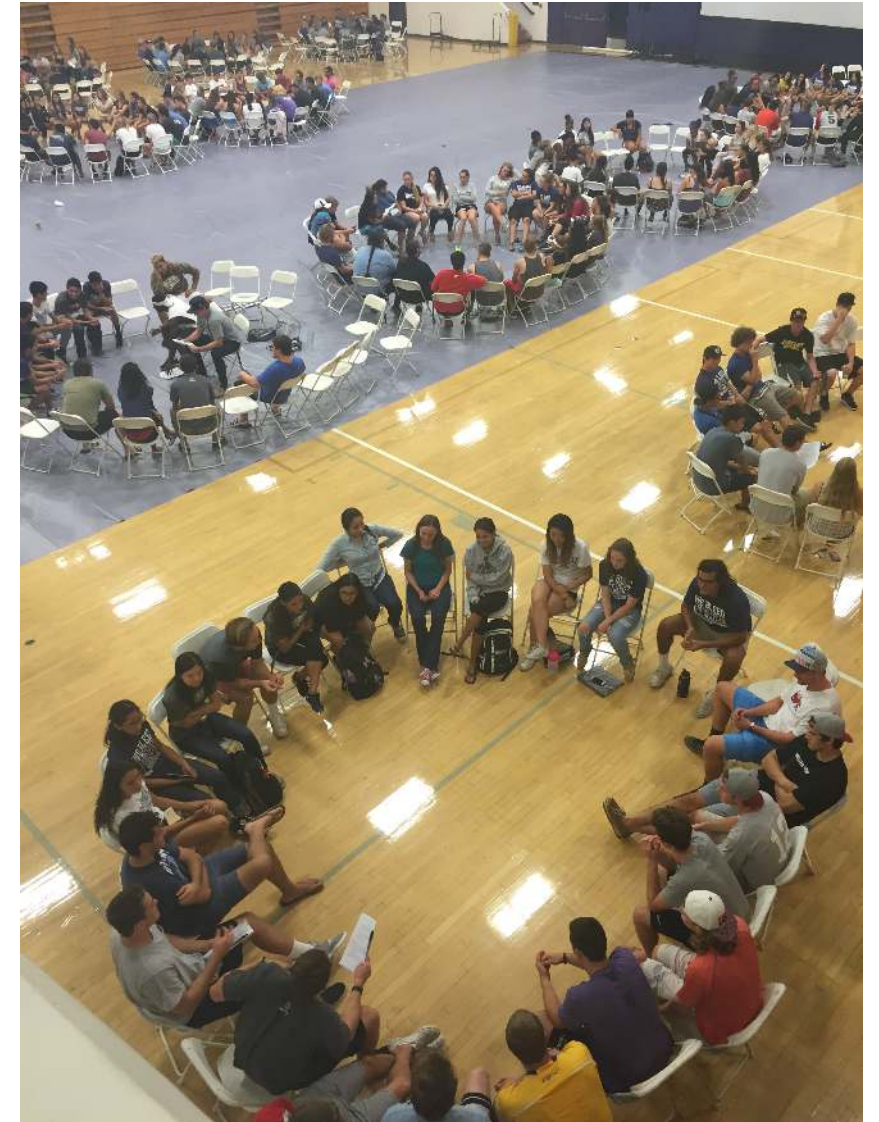
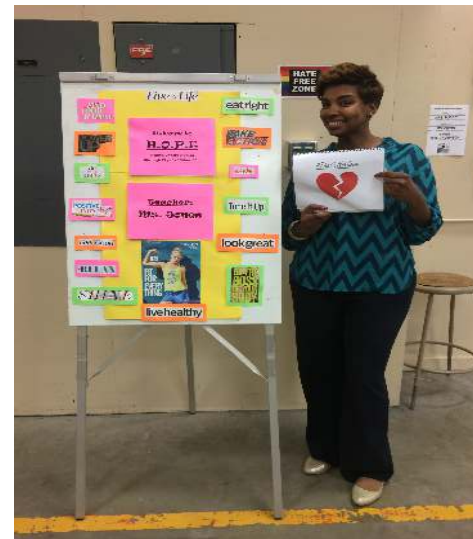
#LoveBetter

Everyone deserves a healthy relationship.

PLEDGE TO #LOVEBETTER



Over **560,000** young people in all **50** states have participated in One Love Workshops with over **18,000** trained facilitators!



Questions?



[WWW.SURVEYMONKEY.COM/R/OLPARENTSURVEY](https://www.surveymonkey.com/r/OLPARENTSURVEY)



THANK YOU!



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