

one1love

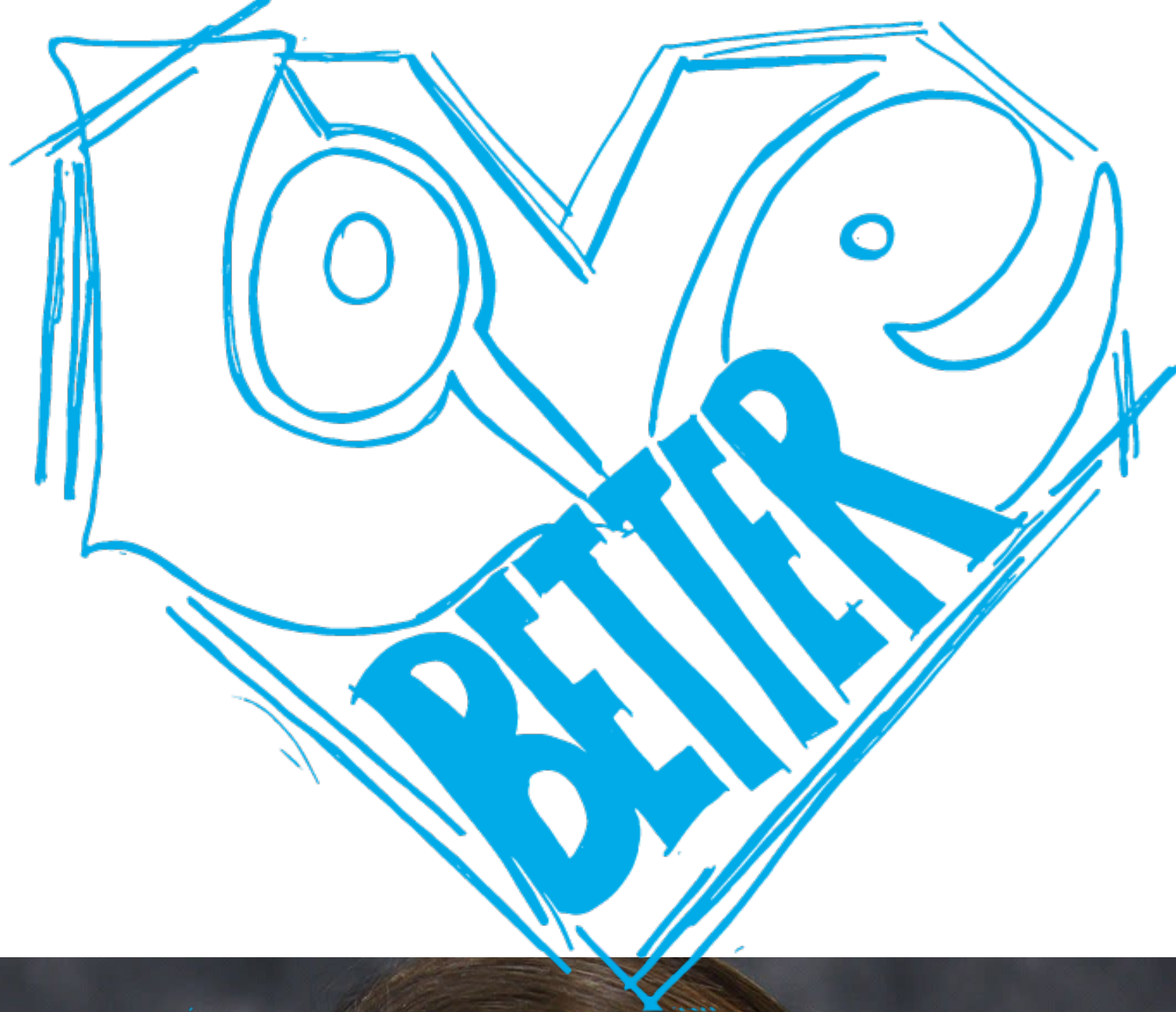




## What Does One Love Do?

They focus on education around relationship health. One Love wants to give you the skills to recognize unhealthy and abusive relationships and learn how to practice healthy behaviors





## The What.

The One Love foundation  
was created in memory of  
Yardley Love.







The Why.





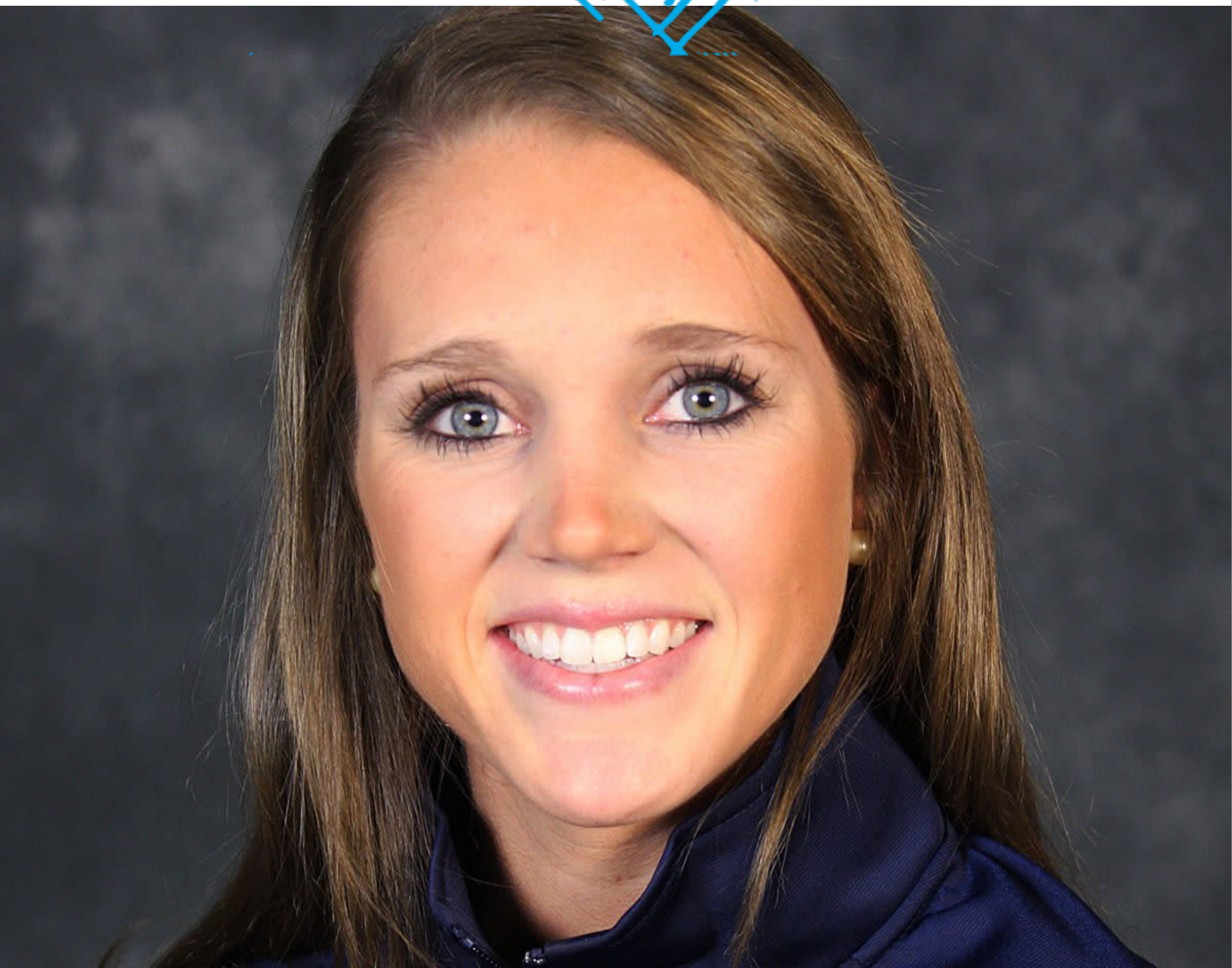
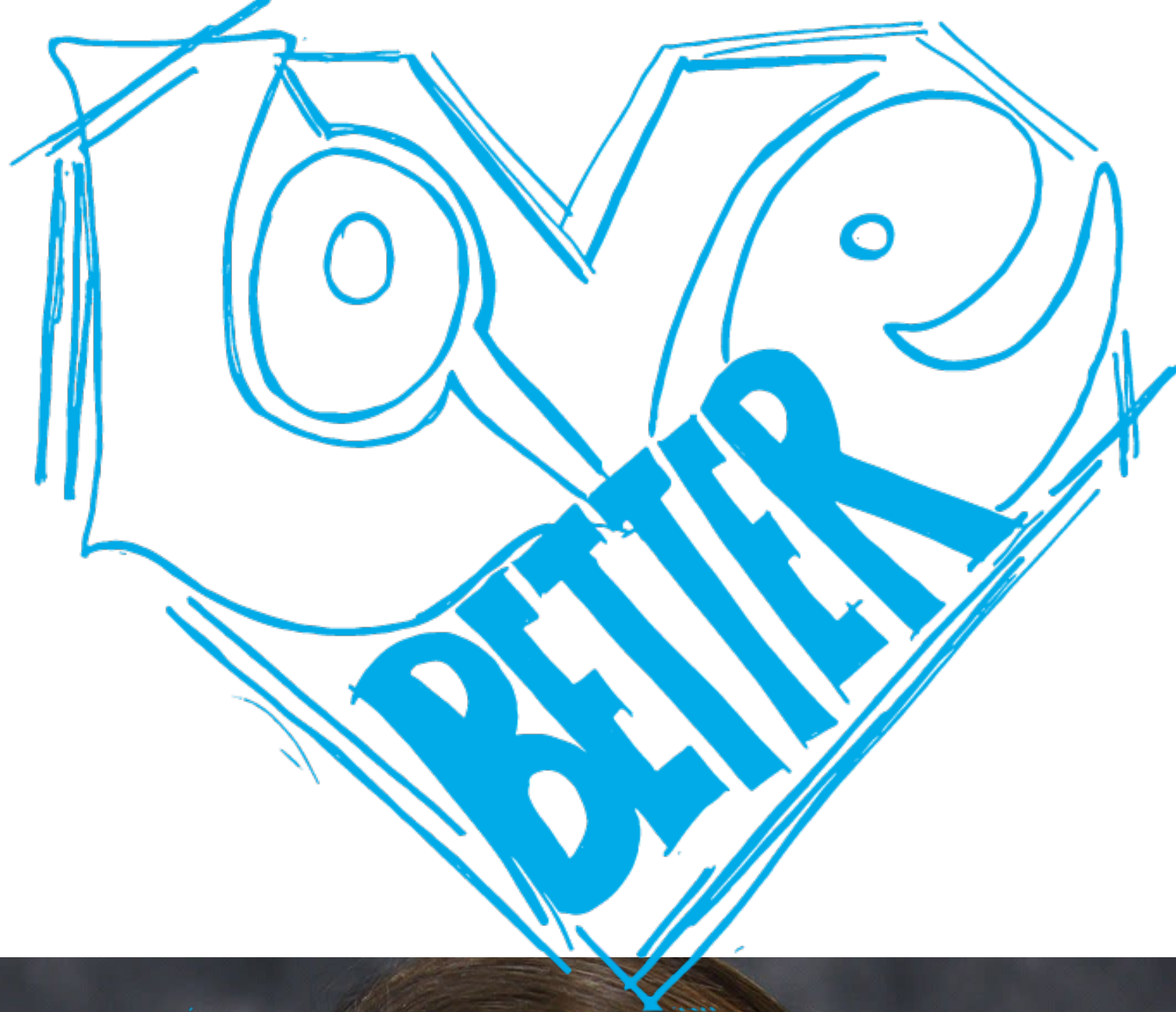


# The Why.

	Yes	No
Frequently Vape		
Vape Daily		
Physical Dating Violence		
Sexual Dating Violence		

Youth Risk Behavior Survey (9th graders), Center for Disease Control



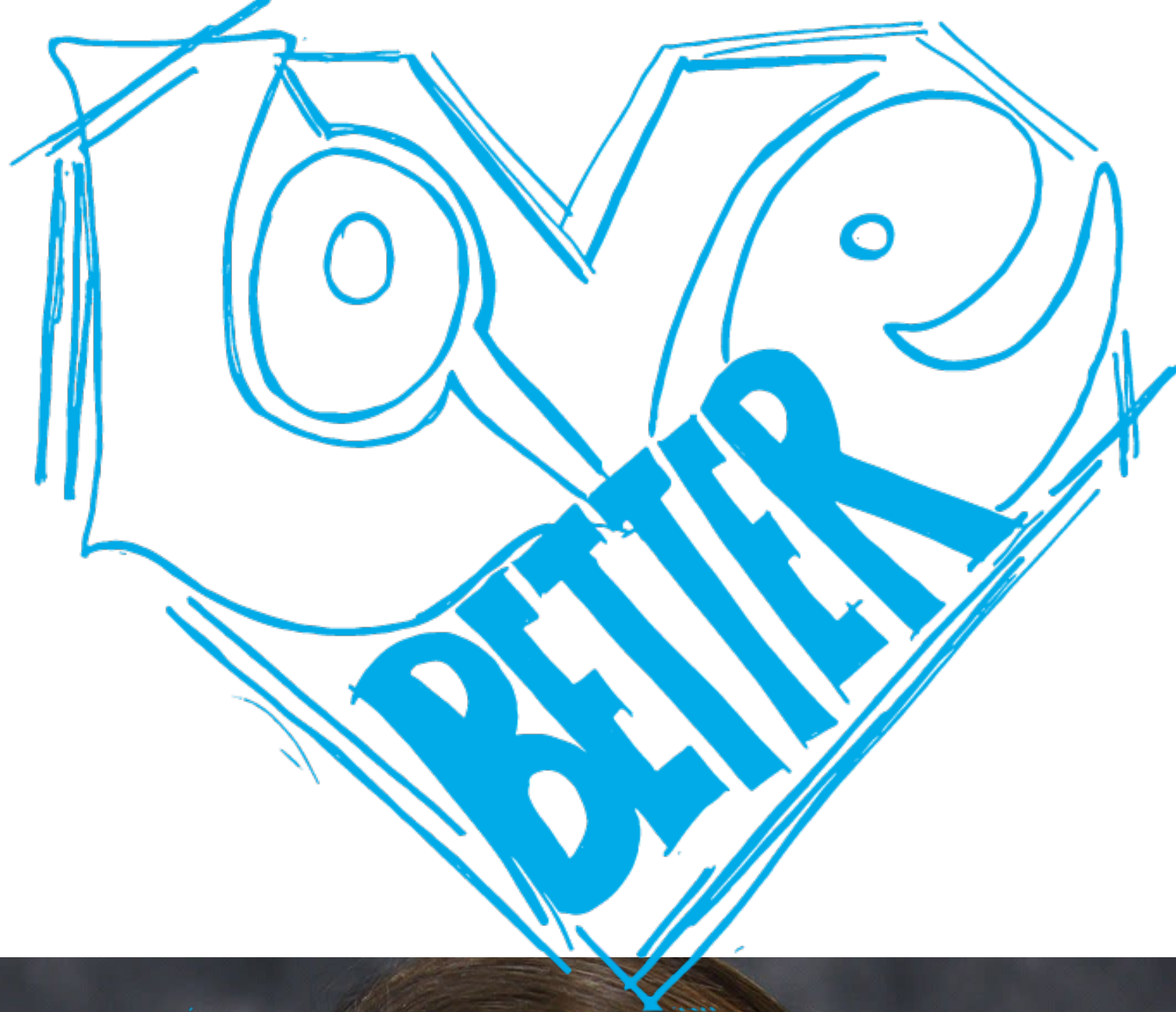


## The Why.

	2019	2021
Frequently Vape		
Vape Daily		
Physical Dating Violence		
Sexual Dating Violence		

Youth Risk Behavior Survey (9th graders), Center for Disease Control



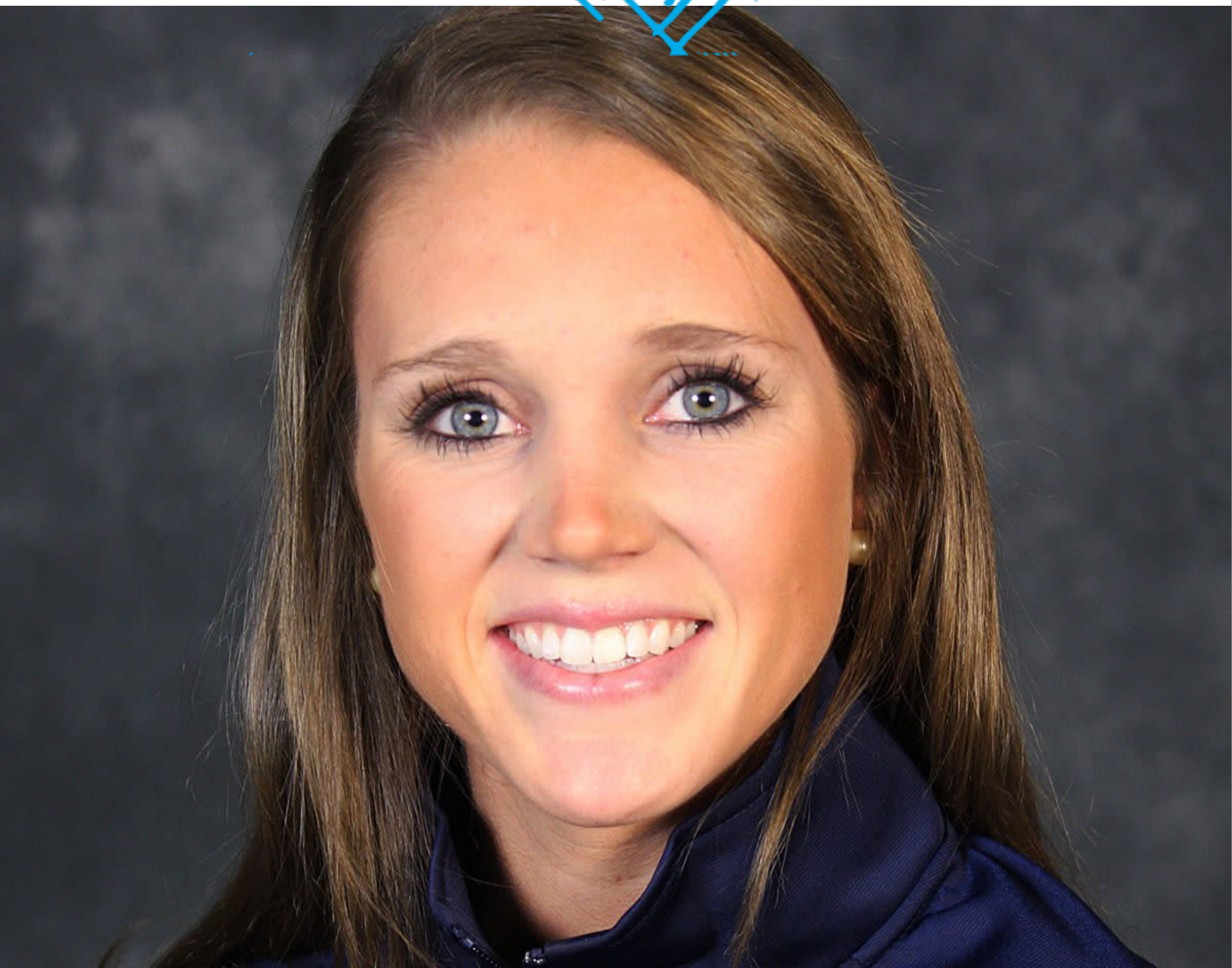
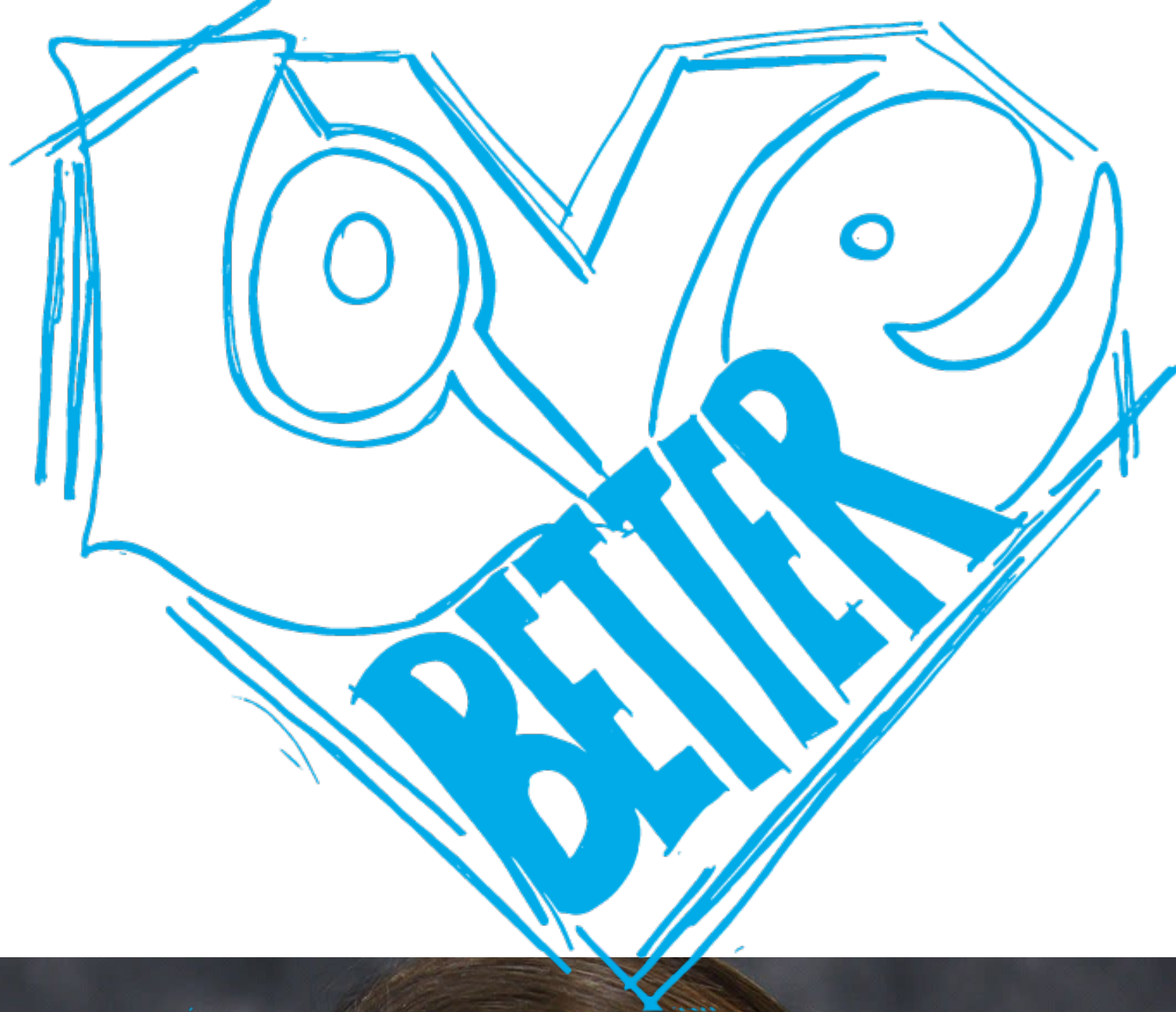


## The Why.

	2019	2021
Frequently Vape	3.7%	
Vape Daily	2.2%	
Physical Dating Violence		
Sexual Dating Violence		

Youth Risk Behavior Survey (9th graders), Center for Disease Control



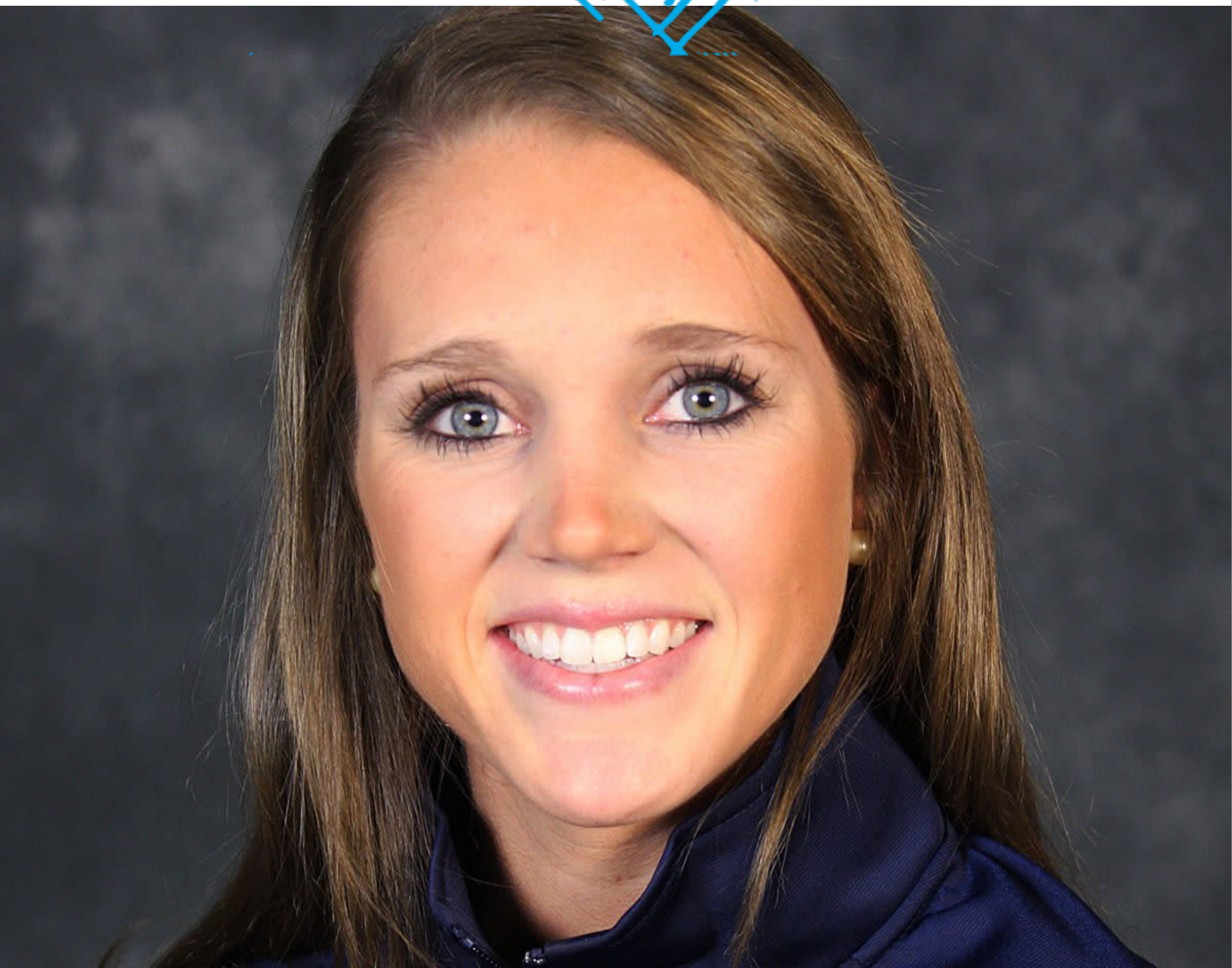
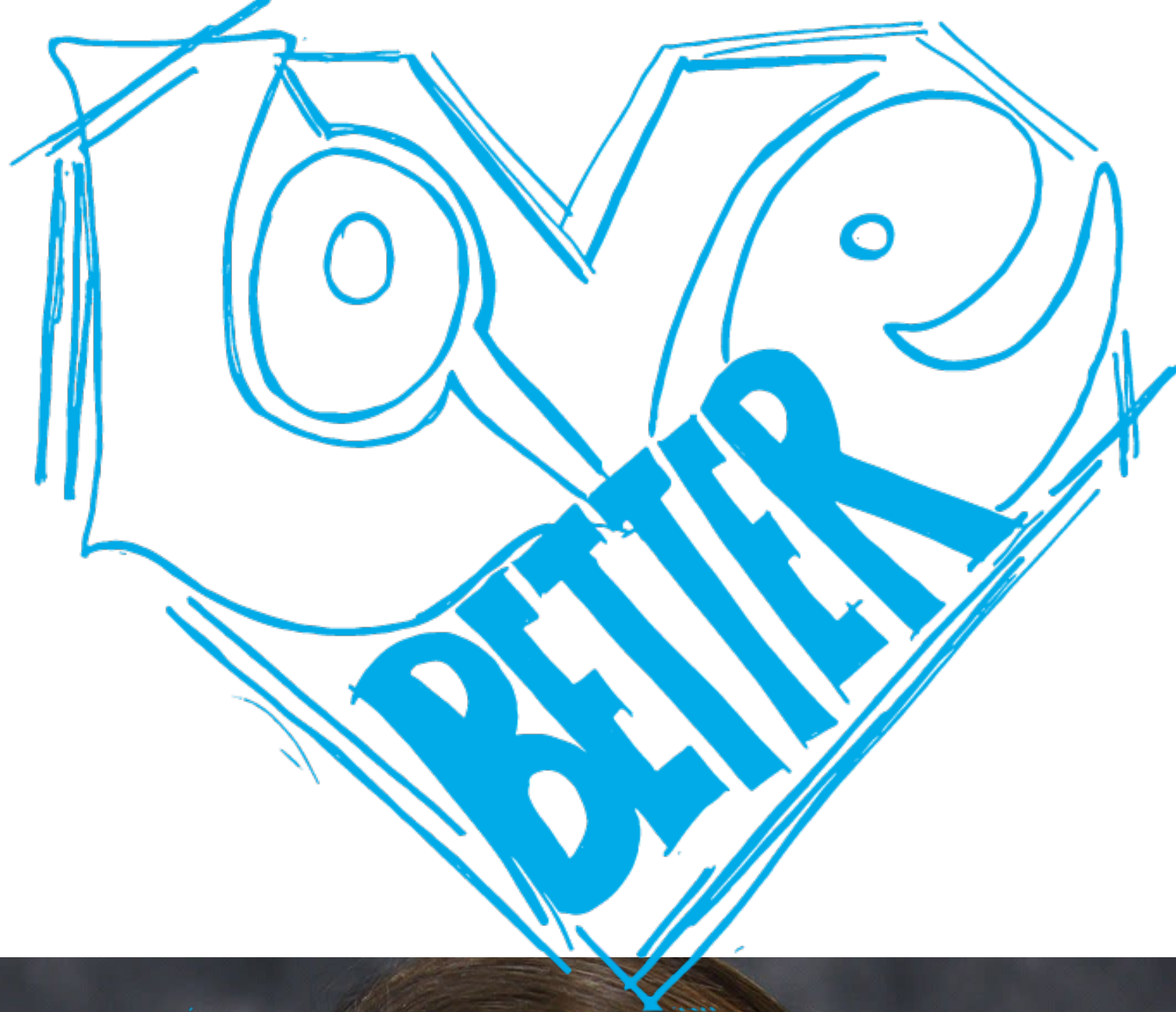


## The Why.

	2019	2021
Frequently Vape	3.7%	
Vape Daily	2.2%	
Physical Dating Violence	10.4%	
Sexual Dating Violence	6.6%	

Youth Risk Behavior Survey (9th graders), Center for Disease Control



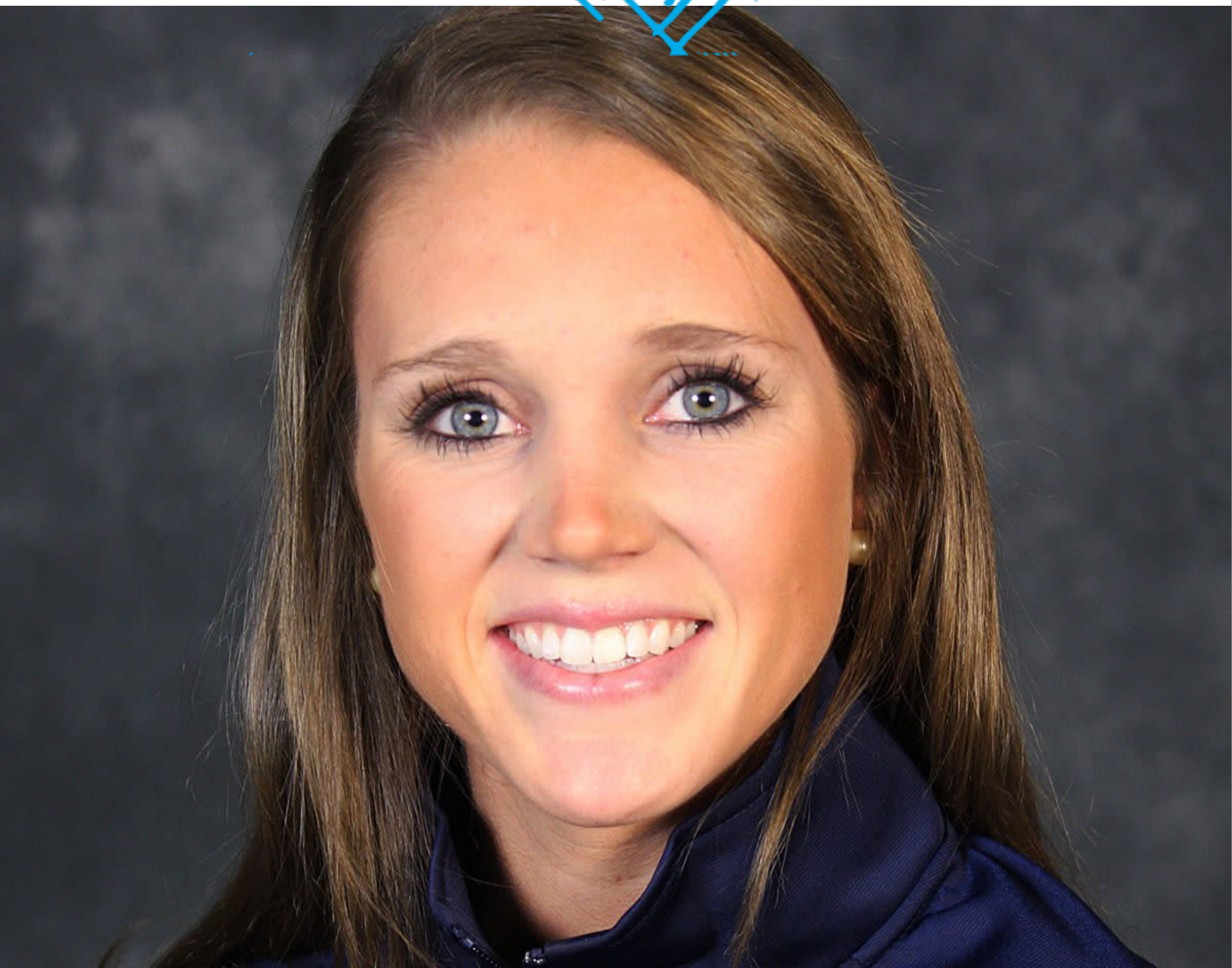
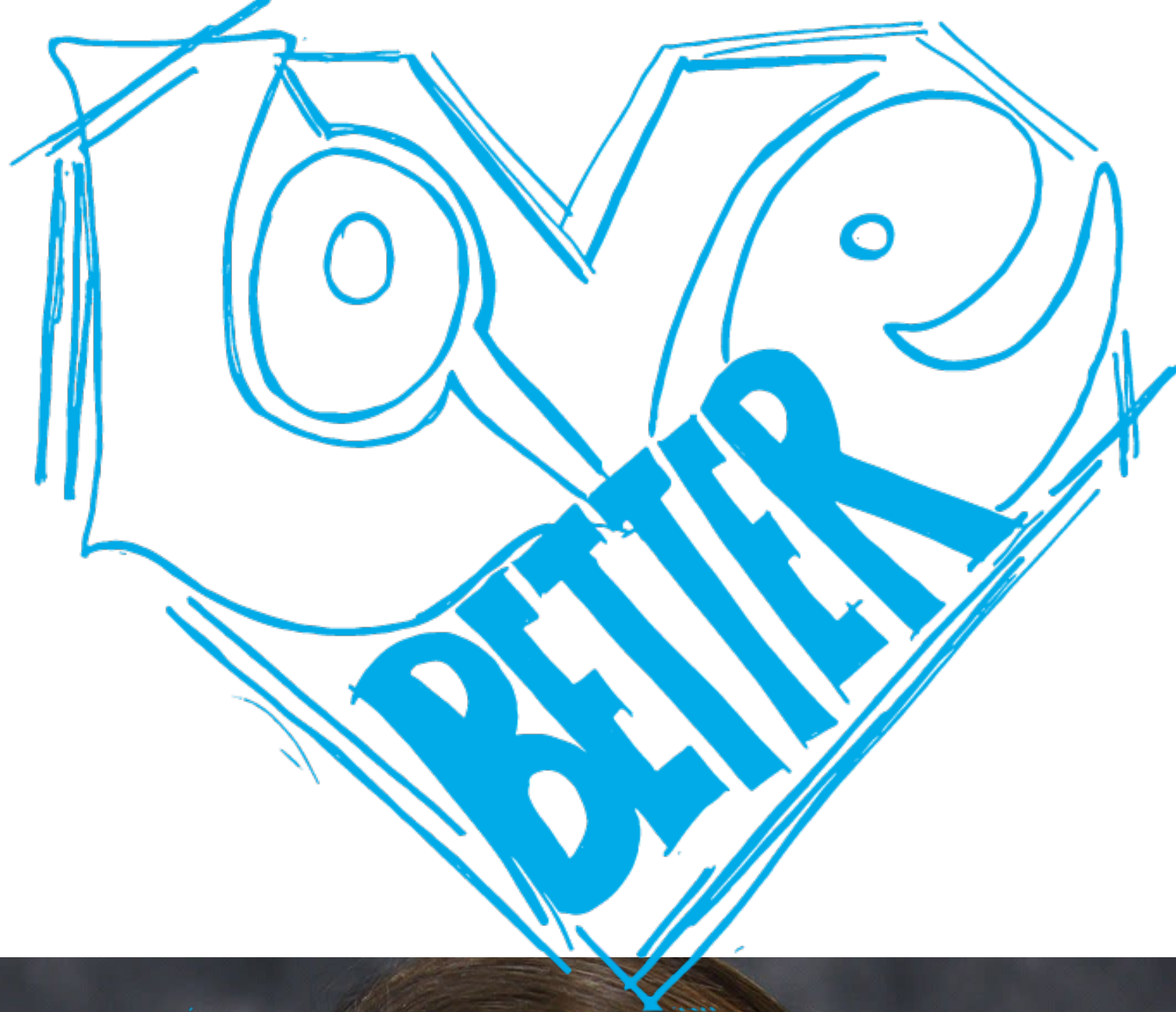


## The Why.

	2019	2021
Frequently Vape	3.7%	3.0%
Vape Daily	2.2%	1.2%
Physical Dating Violence	10.4%	
Sexual Dating Violence	6.6%	

Youth Risk Behavior Survey (9th graders), Center for Disease Control





## The Why.

	2019	2021
Frequently Vape	3.7%	3.0%
Vape Daily	2.2%	1.2%
Physical Dating Violence	10.4%	6.8%
Sexual Dating Violence	6.6%	5.3%

Youth Risk Behavior Survey (9th graders), Center for Disease Control



# The statistics are staggering



Experience relationship abuse in their lifetime

Black and Indigenous women are more likely to experience intimate partner violence than their white counterparts (44% and 46% vs 35%).





# THE BIG IDEA:

**100% of us are in relationships,  
100% of us can improve our relationship health,  
and 100% of us deserve healthy relationships.**









# THE 10 SIGNS

**Trust**  
**Honesty**  
**Independence**  
**Respect**  
**Equality**  
**Kindness**  
**Healthy conflict**  
**Comfortable pace**  
**Taking responsibility**  
**Fun**

**10 Signs  
of a Healthy  
Relationship**

**10 Signs  
of an Unhealthy  
Relationship**

**Intensity**  
**Possessiveness**  
**Deflecting Responsibility**  
**Manipulation**  
**Isolation**  
**Sabotage**  
**Belittling**  
**Guilt**  
**Volatility**  
**Betrayal**



A woman with voluminous, curly hair is looking directly at the camera. She is wearing a dark, possibly navy blue, top. The background is a blurred city street at night, with warm yellow lights from buildings and a single blue light visible on the right. The overall mood is contemplative and urban.

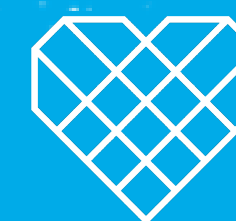
#ThatsNotLove





# *Establishing Norms.*

A workshop created by



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# How to Help

Supporting someone who may be in an unhealthy or abusive relationship.



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1. Keep the conversation calm and positive.
2. Be supportive.
3. Focus on the unhealthy behaviors.
4. Keep the conversation friendly, not preachy.
5. Don't place blame.
6. Offer support, and allow them to make their own decision.
7. Remind them of the importance of keeping their parents or guardians informed.
8. Expect more conversations in the future.



# How to Help

Supporting someone who may be acting in an unhealthy or abusive way.



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1. Talk to them without judgment.
2. Know where to refer them. (Have they discussed their situation with their parents or guardians?)
3. Use the “10 Signs” language to point out behaviors and guide them toward healthier choices.
4. Many people do not realize they are acting in an unhealthy or abusive way, be mindful of that.
5. Abusive behavior can stem from a number of different risk factors.



# Communicating Boundaries

How do we set and respect boundaries?



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**Boundaries define what we are and are not  
comfortable with.**

**Talking about them is an important, ongoing part  
of any relationship.**



## 4 Honeymoon Phase

A “honeymoon” phase occurs where everything feels great again, like it’s the best it’s ever been. While in this phase, tension will begin to build again.

## 3 Reconciliation

An apology or justification is made.

## 1 Tension

Tension builds up in the relationship.

## 2 Incident

An abusive incident happens (this can be any type of abuse – physical, emotional, digital, etc.)

**CYCLE  
OF  
ABUSE**



**TIME  
3P**

**PEERS** ♥ **PARENTS** ♥ **PROFESSIONALS**  
**OR TRUSTED  
ADULT**

# National Resources

## LOVE IS RESPECT

[www.LovelsRespect.org](http://www.LovelsRespect.org) | 1-866-331-9474 or 1-866-331-8453 | text “loveis” to 22522

Contact LovelsRespect if you want to talk to someone, need advice about your relationship or a loved one’s relationship, or if you have legal questions

## NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | [www.thehotline.org](http://www.thehotline.org)

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Call if you would like more resources or information, or if you are questioning unhealthy aspects of your relationship. On the website, you can also find a helpful chat feature in English and Spanish.

## NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE | [www.rainn.org](http://www.rainn.org)

The National Sexual Assault Hotline provides basic information for victims or friends/family of victims, short-term crisis intervention and support, answers to questions about recovering from sexual assault, and resources to assist with the reporting process via hotline or chat.

## THE TREVOR PROJECT

[www.thetrevorproject.org/](http://www.thetrevorproject.org/) | 1-866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.

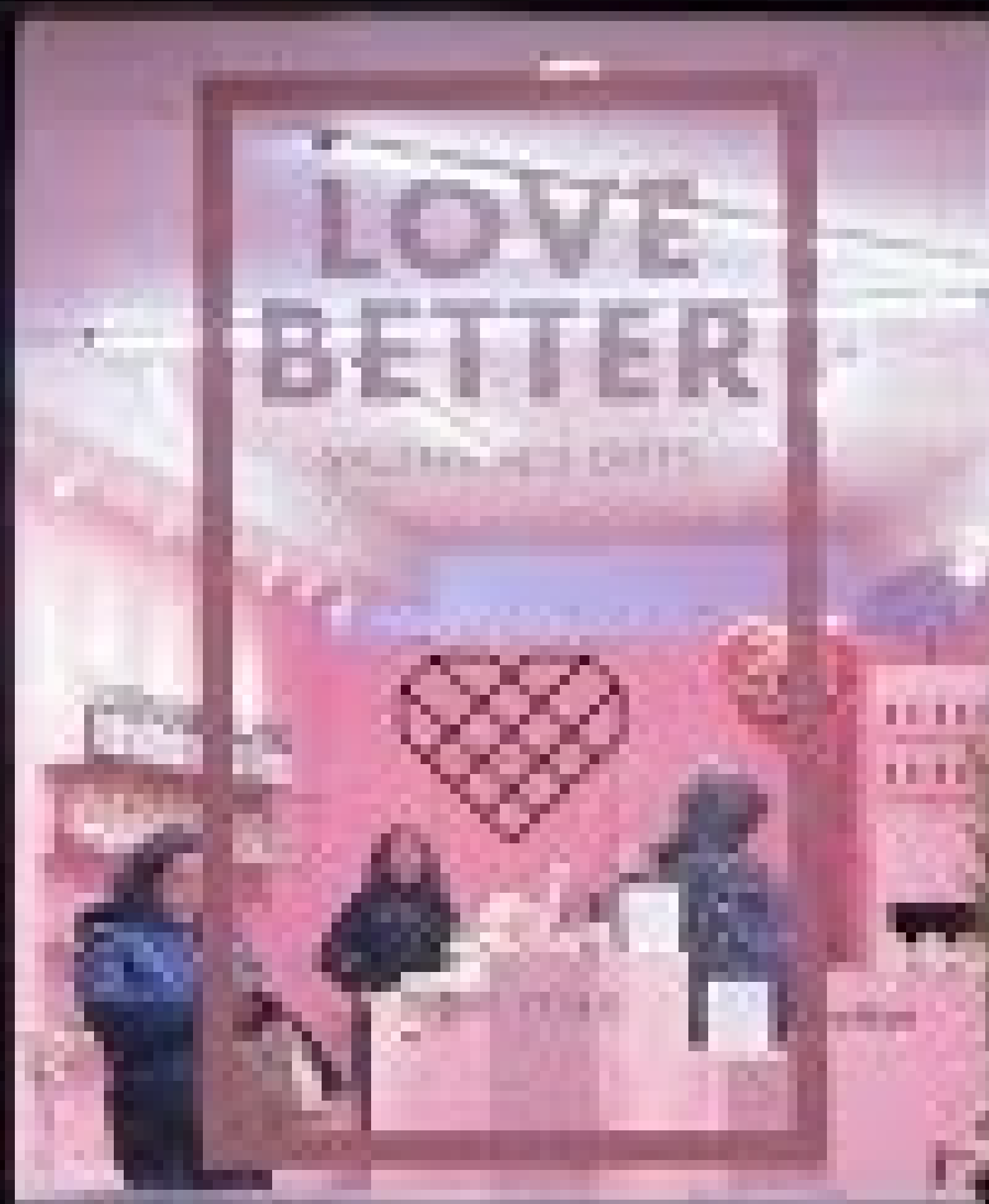






# TAKEAWAYS

- If you are concerned that you or a friend is in an unhealthy relationship, you shouldn't have to handle it alone. There are many helpful resources available to you. ([Loveisrespect.org](https://loveisrespect.org) is a great place to start!)
- Asking for help can be scary, but it's worth it!
- Friends, trusted adults, and professionals can offer different types of support as you or a friend navigate how to handle an unhealthy relationship.







It's not okay, because I saw my friend go through something like this and it took her time to leave that bad environment and to focus on herself.

## The How.

“It’s not okay, because I saw my friend go through something like this and it took her a long time to leave that bad environment and to focus on herself.”

IHS 9th grader





## The How.

“After an abusive relationship, is it normal to find it hard to truly trust someone again?”

IHS 9th grader

after an abusive relationship is it normal to find it hard to truly trust someone again.





## The How.

“Is it okay for your boyfriend  
to still have contact with his  
ex?”

IHS 9th grader

is it  
okay  
you're  
boyfriend  
have  
contact  
to  
with  
still  
his  
ex?

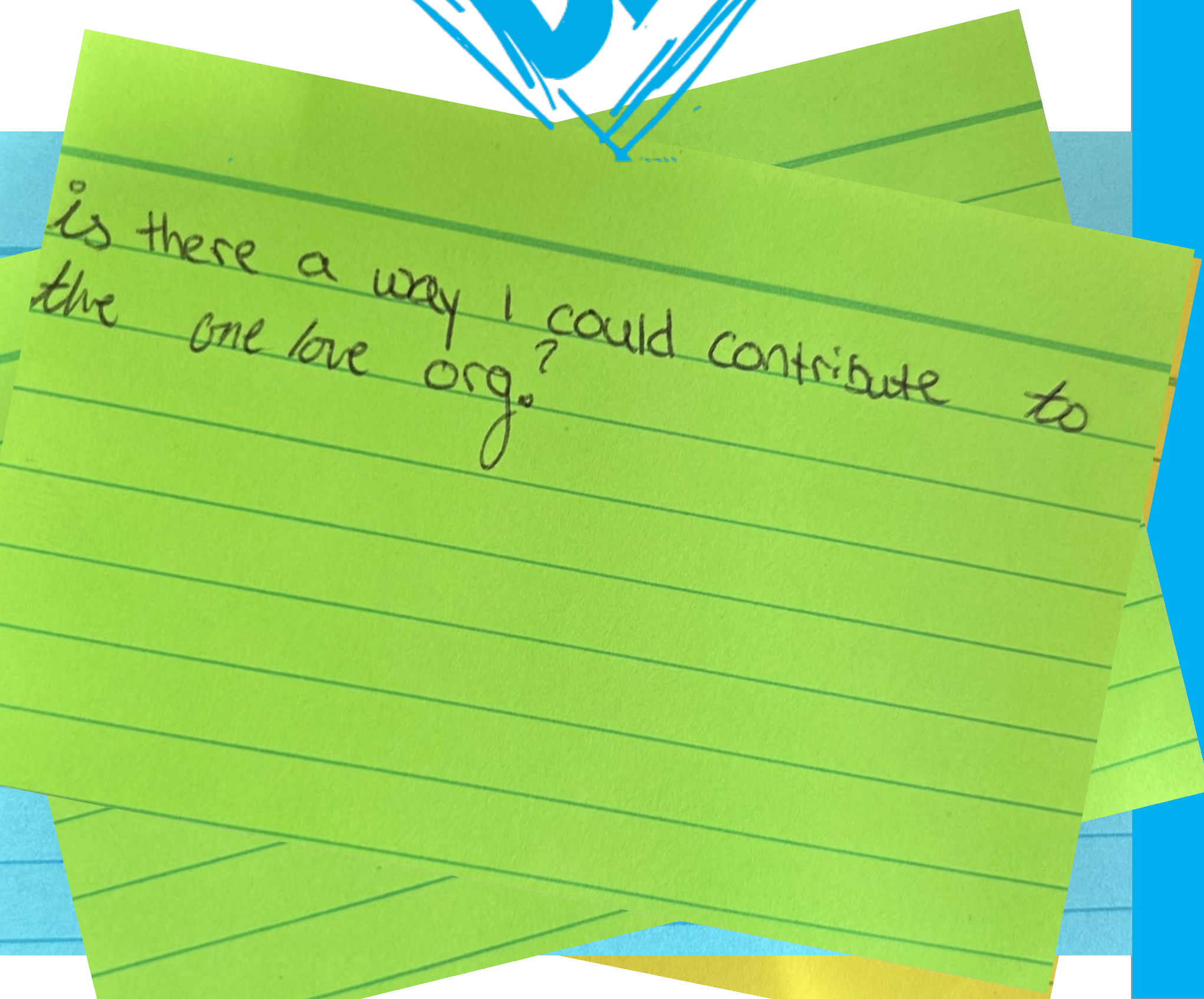




## The How.

“Is there a way I could contribute to the One Love org?”

IHS 9th grader





# BECOME A ONE LOVE STUDENT LEADER!

**"Working with One Love gives me the space to fight for an issue I am passionate about and help incorporate the lessons into my own community..."**

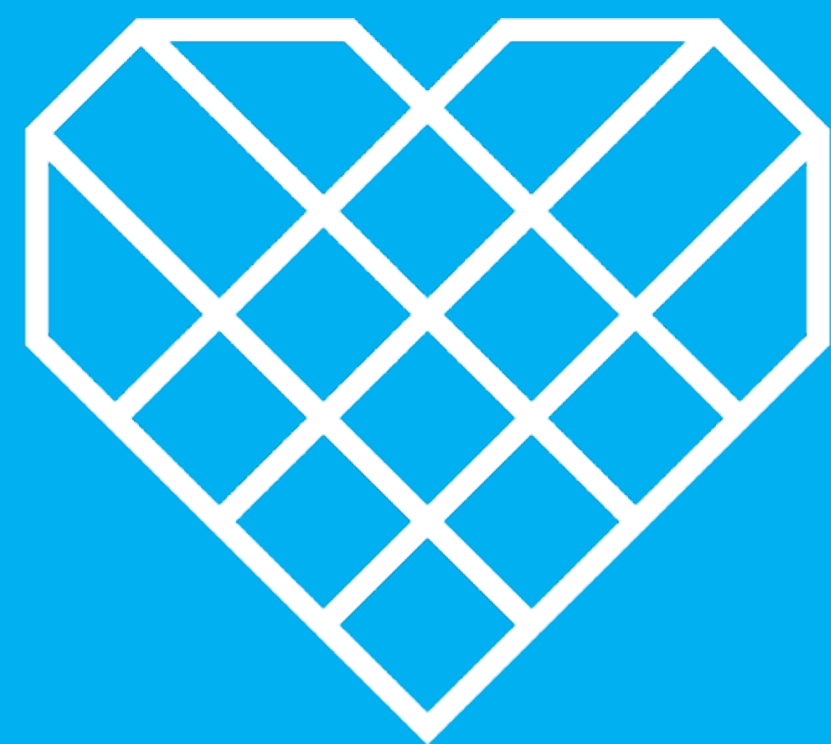
**- High School Student Leader**





# Support in Islip





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