

**Where the
story begins...**





1 in 3
women



1 in 4
men



1 in 2
Transgender folks



58% of young people say they wouldn't know how to help if they saw their friends in an unhealthy relationship

Healthy relationships in high school

Nearly 1.5 million high school students nationwide experience physical abuse

1 in 4 dating teens is abused or harassed online or through texts by their partners

Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.



“I want to do for relationship violence what Mothers Against Drunk Driving did for drunk driving. I want to shift the stigma from the abused to the abusers, and I want to teach bystanders they can take away the keys.”

Sharon Love

Changing the Conversation One Community at a Time



950,000+

Students who have been reached with an in-person One Love workshop in the U.S.

22,000+

Trained workshop facilitators worldwide

100 Million+

Views of our Online Content

10 signs of a

HEALTHY RELATIONSHIP

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship; and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

comfortable pace
trust
honesty
independence
respect
equality
kindness
fun
healthy conflict
taking responsibility



10 signs of an

UNHEALTHY RELATIONSHIP

While all of us have done or experienced unhealthy behavior, we can all learn to love better. But if you are seeing several of these signs in your relationship, your relationship could be abusive. If you are experiencing these behaviors, it's important to trust your gut and get help before the situation becomes dangerous.

intensity
possessiveness
betrayal
isolation
manipulation
sabotage
guilting
volatility
belittling
deflecting responsibility

Curriculum

COUPLETS



BECAUSE I
LOVE YOU



LOVE LABYRINTH



BEHIND THE POST



THE HALLS



AMOR DEL BUENO



ESCALATION



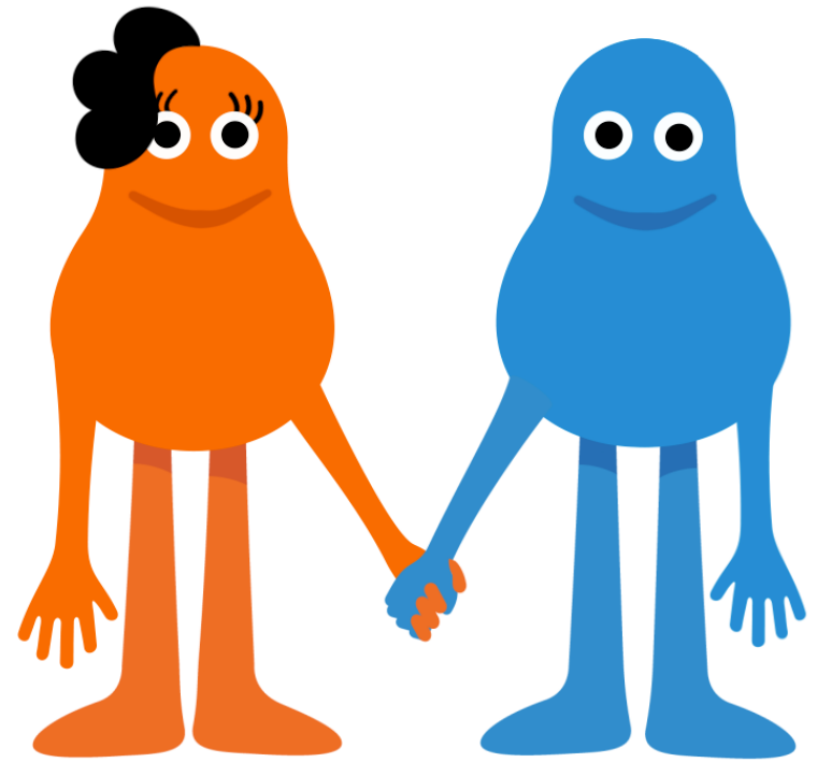
GUIDE TO TALKING
TO YOUNG PEOPLE

#THATSLove



COUPLETS

Isolation



Intensity



Conversation Guides & Lesson Plans

INTENSITY

Intensity vs. Independence



Two people miss each other after not seeing one another for a few days.

A person whines about not seeing their partner after only five minutes.



What do you think of this behavior? What is the difference between the two examples that you just saw?



The Point

Unhealthy Behavior: Intensity is having or showing really strong feelings or opinions in a way that oversteps the other person's comfort level. Taking things to an extreme with over-the-top behavior that feels like too much. This Couplet is just one example of intensity. Other examples are when someone:

- Rushes the pace of a friendship or relationship.
- Wants you to spend all of your time with them and wants to do everything together.
- Comes on too strong (going from zero to 100 real quick!)
- Wants to always be connected to you, like always texting or trying to keep a Snapchat streak.
- Wants to move too fast with physical affection.

Healthy Behavior: Independence is having space and freedom in your relationship or friendship to be yourself. Examples are when your partner or friend supports you having

Lesson plan for one chapter a day

This lesson plan provides detailed instructions on implementation for one chapter of the Couplets Discussion Guide each day.

Step 1: Write the name of the behavior you will be discussing with the class somewhere on the front board. Each day before starting a new chapter, add another behavior name to the list.

Example:	Intensity	Put-downs
	Anger	Disrespect
	Guilt	Control
	Obsession	Isolation

Prior to class

Step 2: Distribute the student follow along worksheet to your class. Play the video associated with the Couplets Discussion Guide chapter from One Love's website www.joinonelove.org/couplets. For instance, for the first chapter, Intensity, play the video on the website titled, "Intensity." We recommend playing each video two to three times.

1 minute

NOTE: If your school does not permit access to YouTube or social media, you will need to email the One Love Foundation at info@joinonelove.org so that we can provide another link to the Couplet videos.

Step 3: Reinforce the behavior by asking students to describe what they watched or asking them to define the behavior shown.

1 minute

Step 4: Ask the students for other examples of this behavior. If they are having trouble identifying examples or do not share any, pick 2-4 examples from the list under "What are other examples?" that you feel best relate to your class and share those with the students.

2 minutes

Step 5: One by one, ask the students the discussion questions listed under "Discussion Questions" and allow them to respond. As the students answer the questions, they may touch on the learning points listed beneath "The point." If they do not naturally touch on these learning points, walk through them with the class. The most important content from

6 minutes

Workshop Goals:

- 1) Provide students a language to identify the warning signs of an unhealthy or abusive relationship**
- 2) Walk through a framework of how students can help each other when recognizing these behaviors**
- 3) Teach students where and who the trusted adults in their lives are**

Frequently Asked Questions

Additional One Love Curriculum

Curriculum

COUPLETS



BECAUSE I
LOVE YOU



LOVE LABYRINTH



BEHIND THE POST



THE HALLS



AMOR DEL BUENO



ESCALATION



GUIDE TO TALKING
TO YOUNG PEOPLE

Because I Love You - Delete

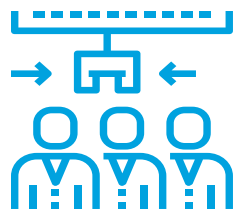


Impact

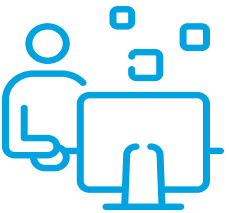
REACH



Since January 2015,
our educational workshops
have reached **950,000** people.



We've trained **22,000**
volunteers to help
lead our educational
workshops.

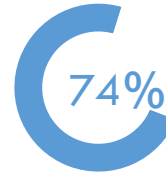


Our online content has been
viewed **over 100 MILLION**
times.

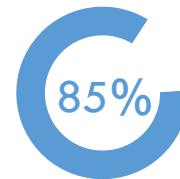
EVALUATION



said they would recommend One
Love's workshop to a friend



said the workshop helped them to
understand that relationship abuse is
present in their life or their friends' lives

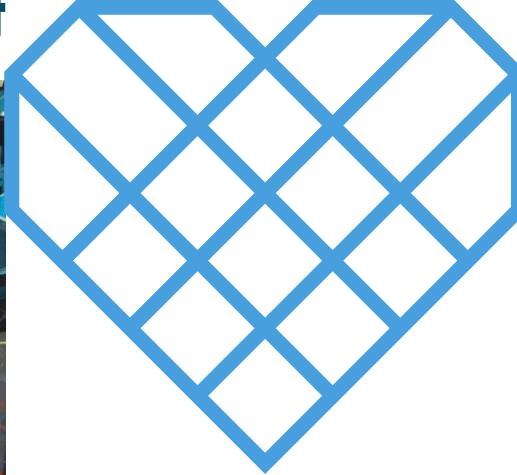


of the students understand the resources
available to them if they or someone in their
friend circle is in an abusive relationship

Impact

The day after my son started working with One Love he broke up with his girlfriend. This movie did more in one class period than my sister and I did with conversations over the last two years. All parents should be using your tools. Thank you for giving my son a voice."

High School Parent



Today our junior class went through the workshop and when it ended, they all turned to me and thanked me for sharing this with them. They said they needed to see this."

Teacher

Questions?

JOIN US TODAY!



STEP 1: EMAIL MEGAN.GRAY@JOINONELOVE.ORG

Subject: CARDEA

Body: Help me bring One Love's education to _____!



**STEP 2: FIND THE RIGHT FIT ON YOUR CAMPUS
AND PREP FOR YOUR WORKSHOP**



**STEP 3: HOST WORKSHOPS AND ACTIVATIONS
ON YOUR CAMPUS**



one1love

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