



2020 College Athletics Challenge Toolkit

Join the One Love Foundation and the NCAA Student-Athlete Engagement Committee for the first-ever One Love College Athletics Challenge. The initiative is held in honor of Yeadley Love and in recognition of the 10-year anniversary of One Love's founding.

2020 College Athletics Challenge

WHAT Be part of one of the largest relationship health education initiatives in the nation's history. One Love workshops empower student-athletes to recognize the warning signs of abuse and teaches them to build healthier relationships.

We are challenging every college athletic program in the country to organize at least one One Love workshop so that all student-athletes have access to these life-saving resources.

WHEN 2020 calendar year.

WHO Open to everyone in the student-athlete community – students, administrators, coaches, athletic trainers, and anyone else who wants to join.

WHY Ten years ago this spring, Yeardeley Love – a 22-year-old college lacrosse player at the University of Virginia – was killed by her ex-boyfriend, also a UVA lacrosse player. Join the 91,000 student-athletes at 364 schools who have participated in One Love workshops to ensure that what happened to Yeardeley doesn't happen again. Together, in honor of Yeardeley, we can educate more members of the college athletic community than ever before and create a healthier, safer world for all.

As an added benefit, many schools use One Love workshops to meet the NCAA violence prevention [mandate](#).

All participating schools will be recognized as *One Love 2020 Athletics Challenge Schools* and the DI, DII, and DIII athletic conferences with the highest percentage of participating schools will win the Challenge.



How to participate

- 1. Express your interest.** Tell us that you want to participate by filling out this [form](#).
- 2. Talk to the right people on your campus.** Reach out to your coach if you'd like to lead a workshop with your team. If you want to work with SAAC, talk to your SAAC advisor. If your goal is to bring One Love to all athletes, ask your coach and/or athletic administrator who runs student-athlete programming on your campus. [Here](#) is some sample language to help you get started.
- 3. Pick a workshop.** Decide which of the following two educational workshops would best fit your group. Both workshops include a film followed by a peer-led discussion about the signs of healthy and unhealthy relationships. The workshop also includes approaches to bystander intervention. One Love will train student-athletes to facilitate the workshop.

Behind the Post (60mins). This 8-minute film shows how social media can skew our view of relationships. It portrays bi-directional abuse between a young couple, showing the nuanced ways in which unhealthy behavior can go unnoticed. Preview *Behind the Post* [here](#).

Escalation (90mins). This 40-minute film follows a college-aged couple through their relationship, from sweet beginnings to the first signs of unhealthy behavior that eventually escalate into abuse. Preview *Escalation* [here](#).

4. Decide on an audience.

One Love's workshops can be tailored to any audience and size. We defer to each campus community to decide what is best for them.

Option 1: Choose a specific group to hold your workshop with

Team workshop: Lead a workshop with your own team (usually before or after practice, or during an off-season team meeting).

SAAC workshop: With the support of your advisor, lead a workshop at an already-scheduled SAAC meeting where you have representatives from each team.

Multiple team workshop: Bring together your friends from other athletic teams on campus and enlist their help holding a workshop across multiple sports teams. For example, hold a combined workshop with a men's and women's team of the same sport.

Option 2: Bring a workshop to all athletes

The ultimate goal is to educate every student-athlete across the country about healthy relationships. That means every athlete at your school, if approved. There are two ways athletic departments may choose to conduct workshops with athletes.

Team-based workshops: Each team commits to holding their own workshop by a certain date. Follow the steps outlined above to plan the logistics.

All athlete workshop: All student-athletes watch the film together in a large auditorium or gymnasium, then break out into smaller groups for the discussion.

Tip: One Love recommends you keep teammates together for the workshop. This conversation is often easier when students are in discussion groups with people they know and are comfortable with.

5. Schedule date, time, and place. Make sure that the location of the workshop will have access to a TV or projector, WiFi, and sound to play the videos. Locker rooms, classrooms, or gyms with a projector and speakers are popular locations for workshops.

6. Get trained. You DO NOT have to be an expert to lead a discussion about healthy and unhealthy behaviors but you DO need to become a trained facilitator to host a One Love workshop.

Tip: You should have at least one facilitator per group of 30 student-athletes. Co-facilitating or allowing students to pair up and lead a workshop is encouraged.

Who should be trained?

Anyone who's passionate about and interested in leading this conversation. Examples are SAAC representatives, team captains, and health and wellness or athlete mentor representatives.

How do I become a trained facilitator?

Sign up for a virtual training live with a One Love staff member to facilitate an *Escalation Workshop* [here](#) (training is 90 minutes).

Sign up for a virtual training live with a One Love staff member to facilitate a *Behind the Post Workshop* [here](#) (training is 75 minutes).



Bonus: Host a One Love game or fundraiser

If your team or school has already hosted a workshop and you're looking to do more, host a One Love Game Dedication to raise awareness. You can also fundraise to support the cause. Instructions for hosting a game dedication or fundraiser can be found [here](#).

Questions? Reach out to One Love directly at info@joinonelove.org.



One Love 2020 College Athletics Challenge Host Committee

NCAA Student-Athlete Engagement Committee

East Coast Conference, [Bob Dranoff](#), [Melissa Reilly](#)

Horizon League, [Chris Neuman](#), [Kyle Fairchild](#)

State University of New York Athletic Conference, [Tom Di Camillo](#)

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University of Virginia (UVA), [Ted White](#), [Julie Myers](#), [Lars Tiffany](#)

UVA Alum: [Leah Smith](#), USA Swimming Olympian

UVA Alum: [Anthony Harris](#), Minnesota Vikings

University of Wisconsin – River Falls, [Kellen Wells-Mangold](#)

Yale University, [Victoria Chun](#)

"The One Love programming crafts powerful scenarios and leads productive conversations, allowing our men to broach sensitive issues with reduced insecurity of expressing themselves. We have found the dialogue to be vital to ensuring our men understand their role in creating and maintaining healthy relationships for themselves and others."

- Lars Tiffany, Men's college lacrosse coach, University of Virginia
One Love College Athletics Challenge Host Committee Chair

"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' lives. I am a better teammate and athlete because of One Love."

- Arica Smith, Women's college swimmer,
University of Wisconsin - Milwaukee

"I talk about One Love and the importance of building healthy relationships at home as often as I do with my team. The One Love Foundation has created so many materials to reference and discuss with women, men, girls, and boys of all ages and in all settings. I truly believe One Love is helping us build a stronger, healthier, and happier world one conversation and relationship at a time. I am forever grateful for their message, for their programming, and the impact they have had on so many."

- Julie Myers, Women's college lacrosse coach, University of Virginia
One Love College Athletics Challenge Host Committee Chair

"Several of my students told me that it was the number one, or one of the most, difficult and powerful discussions they have ever been a part of. One student in particular really opened up to me about his relationship, and while he didn't feel that he or his girlfriend were abusing each other, the relationship was not healthy or positive for either of them. He had felt that way for a while but didn't know how to verbalize or understand it. But after going through the workshop he could, and he ended the relationship because of his new knowledge."

- Men's college lacrosse coach,
Mount St. Mary's University

"Working with One Love has been an incredible experience for my teammates and me. We have learned so much from the *Escalation* Workshop and have engaged in conversation that is truly changing the stigma surrounding the issue of domestic violence and relationship abuse. One Love has provided me with the tools, and more importantly the confidence, to intervene in a situation when necessary."

- Conor Okim, Men's college lacrosse player,
Boston University

"Great workshop that has given our student-athletes education around the topic, and the power and confidence of having a voice."

- College Athletics Administrator, Lynchburg College