

# ONE LOVE SUMMIT 2020

Monday, June 22nd – Thursday, June 25th

1-5pm ET | 10am-2pm PT



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[joinonelove.org/summit](https://joinonelove.org/summit)

# ONE LOVE SUMMIT 2020

## Welcome to One Love's inaugural Summit for youth leaders!

Through your application, you shared your passion for building healthy relationships in your community, demonstrated your leadership skills, and told us about the impact you've already made in your community. We can't wait to get started!

The One Love Summit is bringing together 100 youth leaders from three countries and across 22 U.S. states. The Summit will empower you with the skills and tools you need to galvanize your community in a movement for healthy relationships. Please plan on using this workbook and all the other materials and swag in this box during the virtual Summit which will take place Monday, June 22nd to Thursday, June 25th. Reserve 1-5pm ET/10 - 2 PT during these days for Summit programming. Most of the time we will be on a zoom conference, and periodically we will break in small groups or individual work time. You can find all the information and links to the zoom conference on [www.joinonelove.org/summit](http://www.joinonelove.org/summit).

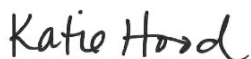
During the Summit, you will receive:

- Education: Learn about healthy and unhealthy relationships and the work One Love is doing to teach everyone to Love Better.
- Leadership Skills: Learn how to bring One Love back to your school or community. Gain valuable leadership and community organizing skills.
- Community: Connect with other youth leaders from across the country who are shaping the future of this issue.

The One Love Foundation, a national nonprofit dedicated to improving the relationship health of future generations, has educated more than a million young people on the signs of unhealthy and healthy relationships. Through educational workshops, One Love teaches young people to see the signs of an unhealthy relationship to avoid abuse, and how to have healthy love. To learn more about One Love, visit [joinonelove.org](http://joinonelove.org).

We applaud your work thus far, and we are excited to work together this summer.

Sincerely,



Katie Hood  
CEO, One Love Foundation



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# SUMMIT AGENDA

June 22nd-25th, 2020  
1-5pm ET / 10am-2pm PT daily

Main Zoom Conference: <https://joinonelove.zoom.us/j/8710113800?pwd=Zm14T2o2b3RyOUp4bXg2cVEyY2VhQT09>  
Meeting ID: 871 011 3800 Password: ONELOVE20

## Pre-Summit:

### Onboarding Trainings

LGBTQIA+ Inclusivity for Workshop Facilitation with Staff Trainers: Robin Graber & Hali Holtzman 6/9, 3-4:30pm ET  
Workshop Facilitation and One Love 101 with Staff Trainers: Claire Giampetroni & Brea Kaye 6/16, 3-4pm ET

## Monday, June 22nd: OUR WHY

### Homerooms & Opening Roll Call

1pm ET / 10am PT

You will be introduced to your homeroom, a group of 10-15 people, led by One Love Staff Coaches who will start and end each day with you. Homerooms are a space where you can converse and reflect about your experience during the Summit in small groups.

### Official Welcome from Sharon Love & Yeardeley's Coach, Julie Myers

You will learn about Yeardeley Love, the origin story of One Love, and how the healthy relationship revolution has been gaining momentum over the past 10 years.

### Student Leaders Panel and Q&A with Staff Moderator: Anneke Reich

Student panelists will share case studies of their successful work spreading the healthy relationship revolution in their own communities. They will also discuss why they lead this work, what they observe about healthy/unhealthy relationships in their own schools and communities, and how they generated and executed on their ideas to spread knowledge about the signs of healthy and unhealthy relationships.

### Break

### Training Block 1:

The impact of structural racism on youth intimate partner violence with Guest Speaker: Nicole Daley

Pitching and Telling the 'Story of Self/Us/Now' with Staff Trainers: Annie Forrest & Nalicia Williams

### Launch of Content Competition

### Check-out

5pm ET / 2pm PT

## Tuesday, June 23rd: THE POWER OF RELATIONSHIPS

### Homerooms

1pm ET / 10am PT

### Student Collaboration Time

Youth will lead & organize table discussions on topics they propose.

### Welcome from Katie Hood, One Love CEO and Q&A

### Training Block 2:

Network Mapping & Building Partnerships, featuring special guests, professional athletes and Staff Trainers: Emily Lloyd & Sheridan Riolo

### Break

# SUMMIT AGENDA

Holding 1-on-1 meetings with Staff Trainers: Jamie O'Leary & Ojeda Hall

**Guest Speakers and Partners: Shavar Jeffries and Tenagne Girma-Jeffries with Staff Moderator: Rhea Kimble**

Shavar Jeffries, civil rights attorney and Founder of the Donna Johnson Memorial Scholarship, and Tenagne Girma-Jeffries, CEO and Founder of The Cultivation Group, a business incubator and marketing firm in Newark, NJ, will speak about their personal connection to this cause, the interconnections between healthy relationships and other civil rights struggles, and the unique role that youth leaders will play in changing the culture of healthy relationships.

**Check-out**

5pm ET / 2pm PT

**Wednesday, June 24th: CREATING A STRATEGY**

**Homerooms**

1pm ET / 10am PT

**Call to Action by One Love's CEO Katie Hood with Staff Moderator Megan Gray & Yearley's Friends**

**Training Block 3:**

Making a Cold Call, Hard Asks & Securing Commitments with Staff Trainers: Madeline Hopper & Melanie Sperling

**Break**

**Training Block 4:**

Developing a Strategy to Meet your Goals with Staff Trainers: Michael Harley & Grace Carmichael

**Guest Speakers and Partners: Laura Brown with her fiancé, Brandon Borrer-Chappell**

Laura Brown, the Australian-born journalist and Editor of InStyle magazine, and Brandon Borrer-Chappell, a published comedian and writer, will discuss their journey through their career and relationships. Similar to Yearley's mom, Sharon Love, Laura and Brandon believe humor connects us and helps build stronger relationships. They are both supporters of One Love and use their networks to help expand One Love's reach.

**Check-out**

5pm ET / 2pm PT

**Thursday, June 25th: WORKING YOUR PLAN**

**Homerooms**

1pm ET / 10am PT

**Community Partners Panel and Q&A with Staff Moderator: Adriane Grant**

Our Summit community partners will share why they are excited to team up with One Love, how they've shared or will share One Love programming and education with youth in their communities, and the role that young people can play in creating and leading these collaborations.

**Work Block**

During this time, you will work on plans in regional breakout rooms with staff support.

**Break**

**Progress Updates and Leaderboards**

**Career Talk with One Love Young Professionals and Staff Moderator: Libby Gutschenritter**

A select set of One Love's Young Professionals from across the country will share why they are passionate about One Love and how they use their networks to amplify One Love's work.

**What Comes Next**

**Closing circle, celebrations, content showcase and final check-out**

5pm ET / 2pm PT

# SUMMIT ROSTER

Visit the Summit website at [www.joinonelove.org/summit](http://www.joinonelove.org/summit) to find and connect with your Homeroom

Alex Wang (he/him/his)  
Menlo School in California  
"Replay" by Iyaz

Alik Shehadeh (she/her/hers)  
Rye Country Day School in New York

Allie Giller (she/her/hers)  
Wilton High School in Connecticut  
"Boyfriend" by Big Time Rush

Allison Korahais (she/her/hers)  
St. John's Country Day School in Florida

Amy Thiam (she/her/hers)  
Pace High School in New York

Anna Seal (she/her/hers)  
Notre Dame Preparatory School in Maryland  
"September" by Earth, Wind, and Fire

Annette Lee (she/her/hers)  
Lakeside School in Washington  
"I'm Gonna be Alright" by Jennifer Lopez

Ariana Teixeira (she/her/hers)  
Graduated Malden High School in Massachusetts  
"This Must be the Place" by The Talking Heads

Arianny Patino (she/her/hers)  
Margarita Muniz Academy in Massachusetts

Audrey Sanft (she/her/hers)  
Wellesley High School in Massachusetts  
"Dancing Queen" by ABBA

Autumn Rhoads (she/her/hers)  
Hempfield High School in Pennsylvania  
"Can't Tell Me Nothing" by Kanye West

Ava Cobb (she/her/hers)  
Sacred Heart Greenwich in Connecticut  
"So Good" by B.O.B

Avery McCargo (she/her and they/them)  
Owings Mill High School in Maryland

Aysia Walker (she/her/hers)  
Birmingham-Southern College in Alabama  
"Holy" by Jamila Woods

Beyonce Martinez (she/her/hers)  
Margarita Muniz Academy in Massachusetts

Brendon Milan-Howells (he/him/his)  
New York University in New York  
"Smells like Teen Spirit" by Nirvana

Cameron Green (she/her/hers)  
Charlotte Catholic High School in North Carolina  
"Tik Tok" by Kesha  
Caroline (Carlie) Hellmann (she/her/hers)  
University of Florida in Florida  
"Never Seen the Rain" by Tones and I

Caroline Empey (she/her/hers)  
Phillips Academy Andover in Massachusetts  
"Stronger" by Kanye West

Caroline Somerville (she/her/hers)  
Johns Hopkins University in Maryland

Carson Shoop (she/her/hers)  
Severna Park High School in Maryland

Catherine Ramich (she/her/hers)  
Charlotte Catholic High School in North Carolina  
"Love Myself" by Hailee Steinfeld

Catie Beg (she/her/hers)  
The Ohio State University in Ohio  
"Sweet Lovin" by Sigala

Celeste Iroha (she/her/hers)  
Chamberlain University College of Nursing in Virginia  
"Say So" by Doja Cat ft Nicki Minaj (remix)

Charlie Pellegrin (he/him/his)  
Bellarmine College Preparatory in California  
"Greyhound" by Swedish House Mafia

Chase "Ruck" Horn (he/him/his)  
St. Paul's School For Boys in Maryland

Chloe Christensen (she/her/hers)  
Garfield High School in Washington  
"Pursuit of Happiness" by Kid Cudi

Christina Cimini (she/her/hers)  
Tulane University in Louisiana  
"Wait a Minute" by Willow

Clare Conrory (she/her/hers)  
Emory University in Georgia  
"Partition" by Beyonce

# SUMMIT ROSTER

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Clarke Keenan (he/him/his)  
Western University in Canada  
"When the Levee Breaks" by Led Zeppelin

Claudia Harnett (she/her/hers)  
Lakeside Upper School in Washington  
"Fly" by Nicki Minaj and Rihanna

Claudia Woods (she/her/hers)  
University of Mary Washington in Virginia  
"Heart It Races" by Dr. Dog

Courtney Webb (she/her/hers)  
Brooks School in Massachusetts  
"Unstoppable" by The Score

Dakota Barnes (she/her/hers)  
Western Washington University in Washington

Dakota Lockley (she/her/hers)  
Norfolk State University in New York

Davis Mead (he/him/his)  
Menlo School in California  
"Headlines" by Drake

Desiree Shaklee (she/her/hers)  
Mead High School in Colorado  
"High Hopes" by Panic at the Disco

Dominic Montaperto (he/him/his)  
Lakeside School in Washington

Dylan Herbert (she/her/hers)  
Occidental College in New York  
"Golden" by Harry Styles

Eleni Paraskevopoulos (she/her/hers)  
Virginia Tech in Virginia  
"Future Nostalgia" by Dua Lipa

Elizabeth Baker (she/her/hers)  
James A. Garfield High School in Washington  
"Paradise" by Jeremih

Ella Welcker (she/her/hers)  
The Northwest School in Washington  
"Fantasy" by Mariah Carey

Emma Nesbitt (she/her/hers)  
Temple University in Pennsylvania  
"Like a Girl" by Lizzo

Emma Wharton (she/her/hers)  
Undecided I North Carolina  
"Dancing Queen" by ABBA

Erin Griffin (she/her/hers)  
Sacred Heart Greenwich in Connecticut  
"Let It Rock" by Kevin Rudolf

Erin Williams (she/her/hers)  
Robert Morris University in Pennsylvania  
"Rainbow" by Kesha

Evelyn Flores (she/her/hers)  
White Plains Senior High School in New York

Gabby Manges (she/her/hers)  
First Coast High School in Florida  
"Adore You" by Harry Styles

Gentian Fairman (she/her/hers)  
The Bolles School in Florida  
"Remember Me" by Wallows

Haley Chadwell (she/her/hers)  
First Coast High School in Florida  
"All Me" by Kehlani ft Keyshia Cole

Hannah Dempsey (she/her/hers)  
Sacred Heart Greenwich in Connecticut  
"The Show Goes On" by Lupe Fiasco

Hunter Sturgill (he/him/his)  
Undecided I Maryland  
"Don't Play" by Halsey

Ian McAslan (he/him/his)  
The Boys' Latin School of Maryland  
"Enter Sandman" by Metallica

Izzy Schadt (she/her/hers)  
The University of North Carolina at Charlotte  
"Guilty Pleasure" by Bryce Vine

J.B. Pellegrin (he/him/his)  
United States Naval Academy in Maryland  
"Jump Around" by House of Pain

James Vitale (he/him/his)  
St. Paul's School for Boys in Maryland  
"Wild Ones" by Flo Rida

Jefferson Fernandez (he/him/his)  
Undecided I Massachusetts

# SUMMIT ROSTER

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JR Cassidy (he/him/his)  
Lakeside School in Washington

Julia Eddelbuettel (she/her/hers)  
Cornell University in New York  
"Green Light" by Lorde

Juliette Dabb (she/her/hers)  
University of Rochester in New York  
"Body" by Loud Luxury

Juliette Fore (she/her/hers)  
West Potomac High School in Virginia  
"Kill the Lights" by Alex Newell, Jess Glynne, DJ Cassidy

Kailey Means (she/her/hers)  
Western Washington University in Washington  
"Sunday Best" by Surfaces

Kate Brandin (she/her/hers)  
Sacred Heart Preparatory in California  
"Juice" by Lizzo

Kate Senhauser (she/her/hers)  
Providence Day School in North Carolina  
"Better When I'm Dancing" by Megan Trainer

Katemanee Burapachaisri (she/her/hers)  
Johns Hopkins University in Maryland  
"Warriors" by Imagine Dragons

Katharine Brydson (she/her/hers)  
Rye Country Day School in New York

Kathryn Hao (she/her/hers)  
Lakeside School in Washington  
"Tongue Tied" by Grouplove

Katie Anderson (she/her/hers)  
Seattle University in Washington  
"Good Times Roll" by GRiZ and Big Gigantic

Kelly McIntyre (she/her/hers)  
University of California Berkeley in California  
"Life is a Highway" by Rascal Flatts

Lamarana Diallo (she/her/hers)  
Harlmen Village Academies High School in New York  
"Savage" by Megan Thee Stallion ft Beyonce

Lauren Giuriceo (she/her/hers)  
Sacred Heart Greenwich in Connecticut  
"Last to Leave" by Louis the Child ft. Caroline Ailin

Leila Lewis (she/her/hers)  
Gonzaga University in Washington  
"Tiny Dancer" by Elton John

Liam Cronin (he/him/his)  
Western University in Canada

Lilly Costello (she/her/hers)  
Princeton University in New Jersey  
"Hey Ya!" by OutKast

Lilly Knott (she/her/hers)  
Garrison Forest School in Maryland  
"Tongue Tied" by Grouplove

Madison Sanschagrin (she/her/hers)  
Notre Dame Preparatory School in Maryland  
"2002" by Anne-Marie

Maguette Sambe (she/her/hers)  
Harlmen Village Academies High School in New York

Mame Mar (she/her/hers)  
Pace High School in New York  
"Streets Don't Love You" by A Boogie

Maria Angelos (she/her/hers)  
Friends School of Baltimore in Maryland  
"Dancing Queen" by ABBA

Marisa Nielson  
Windermere High School  
"Best I Ever Had" by Drake

Matt Baird (he/him/his)  
Lincoln-Sudbury Regional High School in Massachusetts  
"It's Not Living (If It's Not With You)" by 1975

Meg Outcalt (she/her/hers)  
Bronxville High School in New York  
"Heartlines" by Broods

Meg Quint (name only or they/them)  
Hobart and William Smith Colleges in New York  
"Stay Flo" by Solange

Melia Zimmerman (she/her/hers)  
Sonoma State University in California

Mia SeungEun Lee (she/her/hers)  
Cornell University in New York  
"Here With You" by Lost Frequencies



# SUMMIT ROSTER

Visit the Summit website at [www.joinonelove.org/summit](http://www.joinonelove.org/summit) to find and connect with your Homeroom

Michaela Odian (she/her/hers)  
Belmont University in Tennessee  
"Soulmate" by Lizzo

Molly Booth (she/her/hers)  
Towson University in Maryland  
"Never Say Never" by Justin Bieber

Molly Ianniello (she/her/hers)  
Garrison Forest School in Maryland  
"Hard Times" by Paramore

Ndella Tall (she/her/hers)  
Frederick Douglass Academy in New York

Olivia Enriquez (she/her/hers)  
University of Oregon in Oregon  
"10/10" by Rex Orange County

Olivia Giagni (she/her/hers)  
Rye Country Day School in New York

Olivia Newfield (she/her/hers)  
Wilton High School in Connecticut  
"Take a Hint" by Victorious

Olivia Williams (she/her/hers)  
Brown University in Rhode Island

Omer Reshid (he/him/his)  
George Washington University in Washington

Ouassagbe Cisse (she/her/hers)  
Harlem Village Academy in New York  
"Say So" by Doja Cat

Rebecca McCurdy (she/her/hers)  
The Baldwin School in Pennsylvania  
"Beautiful Now" by Zedd ft Jon Bellion

Reilly Fitzpatrick (she/her/hers)  
Chaparral High School in Arizona  
"We Are Young" by Fun

Rose Cassidy (she/her/hers)  
Eastside Preparatory Academy in Washington

Ryan Gillin (she/her/hers)  
University of Alabama in Alabama  
"NASA" by Ariana Grande

Sabrina Slusser (she/her/hers)  
Heartland Charter School in California  
"Na Na Na" by My Chemical Romance

Salamata Bah (she/her/hers)  
Dr. Richard Izquierdo Health and Science Charter School  
in New York

Shid Bamba (he/him/his)  
New York Film Academy in New York

Sophia Milan-Howells (she/her/hers)  
Branson High School in California  
"Build Me Up Buttercup" by The Foundations

Sophia Sheumack (she/her/hers)  
The Taft School in Connecticut  
"Blinding Lights" by The Weeknd

Sydney Kanzer (they/them)  
Undecided I Massachusetts  
"Before I Let Go" by Beyonce

Sydney Townsend (she/her/hers)  
Garrison Forest School in Maryland  
"Sunday Best" by Surfaces

Tallie Steiner (she/her/hers)  
Barnard in New York

TaMarah Jenkins (she/her/hers)  
Charlottesville High School in Virginia

Tommie Keznor  
Vanderbilt University in Tennessee  
"Bitter Sweet Symphony" by The Verve

Tris Langston (she/her/hers)  
Bard College in New York

William Schiff (he/him/his)  
Bellarmine College Preparatory in California

## ONE LOVE STAFF

More One Love staff and biographical information can be found on [www.joinonelove.org/staff](http://www.joinonelove.org/staff)



**Katie Hood**

Katie has served as CEO of One Love Foundation since 2014. Prior to joining One Love, Katie was CEO at the Michael J. Fox Foundation for Parkinson's Research. Before discovering her passion for philanthropy, she held positions at both Goldman Sachs and Bain & Company. Katie is a frequent speaker who has appeared at TED, Fortune's Most Powerful Women Conference, and The Nantucket Project. Katie received a B.A. from Duke University and an M.B.A. from Harvard Business School. Her walk-up song is "Hello" by Adele.



**Sharon Love**

Sharon Love, Yeardeley's mother, co-founded One Love with her daughter Lexie to honor Yeardeley's positive spirit. Sharon has been the main driver behind One Love, steering it toward prevention strategies after learning more about the issue in the wake of Yeardeley's tragic death. Sharon had a 25-year career in the Baltimore City Public Schools teaching hearing-impaired students before retiring in 2013 to work on One Love full time. Her walk-up song is "Happy" by Pharrell Williams.



**Adriane Grant**

*she/her/hers*

Engagement Coordinator in Yonkers, NY  
University at Albany, SUNY  
[adriane.grant@joinonelove.org](mailto:adriane.grant@joinonelove.org)  
"Blessings" by Lecrae



**Annie Forrest**

*she/her/hers*

Engagement Manager in New York, NY  
University of Virginia  
[annie.forrest@joinonelove.org](mailto:annie.forrest@joinonelove.org)  
"Callin' Baton Rouge" by Garth Brooks



**Alexis Morin**

*she/her/hers*

Summit Squad and Volunteer Engagement  
Consultant in New York, NY  
Princeton University  
[alexis.morin@joinonelove.org](mailto:alexis.morin@joinonelove.org)  
"Shake a Lil Faster" by Detroit in Effect



**Brea Kaye**

*she/her/hers*

Engagement Coordinator in San Francisco  
Bay Area & Seattle  
University of Puget Sound  
[brea.kaye@joinonelove.org](mailto:brea.kaye@joinonelove.org)  
"Give up the Funk" by Parliament



**Anneke Reich**

*she/her/hers*

Engagement Coordinator in Boston, MA  
Brandeis University & Harvard Graduate  
School of Education  
[anneke.reich@joinonelove.org](mailto:anneke.reich@joinonelove.org)  
"Missing U" by Robyn



**Claire Giampetroni**

*she/her/hers*

Engagement Coordinator in Boston, MA  
University of Vermont  
[claire.giampetroni@joinonelove.org](mailto:claire.giampetroni@joinonelove.org)  
"Hit Me with Your Best Shot" by Pat Benatar

# ONE LOVE STAFF

More One Love staff and biographical information can be found on [www.joinonelove.org/staff](http://www.joinonelove.org/staff)



## David Gallagher

*he/him/his*

President in New York, NY  
Siena College  
[david.gallagher@joinonelove.org](mailto:david.gallagher@joinonelove.org)  
"I Want to Take You Higher" by Sly and the Family Stone



## Ebele Onyema

*she/her/hers*

Director in the New York Tri-State Region  
Georgetown University & The University of Chicago  
[ebele.onyema@joinonelove.org](mailto:ebele.onyema@joinonelove.org)  
"All Of The Lights" by Kanye and Rihanna



## Ellen Blais

*she/her/hers*

Executive Director of New York Tri-State  
Brown University & Columbia Business School  
[ellen.blais@joinonelove.org](mailto:ellen.blais@joinonelove.org)  
"R - E - S - P - E - C - T" by Aretha Franklin



## Emily Lloyd

*she/her/hers*

Summit Squad and Engagement Manager in  
New York, NY  
University of Virginia  
[emily.lloyd@joinonelove.org](mailto:emily.lloyd@joinonelove.org)  
"Hall of Fame" by The Script



## Grace Carmichael

*she/her/hers*

Engagement Manager in New York, NY  
Dickinson College  
[grace.carmichael@joinonelove.org](mailto:grace.carmichael@joinonelove.org)  
"7/11" by Beyoncé



## Hali Holtzman

*she/her/hers*

Engagement Coordinator in Boston, MA  
State University of New York at Cortland  
[hali.holtzman@joinonelove.org](mailto:hali.holtzman@joinonelove.org)  
"Famous" by Kanye West



## Jalesa Tucker

*she/her/hers*

Marketing and Communications Coordinator  
in Bronxville, NY  
The City College of New York (CCNY)  
[jalesa.tucker@joinonelove.org](mailto:jalesa.tucker@joinonelove.org)  
"Rain On Me" by Lady Gaga



## Jamie O'Leary

*she/her/hers*

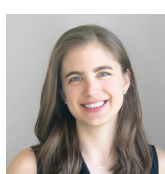
Engagement Coordinator in Maryland, D.C. &  
Virginia  
Princeton University  
[jamie.oleary@joinonelove.org](mailto:jamie.oleary@joinonelove.org)  
"Say It" by Maggie Rogers



## Jessica Perkal

*she/her/hers*

Summit Squad and Special Projects in  
New York, NY  
Duke University & NYU  
[jessica.perkal@joinonelove.org](mailto:jessica.perkal@joinonelove.org)  
"The Distance" by Cake



## Libby Gutschenritter

*she/her/hers*

Engagement Manager in Seattle, WA  
Hamilton College & Relay Graduate School  
of Education  
[libby.gutschenritter@joinonelove.org](mailto:libby.gutschenritter@joinonelove.org)  
"This Is Me" from The Greatest Showman



## Madeline Hopper

*she/her/hers*

Engagement Coordinator in New York, NY  
Colgate University and SOAS, University  
of London  
[madeline.hopper@joinonelove.org](mailto:madeline.hopper@joinonelove.org)  
"Glorious" by Macklemore



## Megan Gray

*she/her/hers*

Summit Squad and Manager of Student  
Leadership in Washington, D.C.  
University of California, Berkeley  
[megan.gray@joinonelove.org](mailto:megan.gray@joinonelove.org)  
"I Wanna Dance With Somebody" by Whitney  
Houston



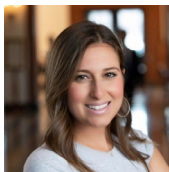
## Megan Shackleton

*she/her/hers*

Chief Program Officer in San Francisco  
Bay Area  
Stanford University & Dartmouth's  
Tuck School of Business  
[megan.shackleton@joinonelove.org](mailto:megan.shackleton@joinonelove.org)  
"Life is a Highway" by Tom Cochrane

## ONE LOVE STAFF

More One Love staff and biographical information can be found on [www.joinonelove.org/staff](http://www.joinonelove.org/staff)



### **Melanie Sperling**

*she/her/hers*

Chief of Staff

Duke University and Harvard Business School

[melanie.sperling@joinonelove.org](mailto:melanie.sperling@joinonelove.org)

"More Than You Know" by Axwell & Ingrosso



### **Robin Graber**

*he/him/his*

Engagement Coordinator in Florida

University of North Florida

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"The Downfall of Us All" by A Day to Remember



### **Michael Harley**

*he/him/his*

Engagement Coordinator in New

York Tri-State Region

SUNY-Binghamton

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The 1990s Bulls theme song & "Who Let the Dogs Out" by Baha Men



### **Sheridan Riolo**

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Engagement Coordinator in San Francisco

Bay Area

Loyola Marymount University

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"You Can Call Me Al" by Paul Simon



### **Michèle Heffron**

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Executive Director in the Pacific Northwest

Eastern Washington University

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"The Story" by Brandi Carlile



### **Sue Fine**

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"People Have the Power" by Patti Smith



### **Nalicia Williams**

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Engagement Coordinator in New York Tri-

State Region

Quinnipiac University

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"Sweetest Thing" by Lauryn Hill



### **Tara Small**

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Executive Director of Boston, MA

Stonehill College & Boston University

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"Let's Get Loud" by J. Lo



### **Ojeda Hall**

*she/her/hers*

Executive Director of Maryland, D.C., and

Virginia

Harvard College & Drew Theological

Seminary

[ojeda.hall@joinonelove.org](mailto:ojeda.hall@joinonelove.org)

"Way Back" by Gregory Wilson



### **Rhea Kimble**

*she/her/hers*

Engagement Manager in the Pacific

Northwest

Theatre Arts at the University of Miami

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"Green Light" by John Legend

## GUEST SPEAKERS



### Brandon Borrer-Chappell

Brandon Borrer-Chappell is a comedian and writer who has been published in *Cosmopolitan*, *Harper's Bazaar*, *Men's Health*, *Refinery29*, and *Man Repeller*. He graduated from the University of Virginia. Laura Brown and Brandon live together in New York City.



### Julie Myers

Julie Myers has served as the head coach of the University of Virginia women's lacrosse team for 25 years, and was Yeardeley Love's coach from 2006 - 2010. In each of her 24 seasons at the helm of the Cavaliers, Myers has guided her team to the NCAA Tournament — a feat matched by no other Division I coach in the same time period. Myers has more wins than any other women's lacrosse coach at UVA and became just the fourth coach in women's lacrosse history to reach 300 career wins in 2017. She has won three NCAA titles; one as a player (1991), one as an assistant coach (1993) and one as a head coach (2004). Myers earned a degree in sociology from the University of Virginia in 1990 and is the proud mother of three children.



### Laura Brown

Laura Brown is the Australian-born journalist and editor at the helm of *InStyle* magazine. Laura serves on One Love's Board of Advisors.

Known for her down-to-earth perspective and sense of humour, Brown has embraced social media and the power of video to engage millions with candid celebrity interviews and fantastical editorial shoots. Prior to *InStyle*, Brown was Features/Special Projects and Executive Director of *Harper's Bazaar*, where she worked for 11 years after moving to New York in 2001. At *Bazaar*, she produced over 100 covers, including one that put Rihanna in the mouth of a shark as an ode to *Jaws*.

Growing up in Sydney, Brown studied journalism at Charles Sturt University. For two years, she was a production editor at now-defunct Australian magazine *Mode*, before moving to London for two years, where she was an international correspondent for *Harper's Bazaar* Australia. Upon relocating to the US, she worked at *Details* and *W* Magazine before joining *Harper's Bazaar*.



### Nicole Daley

Nicole Daley is the Director, Massachusetts Department of Health, which focuses on educating young people about relationships. Specifically, she helps teens understand what defines a healthy relationship and how to address dating violence.

Previously Nicole Daley was the Director of Evaluation and Engagement at One Love, with over nine years of experience working in government. She also served as Program Director of the Start Strong: Building Healthy Teen Relationships Initiative at the Boston Public Health Commission for over five years. She lead a team that has developed innovative curriculum for teens and adults on healthy relationships, teen dating violence, media literacy, pornography literacy, and healthy break-ups. She has a passion for supporting young people in being change agents in addressing teen dating violence. Her work has been featured in the *Boston Globe* and *The New York Times*. She holds a BA from Wesleyan University and an MPH from Boston University School of Public Health.



## GUEST SPEAKERS



### Shavar Jeffries

A highly successful litigator and a fierce advocate for his clients, Shavar Jeffries brings integrity, courage, and uncommon insight to his complex-litigation and white collar criminal defense work for his firm, Lowenstein. Shavar serves on One Love's Board of Advisors.

Before Shavar joined Lowenstein he was an Associate Professor of Law at Seton Hall Law School's Center for Social Justice; counsel to New Jersey Attorney General Anne Milgram; counsel to the firm and Deputy Director of the Gibbons Fellowship in Public Interest and Constitutional Litigation at Gibbons P.C.; a clerk for Nathaniel R. Jones, a judge on the United States Court of Appeals for the Sixth Circuit; and an associate at Wilmer Cutler & Pickering, where he defended the University of Michigan in affirmative-action litigation.

A native of Newark, New Jersey, Shavar has been extensively involved in the Newark community. He was the founding Board President of TEAM Academy Charter School and Board President of the Boys & Girls Clubs of Newark. He was elected Board President of the Newark Public Schools Advisory Board. Shavar ran as a candidate for Newark mayor in 2014, in a campaign that attracted national attention.

Shavar established The Donna Johnson Memorial Scholarship – founded in memory of his incredible mother who was a victim of domestic violence. As a way to honor her spirit and legacy of love and service, this scholarship supports the educational development of a young person who has experienced the loss of a parent, guardian, or loved one because of domestic violence, or whose life has otherwise been touched by violence against women. He established the Donna Johnson Memorial Scholarship in hopes of ensuring that other young people have the same opportunities he was given – turning his personal tragedy into a brighter future.



### Tenagne Jeffries

Tenagne Girma-Jeffries is the founder of The Cultivation Group, with the mission to transform the urban landscape of Newark culturally and visually and create a real movement around community-based economic development. Girma-Jeffries started her career in marketing at Ogilvy and Mather where she worked on Coca-Cola brands, managing the global re-branding of Fanta and Sprite, as well as the launch of Sprite Remix and Sprite Zero. At Ogilvy, she won The David Ogilvy Award for effective advertising. She lives in Newark, NJ with her husband, Shavar Jeffries, and her children, Kaleb and Naomi. She believes that we must be the change you want to see in the world.

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## Panelists

We are also excited to feature about 15 other guest speakers who will be participating on panels throughout the week. Their information will be shared during the Summit. Panelists include Ant Harris (professional football player), players in the Premier Lacrosse League, Yeardley's friends, and community partners from organizations including Harlem Children's Zone and Generation WOW.



Monday, June 22nd

## OUR WHY



Monday, June 22nd

OUR WHY

## HOMEROOM WELCOME

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Who is in my homeroom?

What do I want to learn from the people in my homeroom this week?



## OFFICIAL WELCOME

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**Speakers** Sharon Love, One Love Founder and Yeardley's Mom, with Julie Myers, Head Coach of Women's Lacrosse at the University of Virginia

Why did Sharon Love start the One Love Foundation?

What has the One Love Foundation accomplished in its first 10 years?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**VIDEO:** [The Story Behind One Love](#)

**ARTICLE:** [10 years after her death, Yeardley Love's legacy grows stronger, in the Daily Progress](#)

**ARTICLE:** [Yeardley Love's legacy lives on, 10 years after her death, by empowering millions to identify abuse on ESPN.com](#)

## AMPLIFYING ONE LOVE'S MOVEMENT WITH STUDENT LEADERS

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**Staff Moderator** Anneke Reich

Is there a specific panelist who I would want to learn more from? Who and why?

Do any of the projects that the student panelists are describing seem like a good fit for my community?

Where did these students get their motivation and confidence for leading these projects?

What are three different ideas for sharing healthy relationships education that are most interesting to me as I listen to this panel?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**VIDEO:** Rediscovering Self-Love after Abuse and Depression, a TEDx Talk by Katemanee Burapachaisri

## THE IMPACT OF STRUCTURAL RACISM ON YOUTH INTIMATE PARTNER VIOLENCE

**Guest Speaker** Nicole Daley

What role does structural racism play in relationship abuse?

How are young people of different races and identities affected differently by intimate partner violence?

How does my own identity affect my experiences and observations about healthy and unhealthy relationships?

How can I be an inclusive leader in the healthy relationships movement?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

VIDEO: [The Halls Season 2 and Discussion Guide](#)

VIDEO: [Anti-Racism as Violence Prevention](#)

ARTICLE AND VIDEO: [Domestic Violence in Indian Country](#)

ARTICLE: [White Privilege: Unpacking the Invisible Knapsack](#) by Peggy McIntosh

## PITCHING AND TELLING THE "STORY OF SELF/US/NOW"

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**Staff Trainers** Nalicia Williams and Annie Forrest

What is the change that I want to make in my world by pitching One Love? Why does it give me chills? This is the "story of now."

How can the person I'm pitching use their influence to achieve change? How would I phrase it to them out loud? This is the "story of us."

What's the first moment I realized that me and my peers needed education about healthy and unhealthy relationships? Why does it stick out to me? This is your "story of self."

As I listen to others' stories of self, what connects with me? What details and moments do I want to hear more about? What gaps in the story did I want to know about?

## PITCHING AND TELLING THE “STORY OF SELF/US/NOW”

### Thinking Even Bigger

You can use this chart to refine your “story of self”:

<b>Challenge</b> What challenge did I experience? How did I feel in that moment?	<b>Choice</b> What choice did I make? What actions did I choose to take in response to the challenge?	<b>Commitment</b> What is the change I’m now com- mitted to creating because of this experience?

<b>My top takeaway from this session that            will help me educate 1,000 people            about healthy relationships:</b>

<p>For additional resources, go to  <a href="http://www.joinonelove.org/summit-resources">www.joinonelove.org/summit-resources</a></p> <p><b>VIDEO:</b> <i>How Great Leaders Inspire            Action, a TEDx Talk by Simon Sinek</i></p> <p><b>VIDEO:</b> <i>The Power of Vulnerability, a            TEDx Talk by Brené Brown</i></p> <p><b>WORKBOOK:</b> <i>Public Narrative and            Story of Self Participant Guide by            Marshall Ganz</i></p>
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## CONTENT CREATION COMPETITION

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**Staff Trainers** Jalesa Tucker and Megan Gray

What are some social media accounts that I learn from and find super engaging? Why?

Can I use approaches from those accounts to educate my social media following about healthy relationships?

How will I know that my followers are truly learning about healthy relationships from my posts?  
How can I get my followers to really engage with the content I'm sharing?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

VIDEO: [TikTok by @pearldelapaz](#)

VIDEO: [10 Signs of a Healthy & Unhealthy Relationship](#)

For important information that you can share online, flip to the One Love Resources in the back of this book and follow @join1love on Instagram.

## HOMEROOM CHECK OUT

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What was my favorite part of today?

What questions do I have?



Tuesday, June 23rd

# THE POWER OF RELATIONSHIPS





Tuesday, June 23rd

THE POWER OF RELATIONSHIPS

## HOMEROOM WELCOME

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Who did I get to know better in my homeroom this morning? What's their "story of self"?

## STUDENT COLLABORATION TIME

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What did I learn from my peers?

What did I share with my peers?

Who am I going to stay in touch with to keep exchanging ideas and tips?

## ONE LOVE'S VISION

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**Staff Speaker** Katie Hood, CEO of the One Love Foundation

What is Katie's big vision?

Where did I get my education about relationships?

What would the culture of my school and community feel like if everyone was educated about healthy and unhealthy relationships?

What's the biggest, most awesome role I could play as a leader in this movement?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**VIDEO:** [The Difference between Healthy and Unhealthy Love](#), a TED Talk by Katie Hood

**VIDEO:** [One Love CEO Katie Hood, MBA 2001](#) profiled by Harvard Business School

**VIDEO:** [Katie Hood, CEO, at the Nantucket Project](#)

**ARTICLE:** [A note from our CEO to our supporters on One Love's COVID-19 Plan](#)

## NETWORK MAPPING AND BUILDING PARTNERSHIPS

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**Staff Trainers** Emily Lloyd and Sheridan Riolo

What are two creative ideas for bringing healthy relationships education to my network that I heard from speakers?

What are some ways I can begin educating my family, friends, and social media followers about healthy relationships this week?

What three groups in my network do I know well enough to start partnering with next month?

What is the total size of my network?

## My Network Map

### Instructions

For the Dark Blue Boxes: With your family, friends, and social media accounts, you can make anything happen. You can begin to educate these parts of your community about healthy & unhealthy relationships today and invite them to join you in your quest to educate 1,000 people.

For the Light Blue Boxes, think of: Your Clubs and Extracurriculars, Your school, Courses, Your former schools, Sports & teams, Community Groups (YMCA, Boys & Girls Club, Scouting), Your place of work or internships, Extended family, Neighbors, Church, Mosque, Synagogue or place of worship, Your parents' place of work.

You may have to approach people in charge of these groups with your story of self and a specific ask to start building a partnership.

The diagram illustrates a network map centered around a blue heart shape labeled "My network:". Four red lines radiate from the heart to four rectangular boxes. The top three boxes are dark blue and represent "FAMILY", "FRIENDS", and "SOCIAL MEDIA". The bottom two boxes are light blue and represent various community groups. Each box contains a series of questions to guide the user in identifying and engaging with their network.

**FAMILY**

Number of people:

What they care about:

What they would like about One Love and why they might be inspired to get involved:

How can I educate them NOW?

**FRIENDS**

Number of people:

What they care about:

What they would like about One Love and why they might be inspired to get involved:

How can I educate them NOW?

**SOCIAL MEDIA**

Number of people:

What they care about:

What they would like about One Love and why they might be inspired to get involved:

How can I educate them NOW?

**My network:**

Group:

Number of people:

What they care about:

What they would like about One Love and why they might be inspired to get involved:

Who is the right person to talk to about partnering?

Group:

Number of people:

What they care about:

What they would like about One Love and why they might be inspired to get involved:

Who is the right person to talk to about partnering?

Group:

Number of people:

What they care about:

What they would like about One Love and why they might be inspired to get involved:

Who is the right person to talk to about partnering?

### Thinking Even Bigger

- What challenges do I anticipate as I build partnerships? How can I plan to overcome them?
- Have I included any parts of my network that are aspirational, or a bit out of my comfort zone? How will I approach them?
- Does my Network Map reflect the diversity of my community or school? What new relationships can I build to diversify my network?

**My top takeaway from this session that will help me educate 1,000 people about healthy relationships:**

**For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)**

**SOCIAL MEDIA:** Instagram accounts from some of our panelists

Rob Pannell @robpannell3

Scott Ratliff @scottratliff2

Anthony Harris @hoosdatdude

**PODCAST:** Rana's Networking Tips from the Dreams in Drive podcast

**ARTICLE:** Small Change by Malcolm Gladwell

**BOOK:** Never Eat Alone by Keith Ferrazzi

## HOLDING SUCCESSFUL 1-ON-1 MEETINGS

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**Staff Trainers** Jamie O’Leary and Ojeda Hall

Why do I need other leaders to help me reach my goal of educating 1,000 people?

What roles will these leaders play?

How might my approach and goals change depending on the person I’m conducting a one-on-one meeting with?

What do I anticipate my biggest challenge will be in holding one-on-one meetings, and how will I address this?

## HOLDING SUCCESSFUL 1-ON-1 MEETINGS

### A RELATIONAL MEETING IS...

Purposeful  
Public (and about public life)  
Individual  
Listening  
A person's center/vision  
Probing  
30-40 minutes  
Face-to-face  
Art  
"Why" questions

### A RELATIONAL MEETING IS NOT...

Without purpose  
Private (not friend/therapy)  
Group  
Selling/Recruiting  
Chit-chat  
Prying  
Endless  
Phone/Email  
Science  
"What" questions

## 5 Components of the Individual Relational Meeting

### 1. "Framing": Introduction and credential

Says why they wanted to meet  
Is able to succinctly describe their organization (if appropriate)  
Takes into account their partner's interests in their framing

### 2. "Telling a Story"

Tells a compelling story with a beginning, middle, end, tension, climax, etc.  
The participant's story is relevant to the meeting and to their self-interest  
The story is brief

### 3. "Eliciting a Story"

Asks probing questions (not prying)  
Asks effective "why" questions (not "what" questions)  
Uses their own story as a vehicle for eliciting a story

### 4. "Agitation"

Asks probing questions to understand when/if a person's values have aligned with their actions  
Appropriately challenges partner to act of self-interest  
Agitates, but does not irritate

### 5. Proposition

Makes a proposition that is appropriate in the context of the meeting and to their partner's self-interest  
For example, ask them for 3-5 referrals (with contact info) of people that care about relationship health => meet with the 3-5 referrals and ask them for 3-5 referrals



## HOLDING SUCCESSFUL 1-ON-1 MEETINGS

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### Reliable Followings Exercise

*Adapted from Educational Equity's National Organizing Workshop*

**Take out your phones and make a list of the following people:**

Start with people in your personal network (like friends and family) that have expressed passion or care about relationship abuse and unhealthy relationships; make a list of 5-10 friends and relatives.

Next, make a list of 5-10 friends or adults you interact with or talk to most at school.

Next, make a list of 5-10 people you interact with or talk to most with from clubs, extracurriculars, sports teams, place of worship, fraternities, sororities, and/or other groups and organizations that you're a member of.

### Reliable Leaders List

This is a list of people you can call on at any time, and are always thinking about how to expand their following. Look at the list you built above and add the people on that list to the appropriate columns below based on the definitions of reliable, developing and prospective leaders below.

## HOLDING SUCCESSFUL 1-ON-1 MEETINGS

### Reliable Leaders List

This is a list of people you can call on at any time, and are always thinking about how to expand their following. Look at the list you built above and add the people on that list to the appropriate columns below based on the definitions of reliable, developing and prospective leaders below.

<b>Reliable</b> These are people with whom I have enough relational trust that they will try their hardest to take public action whenever I ask them.	<b>Developing</b> These are people with whom I have enough relational trust that they will take public action when I ask up to three or four times a year, subject to the issue at hand.	<b>Prospective</b> These are people with whom I have not yet built enough relational trust to make an ask for public action.

### How am I staying in touch with my Reliable Leaders List?

- Relational Meetings (share a meal or grab coffee together, catch up on what really matters in each other's lives)
- Emailing updates about the One Love and its work
- Inviting them to important events – house meetings, trainings, actions
- Reciprocating and attending things they invite you to

### How am I working with my Developing Leaders?

- 1-1 meetings
- Strategic invitations

### How am I cultivating Prospective Leaders?

- Asking for referrals from reliable leaders
- 1-1 meetings

## Thinking Even Bigger

### Individual Relational Meeting Self-Assessment Tool

Instructions: Using the chart on the next page, give yourself 1 point for each skill at which you feel competent and leave the space blank if you feel that skill needs work. If you feel competent in all three skills in one category, your total score for that category will be 3. In which category are you the strongest? Which category offers you the biggest opportunity for growth?

## HOLDING SUCCESSFUL 1-ON-1 MEETINGS

In any given meeting, I am able to:

### FRAMING/CREDENTIALING

- ☐ Frame the meeting: say why I wanted to meet with this person
- ☐ Give an elevator speech about my organization
- ☐ Incorporate their interests into the frame

Total \_\_\_\_\_

### TELLING A STORY

- ☐ Be ready and able to tell at least three (not all at once!) different brief stories that explain why I care about preventing relationship abuse, why I work with One Love, etc.
- ☐ Tell stories that have: a beginning, middle & end, strong characters, a theme, setting, etc.
- ☐ Tell my story organically, at different points during the meeting (not always at the beginning)

Total \_\_\_\_\_

### ELICITING A STORY

- ☐ Ask probing questions that allows another person to share their story
- ☐ Use "why" questions effectively verses an endless string of "what" questions
- ☐ Understand the difference between probing and prying and act on that knowledge effectively

Total \_\_\_\_\_

### AGITATING

- ☐ Ask probing questions about what the person I am meeting with truly cares about and when they have acted on that value
- ☐ Create the appropriate amount of tension in the person to get them to reflect on: the actions they have or have not taken, how effective they have been and what, if anything, they could or should have done differently
- ☐ Create tension appropriate to leverage future action

Total \_\_\_\_\_

### PROPOSITION

- ☐ Go into the meeting with at least three potential ideas for next steps that I could proposition the person to take
- ☐ Think on the spot of additional next steps based on the person's interests and passions
- ☐ Effectively proposition the person to act on her/his interest by taking a next step

Total \_\_\_\_\_

## MAKING REAL CHANGE IN YOUR COMMUNITY AND RELATIONSHIPS

**Guest Speakers** Shavar Jeffries and Tenagne Girma-Jeffries

What is Shavar's "story of self"?

What is Tenagne's "story of self"?

What healthy relationship behaviors do Shavar and Tenagne practice?

What other causes and movements are Shavar and Tenagne passionate about? How do those other causes connect to the healthy relationships movement?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**SOCIAL MEDIA:** @ShavarJeffries

**PODCAST:** Women in Business Making a Difference featuring Tenagne Girma-Jeffries

**ARTICLE:** Newark mayor's race candidate profile: Shavar Jeffries

**BLOG:** Shavar Jeffries Recognized for Continued Advocacy on Domestic Violence Prevention

**ARTICLE:** Democratic education activist Shavar Jeffries is pushing for people of color to take leadership roles

## HOMEROOM CHECK OUT

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How can I respond in a caring and supportive way if someone tells me that they've experienced an unhealthy relationship?

What's on my mind at the end of today?

What am I inspired to do after today?



Wednesday, June 24th

# CREATING A STRATEGY

## HOMEROOM WELCOME

---

What new skill am I most excited to use today?

## CALL TO ACTION

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**Speakers** Katie Hood, Megan Gray, and friends of Yeardley Love

Have I ever seen or experienced an unhealthy relationship and wished I knew more about how to intervene?

What could all of us Summit attendees here collectively accomplish in 2020?

I will educate: 1,000 500 100  
people about healthy relationships in 2020 because  
  
to contribute to our collective youth  
impact goal of reaching 100,000  
people with this education.

For additional resources, go to  
[www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**VIDEO:** Yeardley's friend Michael Jarvis  
discusses why he wishes he had One  
Love's education in 2010



## MAKING A COLD CALL, HARD ASKS, AND SECURING COMMITMENTS

**Staff Trainers** Madeline Hopper and Melanie Sperling

What tips will help me keep people on the phone?

What was the short version of my "story of self" that worked best during my calls?

Did I get any surprising responses?

Write down my top three reminders/phrases to help me with my next round of cold calls.

- 1.
- 2.
- 3.

Was there any information that I wished that I had answers to, but didn't? Where can I find those answers?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

ARTICLE: [The improbable rise of America's hottest VC - Arlan Hamilton](#)

PODCAST: [Sarah Blakely, Founder of SPANX on How I Built This](#)

## DEVELOPING A STRATEGY TO MEET MY GOALS

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**Staff Trainers** Michael Harley and Grace Carmichael

*You can find your Strategic Plan "My Plan to Reach 1,000 People" in the back of this Workbook in the pocket folder.*

**Notes:**

## HEALTHY RELATIONSHIPS ARE ALWAYS INSTYLE

**Guest Speakers** Laura Brown and Brandon Borrer-Chappell

What healthy relationship behaviors do Laura and Brandon practice?

What challenges and conflicts have Laura and Brandon had to overcome in their relationship?

What healthy relationship behaviors do I want to practice in my relationships?

How can I navigate challenges in my own relationships?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**ARTICLE:** My Girlfriend Is Way More Successful Than I Am — & 16 Years Older in Refinery 29

**PODCAST:** InStyle Magazine's Laura Brown on fearlessness in fashion

## HOMEROOM CHECK OUT

---

What's one thing that challenged me today? What did I learn?

What kind of healthy relationships do I want for myself?

What have I learned about myself so far this week?



Thursday, June 25th

# WORKING YOUR PLAN

## HOMEROOM WELCOME

---

Who is the partner I'm excited to approach first?

Take a look back at all of our guest speakers. Who do I want to channel while I'm working on my plan today?

## COMMUNITY PARTNERS PANEL

**Staff Moderator** Adriane Grant

Which One Love events or activities are these partner organizations excited to use?

Now that I've heard from staff from partner organizations, how will I adapt my pitch and my "story of us" when I approach partners?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

WEBSITE: [Harlem Children's Zone](#)

WEBSITE: [Ashley Doolittle Foundation](#)

WEBSITE: [Generation Wow](#)

## WORK TIME

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What am I learning as I practice outreach?

When do I feel most confident doing outreach?

What's challenging for me about outreach? What skills do I want to practice more? Who can I ask for help from?

After making these calls and emails, who do I need to remember to follow up with? By when?



## CAREER TALK WITH ONE LOVE YOUNG PROFESSIONALS

**Staff Moderator** Libby Gutschenritter

When I grow up, I want to be:

What panelist do I connect with the most?

What do I have in common with them now? What do I hope to have in common with them in the future?

What is one thing that I will accomplish working with One Love that will prepare me for my dream career?

What is one creative way a panelist is using their professional network to support their work with One Love?

What is the most interesting piece of advice I heard today?

My top takeaway from this session that will help me educate 1,000 people about healthy relationships:

For additional resources, go to [www.joinonelove.org/summit-resources](http://www.joinonelove.org/summit-resources)

**BLOG:** [How to Explain Extracurriculars on your Resume](#)

## WHAT COMES NEXT

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When is the next student leaders meeting? Have I RSVPed?

What updates and progress on my strategic plan will I share at that meeting?

Who are my One Love staff contacts? What date and time will we talk next? How can I reach them?

Have I filled out an Ambassador application?

## FINAL CHECK-OUT

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Who do I want to shout-out because they inspired me?

What did I learn that I'm capable of?

What quotes and advice do I most want to remember from this week?

What was the most important thing I learned this week?

Who am I going to stay in touch with (both participants and staff)?

What's the most powerful skill I learned this week? When can I practice it next?



# NOTES





One Love Resources

# APPENDIX



# one love

[www.joinonelove.org](http://www.joinonelove.org)

## About One Love

One Love provides relationship health education to help young people understand the difference between healthy and unhealthy relationships, as well as early warning signs of abuse. We believe together, we can help stop abuse and provide the skills needed to love better.

The foundation was started in honor of Yeardeley Love, a college senior whose life was tragically cut short by her ex-boyfriend. After the trial, Yeardeley's family learned that her death could have been prevented had they recognized the signs of an abusive relationship.

## OUR IMPACT

Since January 2015, our educational workshops have reached over

**1,000,000**  
people



We've trained **23,000**  
volunteers to help lead our educational workshops designed for ages 8 - 25+



Our online content has been viewed over

**100 MILLION**  
times



## OUR RESEARCH

**96%** said they would recommend One Love's workshop to a friend

**95%** of workshop participants agree that their facilitator was prepared for the discussion

**90%** of students understand the resources available to them if they or someone in their friend circle is in an abusive relationship

**89%** of workshops are held by trained volunteers



## OUR STORIES

"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."

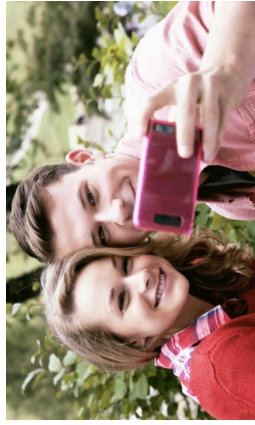
- Teacher

"One Love is pioneering the fight against relationship violence in ways that have never been done before. This organization is increasingly important and necessary given our current social and political climate, and I love that it is making a change where change is definitely needed!"

- One Love Campus Ambassador

# OUR CONTENT

Here is a snapshot of our educational content offerings, categorized by age group:



## Escalation Workshop

### 90-min or Three 40-min Sessions

**Recommended for ages 14 – 22**  
The Escalation Workshop is a film-based experience that educates about the warning signs of an abusive relationship. Utilizing peer-facilitators trained by One Love staff, Escalation provides young people with the framework they need to identify the warning signs and the tools to help a friend who may be in an abusive situation.



## Love Labyrinth

20 – 60 min

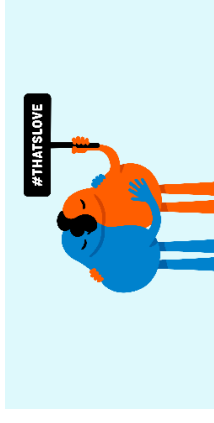
**Recommended for ages 14 - 18**  
This powerful video focuses on how feeling trapped in the Love Labyrinth is a very real and very frightening symptom of relationship abuse. Even the tiniest of behaviors from your partner can impact your self-esteem, independence and ability to recognize the relationship you deserve.



## Behind the Post

40 – 60 min

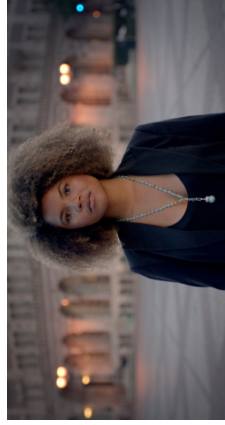
**Recommended for ages 14 – 22**  
Social media can skew our view of the relationships around us and, in some cases, influence our decisions to stay in unhealthy ones. Use our guide to explore all 10 signs of an Unhealthy Relationship and start the conversation with your friends. Discussion guide includes a classroom lesson plan.



## Couplets

15 min per Video and Discussion

**Recommended for ages 11 – 13**  
This series consists of eight short clips that show both the healthy and unhealthy version of a situation. The discussion guide also includes a lesson plan with discussion questions and classroom activity ideas!



## Because I Love You

20 – 60 min

**Recommended for ages 14 – 18**  
This series is focused on how the phrase "Because I Love You," can be very manipulating in an abusive relationship. To help you with this conversation, we've created a guide complete with questions and answers to help you talk about controlling statements and other unhealthy relationship behaviors.



## Amor del bueno

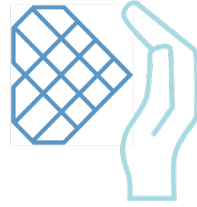
60 min or Three 45 min Sessions

**Recommended for ages 13 – 22**  
This film follows the story of a Latinx high school couple and reflects on how young people can perpetuate the cycle of abuse when they've seen it normalized. The corresponding discussion guide focuses on three main themes: Healthy and Unhealthy Relationship Behaviors, Bystander Intervention, and Consent vs. Coercion.

# TAKE ACTION

## Donate

Every dollar raised helps bring relationship health education to students across the country. Give the gift of healthy love through a one-time or monthly contribution.



## Volunteer

When you volunteer at One Love, you help us transform relationships one conversation at a time. Sign up to become a volunteer at [joinonelove.org/](http://joinonelove.org/) or join or reach out to [volunteer@joinonelove.org](mailto:volunteer@joinonelove.org).

## Make an introduction

Introduce One Love staff to an influential person (this could be school administrators, coaches, staff, prominent community members or law enforcement).



## Fundraise

Rally your community to host a fundraiser. Contact One Love today to get your FUN-raiser started at [fundraising@joinonelove.org](mailto:fundraising@joinonelove.org).



**EDUCATE YOURSELF AND OTHERS. LEARN MORE AT [JOINONELOVE.ORG](http://JOINONELOVE.ORG).**



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## How to help a friend who may be in an abusive relationship

---

If you think that a friend or someone you know is in an abusive or unhealthy relationship, it can be difficult to know what to do. You may want to help, but be scared to lose them as a friend or feel as though it is not your place to step in. All of these feelings are normal, but at One Love we believe the most important thing you can do as friend is start a conversation. Here are a few tips to help you talk to your friend.

### 1. Calmly start a conversation on a positive note.

Find time to talk to your friend one-on-one in a private setting. Start by giving your friend positive affirmations and complimentary statements like, "You're always so fun to be around. I've missed you!" Once your friend feels comfortable, you can begin calmly voicing your concern for your friend. It is likely that they feel as though things are already chaotic enough in their life, so to best help them, you will need to be a steady support with whom they can talk openly and peacefully. If you don't panic and do your best to make them feel safe, then it is pretty likely that they will continue to seek your advice. You don't want to scare your friend by worrying, starting an argument or blaming them.

### 2. Be supportive.

Listen to your friend and let them open up about the situation on their own terms. Don't be forceful with the conversation. It may be very hard for your friend to talk about their relationship, but remind them that they are not alone and that you want to help.

### 3. Focus on the unhealthy behaviors.

The focus of the conversation should be on the unhealthy behaviors in the relationship and to provide your friend with a safe space to talk about it. Sometimes, our instinct is to immediately label the relationship as "abusive" to drive home the severity of the situation. This instinct, however, can cause your friend to retreat and shut down. Instead, focus on the specific behaviors you're seeing and how that behavior makes them feel. For example, saying something like, "It seems like your partner wants to know where you are a lot and is always texting and calling – how does that make you feel?" pinpoints a specific behavior and gets your friend to think about how it makes them feel. You can also gently point out that certain behaviors seem unhealthy and be honest about how you would feel if someone did it to you. This is one of the first steps in getting your friend to understand what is and is not an appropriate behavior in a relationship. Help them realize for themselves that something is off about the relationship, and acknowledge that their feelings are legitimate.

### 4. Keep the conversation friendly, not preachy.

Very few people in abusive relationships recognize themselves as victims and it is likely that they do not want to be viewed that way. If you want to be helpful, make yourself emotionally accessible and available to your friend. One way to reassure your friend that you are not judging them is to normalize the situation. Talking openly about your own experiences with relationship troubles will help them feel as though they are not alone. Be careful not to derail the conversation and keep the focus on your friend's situation. Try to make it feel like an equal exchange between two friends — not like a therapist and a patient or a crisis counselor and a victim.

### 5. Don't place the blame on your friend.

Help your friend understand that the behaviors they are experiencing are not normal, and that it is NOT their fault their partner is acting this way. They may feel personally responsible for their partner's behavior or as though they brought on the abuse, but assure them that this is not the case. Everyone is responsible for their own behavior, and no matter what the reason, abuse is never okay.



## **6. Allow your friend to make their own decision.**

If your friend is in an abusive relationship, the last thing you want to do is tell them to “just break up!” Relationship abuse is very complex, and your friend may really love their partner or be experiencing some form of trauma bonding—or loyalty to the person who is abusing them. Also, your friend is already dealing with a controlling and manipulative partner and the last thing that they need is for you to mimic those behaviors by forcefully telling them what to do.

## **7. Offer solutions to your friend.**

The best way for you to help your friend is to offer them options. Don’t push any one of them in particular, but instead let your friend know that you will support them no matter what they decide to do. Some of these options include visiting the campus violence prevention center or behavioral health center, talking to a R.A. or faculty member, or even calling the National Domestic Violence Hotline. Depending on how ready your friend is to open up, they may feel more comfortable vetting the situation with someone anonymously over the phone, or they may want to have the conversation in person with someone on campus who can help. If your friend is planning to end things with their partner, you should create a safety plan with them because the most dangerous time in an abusive relationship is post-break up. Maintain a calm approach when dealing with the situation and be open to what your friend is most comfortable with. At the suggestion of seeking help, it is possible that your friend may try to cover up or down play the abuse. Reassure your friend that they are the expert in their own life and make them feel as though they are in control of the situation.

The only exception here is if someone is in imminent danger – whether it is self-harm or harm inflicted by another person. If your friend is in immediate danger, you should alert authorities (i.e., campus safety or 911) right away. Even if you think your friend will feel betrayed or angry with you for going to the police, saving someone’s life is the most important thing. Relationship abuse can be fatal and you should not hesitate to take serious action if you think that anyone is at risk for physical or sexual harm.

## **8. Expect more conversations in the future.**

The first time you have this conversation with your friend, they may admit a few things that have happened and then suddenly pull away or take it back. You do not have to get your friend to change their mind completely about their partner and you don’t need them to “admit” that they are being abused. The goal of the conversation is to let them know that you care and that you are available for them when they need to talk. It is not likely for the situation to be resolved neatly after one conversation, so you should expect to have more talks like this. Be patient through the process, and know that you are doing the right thing by talking to them about this difficult topic. Let your friend know that you support them and that you are there for them should they need you.



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## How to help a friend who may be abusive

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### **Talk to your friend about it.**

Always think of your own safety first, as it might be dangerous to confront someone who has been physically abusive. If you see, hear, or find out about a friend being emotionally, physically, or sexually abusive toward someone else, and you feel comfortable intervening, say something or do something. Start with gentle questions like, "How have things been going between you and [partner] lately?" The goal is to get your friend to admit that they are feeling stress and that they could use some help dealing with that "stress." An abusive person is extremely unlikely to respond positively to being told that they are an abuser. Going along with your friend and pretending it is stress might get that person to accept help faster than trying to get them to admit they are perpetrating relationship violence. An expert may be able to do so, but you risk endangering the victim if you press too hard on an abusive person to make them admit they are a perpetrator of relationship abuse. Talk to other friends about what you've seen and heard, and work together to come up with solutions.

### **Know where to refer your friend.**

If your friend will admit to being "stressed," offer to go with them to a behavioral health or a mental health counselor. Normalize mental health treatment by telling your friend about a time you needed help, or someone else in your family needed mental health counseling. Plan in advance where you could go together for help. You can find out by asking the campus violence prevention office or the campus behavioral health center, or by calling the National Domestic Violence Hotline. The best thing you can do as a friend or loved one is to encourage them to get help from a professional.

### **Emphasize how important it is that your friend not use violence.**

Tell your friend that no matter how bad things get, including if their partner has cheated on them, insulted them, or done other unfair things — there is never a reason to hit or hurt them. You can let your friend know that excessive drinking does not excuse use of violence and that having a difficult childhood is no reason to hurt someone else.

### **Many abusive people do not realize that they are being abusive.**

An abuser may believe that they are being sweet, caring and loving when trying to "protect" their partner, or think that to "show how much someone means to you," you must act jealous. Alternatively, they could know that their behavior is inappropriate and/or criminal, and feel like they just can't control themselves or don't care about what happens. If you think a friend is being abusive in their relationship, it is vital that someone speaks with them about their behaviors. While it is important for you to try and approach them about this, they may not want to listen. If possible, have them receive counseling for their behaviors. If they are not being receptive, it can be helpful to speak with other people in their life that they admire (a coach, teacher, parent, etc.). Explain to those people what you are seeing, and ask them to speak with your friend about how they need to change their behaviors, and why they should change their behaviors. Some of the signs of an abusive personality include: not accepting responsibility for their actions, difficulty tolerating injury, if someone hurts them they think it's okay to hurt them back, and inability to communicate about emotions.

### **Abusive behavior can stem from a number of different risk factors.**

Past trauma, codependency, a sense of abandonment, familial rejection or neglect, inability to communicate about emotions, lack of validation from outside parties, and objectification of women are all risk factors for abusive behavior.



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## INSTEAD OF SAYING THIS, SAY THAT

### IF YOUR FRIEND IS DATING SOMEONE NEW...

When we tell our friends that their relationship is “perfect,” or that they are “so cute together,” they are more likely to ignore negative things that happen and blow them off as not a big deal. They also will be less likely to share details of their relationship with you that aren’t perfect because they don’t want to let you down, burden you, or feel like they need to live up to your expectations. So...

#### INSTEAD OF SAYING THIS

#### SAY THAT

“They’re SO great! You guys are perfect together.”

“You seem really happy! How are you feeling about them?”

“Why do you keep ditching us for them?”

“It seems like you’re spending a lot of time with them. How’s everything going?”

“OMG you guys are fi-nal-ly together. We’ve all been waiting for this!”

“We thought you liked them for a while. How do you feel now that it’s official?”

“Ew, why would you date them?”

“What is it about them that you like?”

### ON SOCIAL MEDIA...

There is already incredible pressure to be in a seemingly perfect relationship, and social media only accentuates this pressure. Remember as a friend that even if you are seeing the happiest posts on social media, that is not the only representation of your friend’s relationship. So as a friend, continue to ask genuine questions about how the relationship is going and do not assume that because it looks great on social media that everything is perfect. So...

#### INSTEAD OF SAYING THIS

#### SAY THAT

“When’s the wedding?”

“You seem so happy! Catch up soon?”

“#relationshipgoals/Couple of the Year/Favs”

“So cute!”

“Jealous - ur so lucky/I want your life/Where do I get one?”

“Always wanted to visit there - can’t wait to hear about it!”

“Hi Mom & Dad”

“Love this/Love you both!”

## IF YOU'RE WORRIED ABOUT A FRIEND...

Though it may be true, it's important not to label your friend's partner as abusive, as that will likely cause your friend to shut down. To help them open up to you, talk about the specific behaviors you've seen and ask your friend how those behaviors make them feel. By focusing on unhealthy behaviors rather than the people exhibiting those behaviors, the conversation will feel less judgmental and more about the genuine care you have for your friend. If your friend is the person you care about, your conversation should focus on that friend, not their abusive partner. So...

### INSTEAD OF SAYING THIS

### SAY THAT

"We never see you anymore, you're always with them. Are we even friends?"

"I've noticed they always show up unexpectedly. How do you feel about that?"

"Where have you been? Hanging out with \_\_\_\_ again?"

"I've missed you at practice. Is there a reason you haven't been here?"

"Why are you still with them? They treat you like crap."

"I'm your friend first and here if you need to talk."

"Stop answering that. Just tell them you're busy."

"I've noticed you're always on your phone. Is there anything going on that you want to talk about?"

"I'm done. You're not dragging me through this anymore."

"You seem really stressed out lately. What's been going on?"

"Why do you always listen to everything they say? I don't get it."

"They seem to get mad when you hang out with us/\_\_. What's your gut reaction to that?"

## IF YOUR FRIEND GETS DEFENSIVE...

If you know that your friend is in an unhealthy relationship but they don't see it, it's okay to be angry at the situation, but getting angry at them won't solve that problem. Your friend will never leave a relationship because you tell them to; they will leave a relationship when they make the decision for themselves and feel ready. In order to help your friend be honest with themselves, be patient yet persistent and offer gentle, steadfast support – be an example of healthy behaviors! So...

### INSTEAD OF SAYING THIS

### SAY THAT

"I was only trying to help you - sorry I won't make an effort anymore."

"Just checking in - I'm here if you ever want to talk about it."

"This is the last time I'm trying. I'm sick of putting up with them."

"There's no time limit on when you can come to me to talk."

"Fine. Don't tell me I didn't warn you about them."

"Let's go to lunch this week. I promise I won't pester you about your relationship during it."

"You guys got in a fight agaaaain?"

"Do you want to talk about what happened last night?"

"I know you like them, but they're such a jerk. How do you not see that?"

"I'm sorry if I came across as intrusive. I was worried for your safety and wanted to check in."

## IF YOU SEE A FRIEND DOING SOMETHING UNHEALTHY...

If you see your friend exhibiting unhealthy behaviors, you can help them recognize that their behavior is not okay without saying that they're a bad or abusive person. Starting with gentle questions to learn more about your friend's relationship is key. Someone exhibiting these behaviors is unlikely to respond well to being told that they are an abuser, but genuinely showing that you care about them might get them to accept help faster. If you can get your friend to admit that they are "stressed," due to the relationship or to anything else, offer to go with them to a counselor and help normalize mental health treatment. So...

### INSTEAD OF SAYING THIS

### SAY THAT

Ignore it.	"You seem really angry/stressed. Anything you want to talk about?"
Take a video/Snapchat it/egg them on	"You and ___ seem to be fighting a lot lately. How are you feeling about them?"
*Laugh*	"How do you think they felt when you said that?"
"You've got them whipped!"	"Why do you feel like you need to know where they are all the time?/Do they always know where you are too?"

If you find that these conversations are not going in the direction you hoped, here are additional action items to consider --

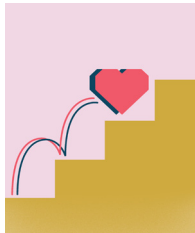
- Talk to another friend about what you've seen and ask if they've noticed anything
- Talk to a trusted adult - parent, coach, counselor, teacher
- Connect with local or national resources like LovelsRespect or The Domestic Violence Hotline



## 10 Signs of Healthy Relationship

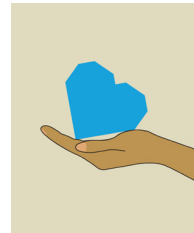
Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a “perfect” relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



### Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



### Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



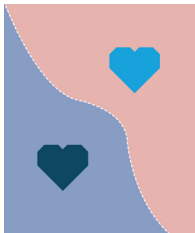
### Honesty

You can be truthful and candid without fearing how the other person will respond.



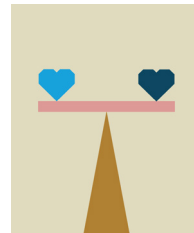
### Independence

You have space to be yourself outside of the relationship.



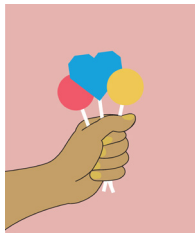
### Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



### Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



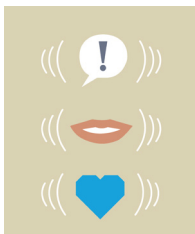
### Kindness

You are caring and empathetic to one another, and provide comfort and support.



### Taking Responsibility

Owning your own actions and words.



### Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



### Fun

You enjoy spending time together and bring out the best in each other.



## 10 Signs of Unhealthy Relationship

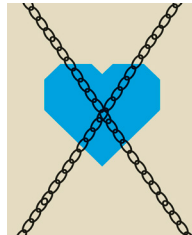
While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse.

If you think you are in a dangerous situation, trust your gut and get help.



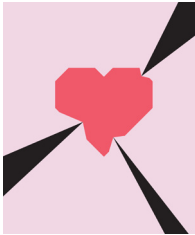
### Intensity

When someone expresses very extreme feelings and over-the top behavior that feels overwhelming.



### Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



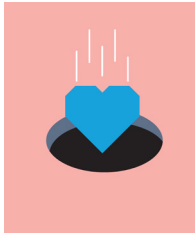
### Manipulation

When someone tries to control your decisions, actions or emotions.



### Isolation

When someone keeps you away from friends, family, or other people.



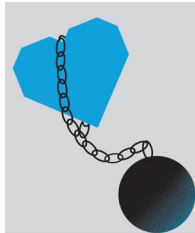
### Sabotage

When someone purposely ruins your reputation, achievements, or success.



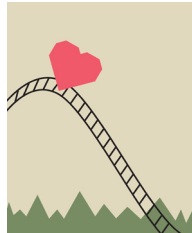
### Belittling

When someone does and says things to make you feel bad about yourself.



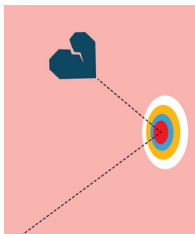
### Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



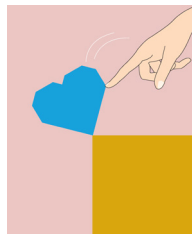
### Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



### Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



### Betrayal

When someone is disloyal or acts in an intentionally dishonest way.

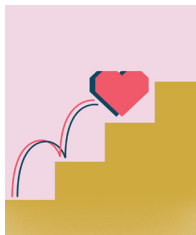
# What Healthy Relationships Look Like During COVID-19

With everything happening in the world right now, it's clear that we all need love more than ever. It can be challenging at times to practice healthy behaviors while living in such close quarters. But these 10 signs and corresponding examples are a way for you to bring more healthy behavior into your relationships during COVID-19.

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.

## Healthy Sign

## COVID-19 Example



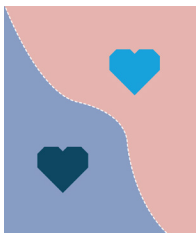
### Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



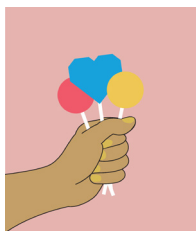
### Honesty

You can be truthful and candid without fearing how the other person will respond.



### Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



### Kindness

You are caring and empathetic to one another, and provide comfort and support.

- Giving everyone patience and space to adjust to the "new normal," including yourself
- Not feeling pressured to see or move in with a partner
- Being open and candid about feelings, needs, and boundaries instead of letting them simmer while together or apart
- Respecting digital boundaries and making sure there's enthusiastic consent before sharing explicit photos (Note: If choosing to share explicit photos, consider the unhealthy power imbalance this can create)
- Being understanding of people's reactions to the COVID-19 situation (ex. mental health, job loss, physical health)
- Do small, thoughtful acts for those around you daily
- Do research into ways you can help your community (ex. safely delivering food to the elderly)

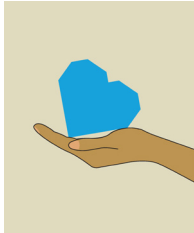


## Healthy Sign



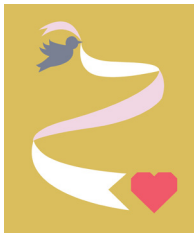
### Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



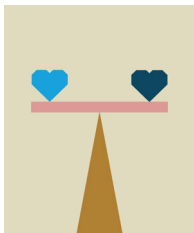
### Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



### Independence

You have space to be yourself outside of the relationship.



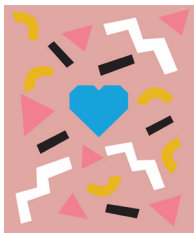
### Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



### Taking Responsibility

Owning your own actions and words.



### Fun

You enjoy spending time together and bring out the best in each other.

## COVID-19 Example

- Setting boundaries with others and approaching the conversation with patience and care
- Taking time to cool off when needed
- Trusting that your partner or friend is not doing anything to put themselves or you at risk for exposure to COVID-19
- Trusting your partner's actions and assuming they have the best intent even if you aren't able to physically be together
- Setting aside time for independent activities (ex. reading, journaling, playing a game on your phone)
- Making time for self-reflection and self-care
- Sharing common spaces and household responsibilities
- Having conversations about everyone's needs and safety
- Acknowledging your own feelings of stress, anxiety, and fear and not allowing those negative feelings to impact your interactions with other people
- Countering news and stress surrounding COVID-19 by making space for lighthearted activities with others (ex. board games, craft projects, group FaceTimes)

Learn more about healthy and unhealthy relationships at [joinonelove.org](https://joinonelove.org).

# What Unhealthy Relationships Look Like During COVID-19

With everything happening in the world right now, it's clear that we all need love more than ever. It can be challenging at times to practice healthy behavior while living in such close quarters. But these 10 signs and corresponding examples are red flags to look out for during COVID-19.

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.

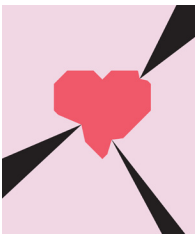
## Unhealthy Sign

## COVID-19 Example



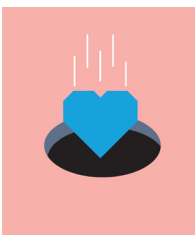
### Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.



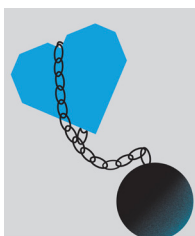
### Manipulation

When someone tries to control your decisions, actions or emotions.



### Sabotage

When someone purposely ruins your reputation, achievements, or success.

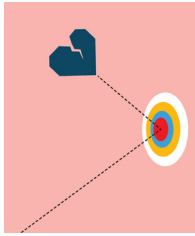


### Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

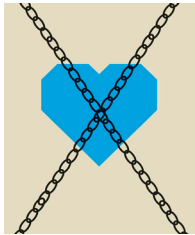
- Expecting a friend or partner to respond quickly to texts/calls or spend all day in-person with you because you are home
- Relationships escalating faster than normal: self-isolating together after a short time or being unable to leave an unhealthy/abusive situation because of quarantine
- Using shelter-in-place to prevent someone from leaving a location for permitted activities
- Pressuring someone to meet up despite social distancing
- Withholding or purposefully using limited resources like medical supplies, food, WiFi, transportation, or money
- Not respecting communicated boundaries (ex. breaking quiet hours during work from home or carelessly risking others' exposure to COVID-19)
- Making someone feel bad for having conversations about boundaries in your shared living space
- Expecting someone to be okay sending or receiving explicit photos/messages (esp. with lack of physical contact)

## Unhealthy Sign



### Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



### Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



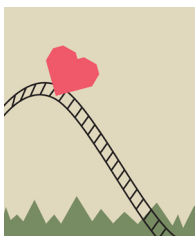
### Isolation

When someone keeps you away from friends, family, or other people.



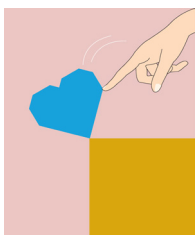
### Belittling

When someone does and says things to make you feel bad about yourself.



### Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



### Betrayal

When someone is disloyal or acts in an intentionally dishonest way.

## COVID-19 Example

- Using the current situation as an excuse for unhealthy behaviors (ex. yelling at someone and blaming it on stress)
- Demanding that someone share their location or who they're talking to/texting throughout the day while in quarantine
- Pressuring someone into quarantining with them instead of family or friends
- Expecting someone to stay on the phone/FaceTime all day (or more than normal) to limit their interaction with others
- Putting someone down for their work habits, snacking, or clothing choices while in quarantine
- Making fun of someone for their level of concern about COVID-19
- Lashing out or having extreme reactions to things beyond one's control like WiFi cutting out, not being able to leave the house, or more people than normal in shared spaces
- Exposing others in your living space to COVID-19 by not taking proper precautions to keep yourself safe
- Not being honest with people you interact with when you begin to show symptoms of COVID-19



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## Breakup planning guide

### What is a safety plan?

A safety plan is a personalized strategy to remove yourself from potentially dangerous situations. Since the most dangerous time in an unhealthy relationship is during and after a breakup, you need to tell multiple people in your community before you break up with an unhealthy or abusive partner. They can become your eyes and ears to help limit your partner's access to you. You should include advocates, community organizations, friends, and family as people you can talk to. Each plan is designed to fit your relationship and make sure that you are leaving the relationship in a safe and healthy way.

### Why is it important?

It is crucial that you create a breakup plan whether you are planning to leave or stay in an unhealthy or abusive relationship. The most dangerous time in an abusive relationship is during a breakup and after you have left your partner. During this period, your partner might escalate their aggression to keep you from leaving. It is very important that you take precautionary measures to keep yourself as safe as possible.

Breakup plans can be altered and changed as time goes on. Even if you are not leaving an abusive relationship, creating a plan for your safety is important. If you are concerned about how your partner might react to a breakup, you can start your plan by answering a few basic questions and add more safety measures if you feel increasingly threatened.

### It's okay to ask for help

If you are in an unhealthy or abusive relationship, you should know that the abuse is not your fault and that you deserve to feel safe. Asking for help to leave a relationship that no longer makes you happy or threatens your safety is a sign of strength, and there is no weakness in leaning on the people and resources around you. You do not have to be in immediate crisis to use these resources. Preparation is key in keeping yourself as safe as possible.

For more help creating a safety plan, please refer to the National Service Providers and Helplines that can assist you. For LGBTQ+ individuals who may be concerned about being outed or whose parents are not supportive, it's important to find another adult you trust to help.

### Tips for breaking up with a partner

- » Identify your support system early and lean on them when necessary.
- » Let your friends, parents, or a trusted adult\* know that you are ending your relationship, especially if you think your ex will try to confront you when you're alone.
- » It is normal to miss your partner after a breakup, even if they have been abusive. Write down your reasons for ending the relationship, and keep them as a reminder for later on. Give a copy to a trusted friend who you have identified to be part of your support system.
- » If you don't feel safe, don't break up in person. Sometimes the safest way to break up is by phone or social media, even if it feels impersonal or mean.
- » If you break up in person, always do it in a public place. Have friends or your parents wait nearby, and take a cell phone with you if you have one.

\*For LGBTQ+ students, you might be concerned about being outed. It's okay and important to find a trusted adult is crucial if your parents are not supportive.

### PRE-BREAKUP FOR HIGH SCHOOL STUDENTS

How to leave an unhealthy or abusive partner for students in high school.

Questions to consider:

- » Do I need to have my locker or class schedule changed? Who do I go to for this?
- » What teachers, counselors, administrators or coaches do I need to tell about the breakup to make my safety at school a priority?

- » Am I walking to my car/driving home/walking from the bus by myself at any point throughout the day? Who can I ask to accompany me during these times?
- » Do I spend any time at home alone before my parents/guardians/siblings get home?
- » Do I have a place I can go if I feel that my house isn't safe - a neighbor, grandparent, or friend?
- » Do I live in a state that allows teens to acquire restraining orders? (Check with your local DV agency for the latest updates on the law)
- » What public area can I go to instead during this time?
- » What is the safest way to get to/from school?
- » Who do I go to if my partner has threatened to physically harm themselves or me?
- » Do I have a list of phone numbers written and stored somewhere safe? Do I have some numbers memorized?
- » Will they contact my family or friends to find out where I am?
- » Do they have access to my virtual location - SnapMaps, FindMyFriends, FindMyiPhone. Do they know any of my online passwords?
- » Where can I save documentation of abusive, threatening, or harassing comments/posts/texts, and photos of physical abuse?\*
- » What steps can I take to minimize being blackmailed with sexted photos?
- » Who are the counselors at my school, and where are their offices located?
- » Who can I call if I feel overwhelmed or need additional support?

\*Be sure to save any screenshots of threatening communication from your partner, police reports, ER visits related to injuries caused by your partner, etc. to support any claims you may need to make later.

## PRE-BREAKUP FOR COLLEGE STUDENTS

How to create a safety plan while studying at a university.

Questions to consider:

- » Do I have the numbers for campus security and local police stored somewhere safe?
- » What is the safest way to get in/out of my dorm or apartment?
- » Do I have a safe place I can stay if I feel my home is not safe?
- » Do I have a place I can leave extra keys/clothes/money?
- » Who do I need to alert to my situation so they can be on the lookout for suspicious activity or sounds - roommates, neighbors, RA's, campus security?
- » What is the safest way to get from my dorm or apartment to classes/job?
- » Do I need someone to walk me to class?
- » Where on campus can I go if I feel I need to switch my class schedule or switch dorm rooms?
- » Who can help me obtain a restraining order?
- » What is the Title IX policy at my university related to issues of student safety? How does my university handle cases of domestic violence?
- » Where can I save documentation of abusive, threatening or harassing comments/posts/texts, and photos of physical abuse?
- » Where can I go to get my locks changed?
- » Will they contact my friends or family to find out where I am?
- » Do they have access to my virtual location - SnapMaps, FindMyFriends, FindMyiPhone? Do they know any of my online passwords?
- » Is there a free self-defense class offered on campus you can take to empower yourself?
- » Do I have a whistle, pepper spray, or an alarm to alert police that I can carry with me?

## POST BREAKUP PLANNING

Most of the questions posed above apply during the post break up phase as well. You should keep those measures in place as long as necessary to remain safe. Below are a few additional questions that you should consider as you get further away from the initial break-up.

Questions to consider:

- » Is there a support group of other survivors I can join?
- » What do I have to do to make sure the restraining order remains enforced?
- » Have I checked my devices for electronic spying?  
Note: Check out this resource for help [www.techsafety.org/technology-safety-quick-tips](http://www.techsafety.org/technology-safety-quick-tips)
- » If I share children with someone who is abusive, have I retained a lawyer to determine what next steps to take regarding custody?  
Note: There is often free legal support through domestic violence agencies.



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# Team One Love Club Toolkit

## So you want to bring One Love to your school?

Starting a Team One Love Club is a great opportunity for you to help those around you understand the difference between healthy and unhealthy relationships. It is also a way for you to build a safer, healthier and more loving school community by preventing

## What does a Team One Love Club do?

### EDUCATE: One Love workshops

One Love's workshops are the best way to educate your friends and classmates about relationship health. All of our workshops are film-based and have a corresponding discussion guide. Anyone can be trained to facilitate the discussion.

Escalation

Couplets

Behind the Post

Because I Love You

10 Signs

Love Labyrinth

### RAISE AWARENESS: Activation campaigns

Activations are events to raise awareness and engage your community outside of workshops. Activations reinforce the One Love message throughout your school and show the community that you and your fellow club members stand for healthy relationships.

Stick it to love

Yards for Yeardley

Game dedication

Tabling events

### RAISE FUNDS: Fundraising for One Love

Help One Love reach more students and schools by fundraising. There are many awesome ways to FUN-draise! To get started, check out our [toolkit](#).

Bake sales or candygrams

Restaurant nights

Selling One Love gear

Hosting sport clinics

Dedicating your birthday

Creating your own fundraiser





## How to launch your Team One Love Club

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### Step 1: Connect with a One Love staff member

The One Love staff is here to help you throughout the process. Tell us about your club by filling out this [form](#) or emailing us at [info@joinonelove.org](mailto:info@joinonelove.org).

### Step 2: Find a faculty advisor

Faculty advisors play a key role in supporting your club and are typically required for all new clubs. In selecting your advisor, think about teachers who might be interested in this topic, or with whom you have a great relationship.

### Step 3: Register your club with your school

Check out your school's club policy to see if there are specific registration requirements and guidelines, or ask a peer who has previously started a club at your school for help. Not all schools require formal registration.

### Step 4: Recruit club members and promote the club

- Reach out to your friends, sports teams, and members of other clubs to join you. Your events are a great place to recruit from outside of your friend group.
- Does your school have a club fair? A newsletter? Announcements? These are all great places to recruit and promote the club.
- Create a social media account to help advertise your events and recruit new members. Reach out to your One Love staff contact and they'll share our Social Media Guidelines.

Once you've done these steps, One Love will send example monthly agendas to your president as a benefit of joining our student leadership program (see more on page 5).

# How to talk to an educator about One Love

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## Language for administrators

One Love is a national leader in educating young people on the difference between healthy and unhealthy relationships and mobilizing them to prevent relationship abuse in their communities. One Love's educational approach starts with the creation of emotionally compelling, film-based content that opens young peoples' eyes to the presence of unhealthy and abusive behaviors in their own lives. The films are paired with peer-to-peer discussions that enable participants to draw connections between the fictional stories and what they experience every day.

These workshops, which are design for grades 6 and up, can be used as standalone conversations or as part of a sequential curricula.

Team One Love Clubs are a great way for students to show their community that this is an issue that they care about and want to take an active role in continuing to make healthy relationships a part of the school's fabric. Clubs will meet to get trained and plan workshops, activate students to raise awareness of these issues, and help fundraise to support One Love's mission.

One Love was created in memory of Yeardeley Love, a young woman who was killed by her ex-boyfriend in 2010, just weeks before their graduation from University of Virginia. Her family and friends were shocked to learn that 1 in 3 women and 1 in 4 men will be in an abusive relationship in their lifetimes, and that young women ages 16-24 are at three times greater risk. Also, 1 in 2 transgender or non-binary folks will experience some form of intimate partner violence, including acts involving coercive control and physical harm. During the trial of her ex-partner, it became clear that there had been warning signs of an abusive relationship. Sharon Love created One Love for one reason: Yeardeley was killed, and her death could have been avoided. Had anyone in Yeardeley's life truly understood the warning signs of an unhealthy and increasingly dangerous relationship, steps could have been taken to save her life. This is the driving force behind One Love's work.

For more information, visit [joinonelove.org](http://joinonelove.org).

## Language for your friends or classmates

One Love's mission is to stop relationship abuse by educating young people about healthy and unhealthy relationship behaviors and empowering them to be leaders of change in their communities.

One Love was founded in honor of Yeardeley Love, a 22-year-old college student who was killed by her ex-boyfriend. After her death, her family started the One Love Foundation to ensure that what happened to Yeardeley does not happen to others.

*Add a sentence or two explaining why you started or joined a Team One Love Club and why you are passionate about this mission.*

A Team One Love Club focuses on three things: facilitating workshops, leading activations (awareness-building activities), and hosting fundraisers. The club will have monthly meetings to plan for these goals, learn more about the organization, and have conversations around healthy relationships.

For more information, visit [joinonelove.org](http://joinonelove.org).



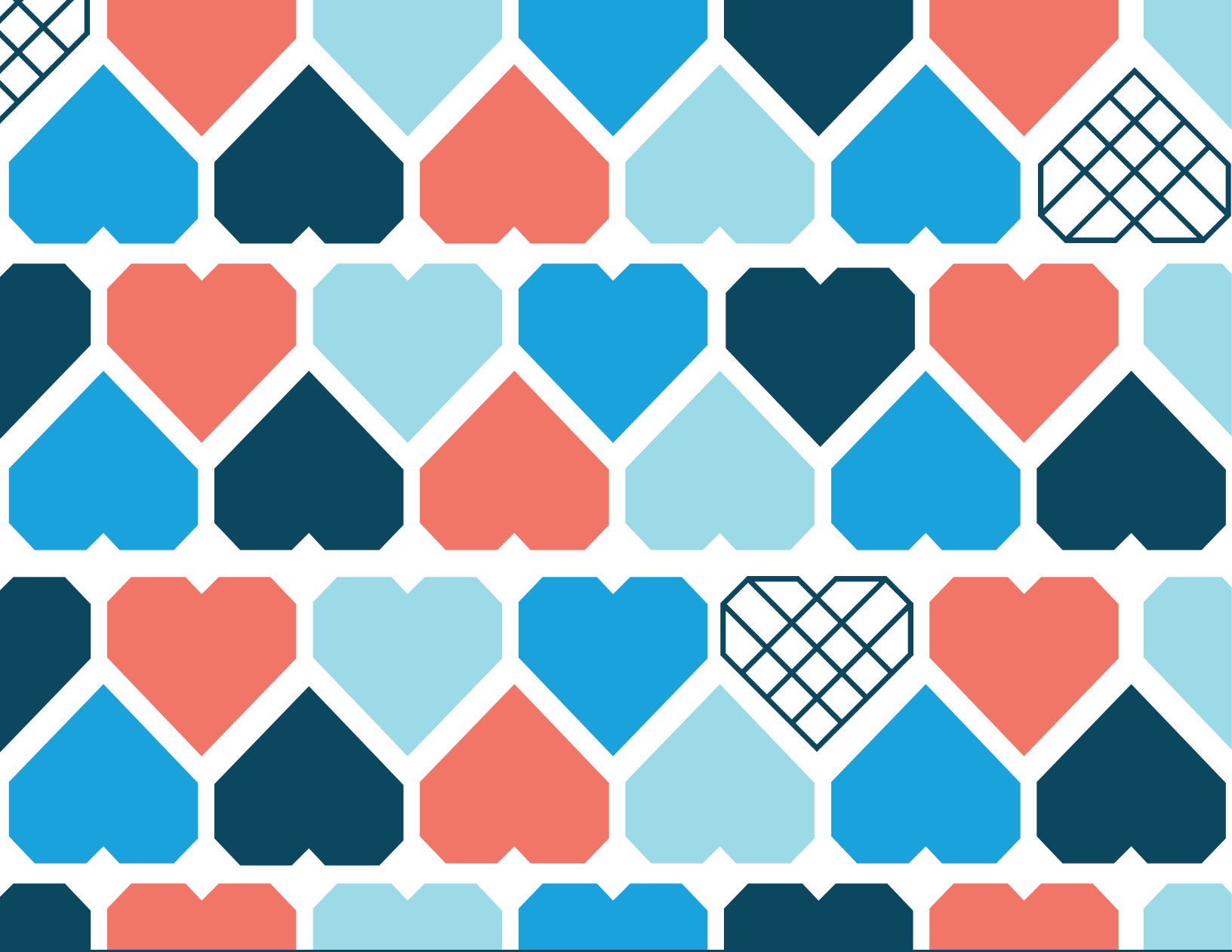
## Incentives for joining a Team One Love Club:

- Great organization with an important cause.
- Resume/college application builder.
- Community service hours.
- Builds skills such as public speaking, communication, goal setting.

## Have you heard of our Student Ambassador Programs? We strongly encourage club presidents to join. Perks include:

- Full content menu with descriptions of all One Love programming.
- Monthly meeting agendas delivered to your inbox.
- A connection to a One Love staff member.
- Opportunity to work with and learn from students from other local schools.
- Early access to materials for One Love campaigns.
- Outlines, toolkits, and support for all activations and fundraisers you may be planning.
- In-person trainings and support to further develop leadership skills.
- Links to post-workshop survey and opportunities to see your workshop [feedback](#).





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