



onelove

One Love and Maryland Health Standards Alignment

One Love’s educational programs are designed to achieve the following impact in the youth who participate – these seven areas are One Love’s Learning Objectives.

One Love participants will learn to:

- Know the signs and spot the signs
- Engage in conversations healthy and unhealthy relationships
- Practice healthy relationship behaviors
- Navigate endings
- Help a friend in an unhealthy relationship
- Communicate boundaries and practice consent
- Access resources for support when in need

One Love’s Learning Objectives were distilled from materials designed in 2015 by Dr. Emily Rothman from Boston University School of Public Health, Cris Sullivan, PhD and Amy Bonomi, PhD from Michigan State University. Their research informed the discussion guides used as the basis for all One Love workshops. These seven Learning Objectives, along with the associated initial outcomes that are needed to achieve each objective, were then analyzed in the context of CASEL’s SEL competencies framework and further refined (see <https://casel.org/sel-framework/>). One Love’s team conducted a deep review of Maryland’s Health Standards to identify exactly which of the standards are achieved through One Love’s Learning Objectives and outcomes. This demonstrated that One Love’s programming directly addresses many expectations within the Maryland Health Standards (see attached for detailed breakdown of the alignment between One Love’s outcomes and Maryland’s standards) and are a vital part of a Maryland student’s health education.

One Love and Maryland Health Standards Crosswalk

Core competency: Self-awareness

Related skills	Comprehensive Health Education Standards PK-12	One Love Intermediate Outcomes
Identifying emotions	Standard 1a: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including mental and emotional health.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Practice healthy behaviors
Accurate self-perception	Standard 2 Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Communicate boundaries and practice consent
Recognizing strengths	Standard 1a: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including mental and emotional health.	Practice healthy behaviors
Self-confidence	Standard 1a: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including mental and emotional health.	Practice healthy behaviors
Self-efficacy	Standard 8 Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health	Access resources Navigate endings Help a friend

Core competency: Self-management

Related skills	Comprehensive Health Education Standards PK-12	One Love Intermediate Outcomes
Impulse control	Standard 7 Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Practice healthy behaviors
Stress management	Standard 1f: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including disease prevention and control.	Practice healthy behaviors
Self-discipline	Standard 1a: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including mental and emotional health.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Practice healthy behaviors Access resources
Self-motivation	Standard 1b: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including substance abuse prevention.	Help a friend Navigate endings Access resources
Goal setting	Standard 6 Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.	Practice healthy behaviors
Organizational skills	Standard 7 Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Practice healthy behaviors

Core competency: Social awareness

Related skills	Comprehensive Health Education Standards PK-12	One Love Intermediate Outcomes
Perspective-taking	Standard 2 Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships
Empathy	Standard 4 Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Help a friend Engage in conversations about healthy and unhealthy relationships
Appreciating diversity	Standard 1c: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including family life and human sexuality.	Practice healthy behaviors
Respect for others	Standard 1d: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including safety and violence prevention.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Communicate boundaries and practice consent

Core competency: Relationship skills

Related skills	Comprehensive Health Education Standards PK-12	One Love Intermediate Outcomes
Communication	Standard 4 Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Communicate boundaries and practice consent Engage in conversations about healthy and unhealthy relationships
Social engagement	Standard 1a: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including mental and emotional health.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Communicate boundaries and practice consent
Relationship-building	Standard 1c: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including family life and human sexuality.	Know the signs and spot the signs Engage in conversations about healthy and unhealthy relationships Communicate boundaries and practice consent Practice healthy behaviors
Teamwork	Standard 4 Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Help a friend Engage in conversations about healthy and unhealthy relationships

Core competency: Responsible decision-making

Related skills	Comprehensive Health Education Standards PK-12	One Love Intermediate Outcomes
Identifying problems	Standard 1b: Students will comprehend concepts related to health promotion and disease prevention to enhance health, including substance abuse prevention.	Help a friend Navigate endings Access resources
Analyzing situations	Standard 2 Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Know the signs and spot the signs Help a friend Navigate endings Access resources
Solving problems	Standard 5 Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.	Help a friend Navigate endings Access resources
Evaluating	Standard 3 Accessing Information: Students will demonstrate the ability to access valid information, products, and services to enhance health.	Navigate endings Access resources
Reflecting	Standard 7 Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Practice healthy behaviors
Ethical responsibility	Standard 8 Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.	Engage in conversations about healthy and unhealthy relationships Help a friend Access resources