

# February is Teen Dating Violence Awareness Month



## ONE LOVE: MARYLAND REGIONAL OFFICE

One Love is a state and national leader in educating young people about relationship health. Founded in 2010 in honor of Baltimore native Yeardley Love, the One Love's Maryland office has educated 333,512 young people with our life saving prevention education. In 2022, 56 Marylanders lost their lives due to domestic violence according to the Maryland Network Against Domestic Violence. In 2019, one in twelve teens reported experiencing physical dating violence (CDC). Given the incidents of violence within our schools, One Love believes that by educating young people early, together we can reduce the statistics.

**333,512**

Youth Educated  
in MD

**9**

Counties & Public  
School Districts  
in MD

**95**

Community  
Partners in MD

**92**

Private &  
Parochial Schools  
in MD

## ONE LOVE: MARYLAND YOUTH LEADERSHIP PROGRAM

One Love's peer-to-peer education is powerful. Research indicates that close friendships and open discussions among peers about dating challenges or issues can help prevent adolescent dating abuse<sup>1</sup>. Because of this, One Love launched the Youth Leadership Program to support young people in creating change in their local communities by advocating for better policies around relationship health education.

In this year-long program, student leaders receive staff support, skill-building trainings, and awareness-building materials, as well as access to a national network of likeminded students. From starting a club, to dedicating an athletic event, to promoting healthy relationships — One Love Youth Leaders make an impact by bringing awareness to this critical conversation and practicing healthy behaviors in their own lives.

**275**

All-Time  
Youth Leaders  
in MD

**100**

All-Time  
Team One Love Clubs  
in MD

**80**

Current Schools  
with Youth Leaders  
in MD

Scan for key information on how you can bring  
One Love to your constituents



<sup>1</sup> Mumford, E. A., Taylor, B. G., & Giordano, P. C. (2020). Perpetration of Adolescent Dating Relationship Abuse: The Role of Conditional Tolerance for Violence and Friendship Factors. *Journal of Interpersonal Violence*, 35(5–6), 1206–1228. <https://doi.org/10.1177/08862605176930>

## ABOUT ONE LOVE NATIONALLY

Through film-based workshops and peer-to-peer discussions, One Love addresses the differences between healthy and unhealthy relationships and the warning signs of abuse in an accessible way. One Love creates safe spaces where young people can identify and talk about the issue. Workshop participants leave equipped with the vocabulary and tools needed to act when they see unhealthy behaviors and abuse both as bystanders and in their own relationships. One Love empowers young people to improve the health of their relationships and to spread this message in their communities.

## PREVENTION APPROACH

Relationship abuse is a public health epidemic. Over 1 in 3 women, 1 in 3 men, and over 1 in 2 trans or nonbinary people in the United States will experience some form of intimate partner violence (IPV) during their lifetime (source: CDC). We believe prevention education is critical to ultimately changing these statistics. By educating young people about healthy and unhealthy relationship behaviors early, we can teach them how to recognize and avoid unhealthy relationships before they escalate to abuse.

## PROGRAM MODEL

One Love works to reach all youth with an evidence-based<sup>2</sup> curriculum identifying the difference between healthy and unhealthy relationships. One Love believes anyone can be trained to facilitate this conversation and that a person doesn't have to be an expert to make an impact. The organization leverages a train-the-trainer model by providing educational films, tools, and resources on One Love's Education Center at no-cost. This means anyone anywhere can bring this education to their community.

One Love's curriculum is rooted in the 10 Signs of a Healthy and Unhealthy Relationship and seven key learning objectives to ensure students can not only recognize unhealthy relationships but can also create a plan of action if they were to identify unhealthy behaviors in their own life. One Love trains people to deliver this critical conversation through discussion-based workshops. During workshops, participants often watch a film that ranges anywhere from eight seconds to 40 minutes and then participate in a conversation utilizing our discussion guides, activities, and teaching points. One Love's learning objectives align to the state health standards in Maryland.

### OUR WORKSHOPS

Over **2,100,000**  
people reached in our  
educational workshops



We've trained **41,000**  
volunteers to help lead  
these workshops



Our workshops are used by  
1,219 Schools, 952 Colleges,  
and 1,083 Non-profits or other  
community organizations

Our workshops have been  
used in all

**50 states**



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

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



<sup>2</sup> Emily F. Rothman, Jennifer Paruk & Victoria Banyard (2018): The escalation dating abuse workshop for college students: Results of an efficacy rct, Journal of American College Health, DOI:10.1080/07448481.2018.1431909. AND Rothman EF, Campbell JK, Quinn E, Smith S, Xuan Z. Evaluation of the One Love Escalation Workshop for Dating Abuse Prevention: a Randomized Controlled Trial Pilot Study with a Sample of US Navy Sailors. Prev Sci. 2021 Nov;22(8):1060-1070. doi: 10.1007/s11121-021-01240-9. Epub 2021 Apr 14. PMID: 33855672.