

One Love's Educational Programming & the California Healthy Youth Act



ONE LOVE OVERVIEW

Started out of a relationship violence tragedy – the death of Yeardeley Love in 2010 – One Love Foundation is the national leader in educating young people ages 11+ about relationship health, educating more than 2.2 million young people through educational workshops both in-person and online.

Through interactive film and activity-based workshops, 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 knowledge and skills 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.

California Healthy Youth Act: Healthy Relationships Education

Effective January 2016, the California Healthy Youth Act requires school districts to provide integrated, comprehensive, accurate, and inclusive sexual health education and HIV prevention education. Two of the five stated purposes of CHYA are to provide students with the knowledge and skills necessary to:

- Develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family;
- Have healthy, positive, and safe relationships and behaviors

How One Love Satisfies the California Healthy Youth Act

Given One Love's focus on educating young people about the difference between unhealthy and healthy relationship behaviors and on bystander intervention, their programmatic tools are a natural fit to address this important mandate in grades 6 through 12. See the backside of this document for One Love recommendations on workshops to fulfill the California Healthy Youth Act guidelines for your students.

For more information on One Love and our programs, visit joinonelove.org or email info@joinonelove.org to be connected to a coordinator in your region.

One Love's education focuses on seven outcomes, teaching young people to:

- 1 Know the Signs, Spot the Signs**
- 2 Engage in Conversations About Healthy and Unhealthy Relationships**
- 3 Practice Healthy Relationship Behaviors**
- 4 Communicate Boundaries and Practice Consent**
- 5 Help a Friend in an Unhealthy Relationship**
- 6 Navigate Endings**
- 7 Access Resources When in Need**



According to the California Department of Education, “[CHYA] has a strong emphasis on healthy relationships, in both the purposes and the required content. Students must be taught knowledge and skills related to recognizing, building, and maintaining healthy relationships that are based on mutual affection and free from violence, coercion and intimidation. This includes teaching decision-making and communication skills and helping students understand the value of and prepare for committed relationships, such as marriage. It also includes information about unhealthy behaviors and risks to their health, such as sexual harassment, sexual assault, intimate partner violence, and sex trafficking.”¹

To learn more about One Love's curriculum, visit
joinonelove.org/education-center

One Love's curriculum is in compliance with the following criteria²:

1. Film and activity-based workshops to ensure age-appropriate instruction for students in 4-12th grades
 - Introducing healthy relationship behaviors in friendships for 4-6th grade students
2. Inclusive, unbiased, and appropriate for students of all races, genders, sexual orientations, and ethnic and cultural backgrounds
3. Includes definitions and affirmative language acknowledging sexual diversity as normal and healthy
 - Additional toolkits and activities available exploring LGBTQ+ relationships
4. Curriculum and materials available to support students with disabilities
 - Additional toolkits and activities available exploring healthy relationships in the disability community
5. Provides knowledge and skills in the following areas (see following page):

CHYA Compliance Assessment Tool Criteria ³	One Love's Learning Objectives	One Love Educational Tools (including grade recommendation and minimum workshop length)
Form healthy relationships based on mutual respect and affection, free from violence, coercion, and intimidation	<ul style="list-style-type: none"> → Know the signs, spot the signs → Practice healthy relationship behaviors → Communicate boundaries and practice consent 	<ul style="list-style-type: none"> → Amor del bueno (8th-12th 60 min) → Behind the Post (9th-College 45 min) → Couplets (6th-12th 30 min) → Door Three (9th-College 45 min) → Escalation (9th-College 90 min) → Friendlets (4th-8th 30 min) → Fight Night (9th-12th 45 min) → The Ghost Club (7th-12th 45 min) → The Halls II (11th-College 120 min) → Jun & Jayden (9th-12th 45 min) → Love Labyrinth (9th-College 45 min) → MVP (9th-College 60 min) → Road Trip (9th-College 45 min) → Healthy LGBTQIA+ Relationships (6th-College 45 min) → Healthy Relationships in the Disability Community (6th-College 45 min)
Healthy decision making, negotiation, and refusal skills	<ul style="list-style-type: none"> → Practice healthy relationship behaviors → Communicate boundaries and practice consent 	
Adolescent relationship abuse and intimate partner violence, including early warning signs	<ul style="list-style-type: none"> → Know the signs, spot the signs → Engage in conversations about healthy and unhealthy relationships → Help a friend in an unhealthy relationship 	
Accessing local resources for intimate partner violence, sexual and reproductive health	<ul style="list-style-type: none"> → Help a friend in an unhealthy relationship → Navigate endings → Access resources when in need 	
Communication with parents, guardians, or other trusted adults about relationships	<ul style="list-style-type: none"> → Engage in conversations about healthy and unhealthy relationships → Help a friend in an unhealthy relationship → Navigate endings → Access resources when in need 	

¹ <https://www.cde.ca.gov/ls/he/se/faq.asp>

² <https://www.ashwg.org/ashwg/assets/File/CHYA-CAT-2020-FINAL-9-1-20.pdf>

³ <https://www.ashwg.org/ashwg/assets/File/CHYA-CAT-2020-FINAL-9-1-20.pdf>

ONE LOVE'S WORKSHOP OVERVIEW



Workshop	Grade Recommendation	Film/Series Length	Minimum Workshop Length	Description
Friendlets	4th–8th	Five 45 second videos	30 min	<p>These give 45-second animations focus on friendships, showing common scenarios play out in both healthy and unhealthy ways.</p> <p>Featured Learning Objectives: Know the Signs and Spots the Signs, Engage in Conversations about Healthy and Unhealthy Relationships, Practice Healthy Relationship Behaviors, Communicate Boundaries and Practice Consent, Help a Friend in an Unhealthy Relationship, Navigate Endings</p>
Couplets	6th–12th	Eight 15 second videos	30 min	<p>These eight, lighthearted, and humorous videos can unleash deep conversations about the difference between healthy and unhealthy behaviors in both friendships and dating relationships.</p> <p>Featured Learning Objectives: Know the Signs and Spots the Signs, Engage in Conversations about Healthy and Unhealthy Relationships, Practice Healthy Relationship Behaviors, Communicate Boundaries and Practice Consent, Help a Friend in an Unhealthy Relationship, Access Resources</p>
The Ghost Club	7th–12th	Three 8 min episodes	45 min per episode	<p>A three-episode series centered on the relationships among five friends, who are part of a “ghost club,” exploring an abandoned house. The bi-directional unhealthy and healthy behaviors get at the nuance of what unhealthy relationships can look like in reality.</p> <p>Featured Learning Objectives: Communicate Boundaries and Practice Consent, Navigate Endings, Help a Friend in an Unhealthy Relationship, Access Resources</p>
Amor del bueno	8th–12th	15 min	60 min	<p>Julio and Mariana’s relationship may look like amor del bueno or real love on the surface, but this film shows how their unhealthy relationship unfolds, providing a jumping off point for a conversation about the 10 Signs of a Healthy and Unhealthy Relationship.</p> <p>Featured Learning Objectives: Communicate Boundaries and Practice Consent, Navigate Endings, Help a Friend in an Unhealthy Relationship, Access Resources</p>
Behind the Post	9th–College	8 min	45 min	<p>Social media can skew our view of the relationships around us and influence our decision to stay in unhealthy ones. This workshop explores all 10 Signs of an Unhealthy Relationship and is your go-to for educating about digital consent and social media.</p> <p>Featured Learning Objectives: Communicate Boundaries and Practice Consent, Navigate Endings, Help a Friend in an Unhealthy Relationship</p>

Workshop	Grade Recommendation	Film/Series Length	Minimum Workshop Length	Description
Door Three	9th–College	10 min	45 min	<p>Throughout Dae’s tumultuous relationship, their friends must try to figure out how to navigate getting them help without losing their friend in the process. This film deals with issues like how to help a friend in an unhealthy relationship, possessiveness, and unique challenges in queer relationships.</p> <p>Featured Learning Objectives: Communicate Boundaries and Practice Consent, Access Resources, Navigate Endings, Help a Friend in an Unhealthy Relationship, Engage in Conversations about Healthy and Unhealthy Relationships</p>
Escalation	9th–College	40 min	90 min	<p>Escalation is a compelling film that tells the story of an abusive relationship — from its sweet beginnings to the tragic end. The authentic depiction of unhealthy behaviors escalating into violence helps you recognize and understand the early signs of relationship abuse.</p> <p>Featured Learning Objectives: Know the Signs and Spots the Signs, Practice Healthy Relationship Behaviors, Communicate Boundaries and Practice Consent, Access Resources, Navigate Endings, Help a Friend in an Unhealthy Relationship, Engage in Conversations about Healthy and Unhealthy Relationships</p>
The Halls II	11th–College	Three 24 minute videos	120 min	<p>This 3-part video series, created by The Boston Public Health Commission and Start Strong, focuses on two high school relationships, one healthy and one unhealthy, as well several other interwoven stories that represent a diverse array of racial, cultural, and sexual identities.</p> <p>Featured Learning Objectives: Know the Signs and Spots the Signs, Practice Healthy Relationship Behaviors, Communicate Boundaries and Practice Consent, Access Resources, Navigate Endings, Help a Friend in an Unhealthy Relationship, Engage in Conversations about Healthy and Unhealthy Relationships</p>
Love Labyrinth	9th–College	4 min	45 min	<p>This film shows how emotionally abusive behaviors like gaslighting and volatility can make someone feel like they’re trapped in a maze and unable to get out.</p> <p>Featured Learning Objectives: Communicate Boundaries and Practice Consent, Access Resources, Navigate Endings</p>
MVP	9th–College	15 min	60 min	<p>Miles tries to balance his basketball life with the possessive demands of his girlfriend, Jess. Explore the impact an unhealthy relationship can have on all aspects of your life.</p> <p>Featured Learning Objectives: Communicate Boundaries and Practice Consent, Navigate Endings, Help a Friend in an Unhealthy Relationship, Engage in Conversations about Healthy and Unhealthy Relationships</p>
LGBTQ+ Relationships	6th–College	No film	45 min	<p>LGBTQIA+ relationships often function similarly to straight/cisgender relationships. However, there are some unique experiences that must be discussed to prevent relationship violence. In this workshop, facilitators and participants will engage with material about the challenges and situations LGBTQIA+ people may face in the context of healthy and unhealthy relationships.</p> <p>Featured Learning Objectives: Know the Signs and Spot the Signs, Practice Healthy Relationship Behaviors, Communicate Boundaries and Practice Consent, Access Resources</p>

Workshop	Grade Recommendation	Film/Series Length	Minimum Workshop Length	Description
Road Trip	9th–College	10 min	45 min	<p>After a one-sided breakup, Aladi wants to fix his relationship with Raven, but his best friend, Mo, just wants to go to Comic-Con. This film dives into themes of masculinity, digital communication, and how to help a friend in an unhealthy relationship.</p> <p>Featured Learning Objectives: Know the Signs and See the Signs, Help a Friend, Navigate Endings, Access Resources</p>
Fight Night	9th–12th	10 min	45 min	<p>A high school student, Amil, must make a decision when his friend group pressures him into violence that goes against who he really is, just as his childhood friend, Eli, comes back into his life. Theme of toxic masculinity, intensity, and volatility are all explored in this film.</p> <p>Featured Learning Objectives: Know the Signs and Spot the Signs, Engage in Conversations about Healthy and Unhealthy Relationships, Practice Healthy Relationship Behaviors, Help a Friend, Access Resources</p>
Jun & Jayden	9th–12th	10 min	45 min	<p>Two teenage boys, Jun and Jayden, are forced to reevaluate their friendship over the course of a week at the skatepark. This film deals with themes of belittling, sabotage, and the struggle of navigating potential endings of friendships.</p> <p>Featured Learning Objectives: Know the Signs and Spot the Signs, Engage in Conversations about Healthy and Unhealthy Relationships, Practice Healthy Relationship Behaviors, Help a Friend, Access Resources</p>
Cultural Identity, Race & Relationships	6th–College	No film	45 min	<p>Explore the importance of understanding what our cultural identity is and how it influences our overall relationship health experience with others and ourselves. Who we are and our different backgrounds can influence what we value in relationships. In particular, our racial identity can be one of the first aspects of our identity that people notice and may influence expectations and behaviors. This non-film based workshop focuses on embracing personal identities while learning how to love people of similar or different identities.</p> <p>Featured Learning Objectives: Foundations: Who are you? Cultural Identity and Race, Engaging in Conversations About Healthy Relationships: Cultural Identity and Race, Communicate Boundaries and Practice Consent</p>

