



About One Love

We provide 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.

We provide this education in the form of **free, discussion-based workshops.**

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.

HOW TO GET INVOLVED



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 at joinonelove.org/donate



Fundraise

Get started at joinonelove.org/fundraise or reach out to fundraising@joinonelove.org.

Bring our workshops to your school or community:



Make an introduction

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



Volunteer

Sign up to volunteer at joinonelove.org/join or email volunteer@joinonelove.org.

OUR WORKSHOPS

Over **1,500,000** people reached in our educational workshops



We've trained **38,000** volunteers to help lead our these workshops



Our workshops are used by 1,066 schools, 878 colleges, and 840 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



What people have to say about our workshops

- “ 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!”
- “ The day after my son started working with One Love he broke up with his girlfriend. [The workshop] 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.”

ONE LOVE WORKSHOPS



Behind the Post

40 - 60 min | Recommended for ages 14 - 22
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.



Amor del bueno

50 min or multiple sessions | Recommended for ages 14 - 22
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.



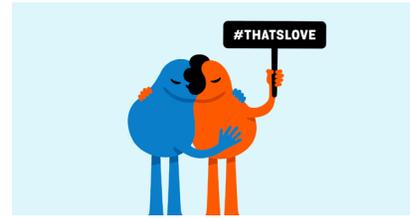
Escalation

90 min or multiple sessions | Recommended for ages 14 - 22
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.



LGBTQIA+ Healthy Relationships

60 min or multiple sessions | Recommended for ages 12 - 22
In this interactive workshop, participants will engage with material about the challenges and situations LGBTQIA+ people may face in the context of healthy and unhealthy relationships.



Couplets

15 min for each video and discussion | Recommended for ages 12 - 18
These eight, lighthearted, and humorous videos can unleash deep conversations about the difference between healthy and unhealthy behaviors in both friendships and dating relationships.



Because I Love You: Delete

20 - 60 min | Recommended for ages 12 - 18
"Because I love you" is a phrase that we've probably all heard or said before. This film shows how this seemingly kind phrase can be used as a form of manipulation in an unhealthy relationship.



Because I Love You: Deflecting Responsibility

20 - 60 min | Recommended for ages 12 - 22
This short film focuses on how the phrase "because I love you" can be a tool for deflecting responsibility, as well as the role that alcohol often plays as an excuse for unhealthy or abusive behaviors.



Love Labyrinth

40 - 60 min | Recommended for ages 12-18
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.



The Halls 2

50 min or multiple sessions | Recommended for ages 12 - 22
This 7-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 as several other interwoven stories that represent a diverse array of racial, cultural, and sexual identities.

EDUCATE YOURSELF AND OTHERS.

Ready to get started or learn more?

Visit joinonelove.org