

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 Yeardley Love, a college senior whose life was tragically cut short by her ex-boyfriend. After the trial, Yeardley'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

900,000

people



We've trained **22,000** volunteers to help lead our educational workshops designed for ages 8 - 25+



Our online content has been viewed over

100 MILLION

times



OUR RESEARCH

90% said they would recommend One Love's workshop to a friend

74% said the workshop helped them to understand that relationship abuse is present in their life or their friends' lives.

85% of students understand the resources available to them if they or someone in their friend circle is in an abusive relationship.

87% said participating in the workshop made them more aware of the 10 unhealthy relationship behaviors.



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.



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.



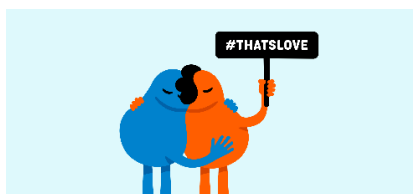
Because I Love You

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.



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.



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.

Start the Conversation:

How adults can talk to young people

See guide for suggested discussion lengths
Recommended for ages 25+
Our goal is to equip parents, caregivers, and other adults working with young people with tools to engage their children and the young people they work with in conversation about the difference between healthy and unhealthy relationship behaviors. The guide provides action steps one can take if they suspect the young persons in their life are in an unhealthy relationship.



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/join or reach out to 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).



EDUCATE YOURSELF AND OTHERS. LEARN MORE AT [JOINONELOVE.ORG](https://joinonelove.org).

Fundraise

Rally your community to host a fundraiser. Contact One Love today to get your FUN-draiser started at fundraising@joinonelove.org.

