Emily Lloyd, Engagement Manager

Sharon Love, Founder
WHY WE EXIST

On May 3rd, 2010, Yeardley Love, who was then a senior lacrosse player at the University of Virginia and three weeks shy of her graduation, was beaten to death by her ex-boyfriend.

Devastated by the loss of Yeardley, her family created One Love, a foundation that educates young people about the difference between healthy and unhealthy relationships so that they may seek help before an abusive relationship escalates to violence.
10 signs of a HEALTHY RELATIONSHIP

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship; and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

- comfortable pace
- trust
- honesty
- independence
- respect
- equality
- kindness
- fun
- healthy conflict
- taking responsibility

10 signs of an UNHEALTHY RELATIONSHIP

While all of us have done or experienced unhealthy behavior, we can all learn to love better. But if you are seeing several of these signs in your relationship, your relationship could be abusive. If you are experiencing these behaviors, it’s important to trust your gut and get help before the situation becomes dangerous.

- intensity
- possessiveness
- betrayal
- isolation
- manipulation
- sabotage
- guilting
- volatility
- belittling
- deflecting responsibility

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HOW TO HELP A FRIEND

Experts Say:

• Pay attention to the early clues that something isn’t right (constant communication, anxiousness around their phone, etc)
• Checking in goes a long way, even if they don’t respond positively right away
• Problematize the abusive behaviors instead of the person
• Encourage them to talk to a professional – you are a step along the way, not their entire support system!
• Understand the dangers of a breakup

Conversation Starters:

• “You seem really stressed out lately. How is everything going?”

• “I’ve noticed you’re [showing up later than usual/not speaking up as much as you usually do/etc]. Is there something you want to talk about?”

• “What I’m seeing makes me worried. I’m here if you want to talk about it, and it’s my job to make sure all of us here get you the help you need to feel safe and supported.”
One Love 2020 College Athletics Challenge

In honor of the 10 year anniversary of Yeardley’s death, we want to inspire more members of the college athletic community than ever before and create a healthier, safer world for all. **One Love is challenging EVERY DI, DII and DIII program to host at least 1 One Love workshop in the 2020 calendar year.**

All participating schools will be recognized as One Love 2020 Athletics Challenge Schools and the DI, DII, and DIII athletic conferences with the highest percentage of participating schools will win the Challenge.

We need your help!
Questions?
WE WANT YOUR FEEDBACK!

https://www.surveymonkey.com/r/surveyOL