

onelove

A few quick questions...



joinonelove.org/pre-feedback

Icebreaker



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Journal

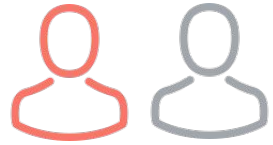
1. What does love mean to you?
2. How do you want to be treated in a friendship or relationship?
3. What are some things that are okay for friends to say to each other?
4. What are some things that are not okay for friends to say to each other?



What Does One Love Do?

One Love educates young people about the importance of relationship health, empowering them to identify and avoid abuse, and learn how to love better.

Relationship Abuse Facts



1 in 2

trans & nonbinary
people



over

1 in 3

women



nearl

1^y in 3

men

in the United States have experienced some form of intimate partner violence during their lifetime.

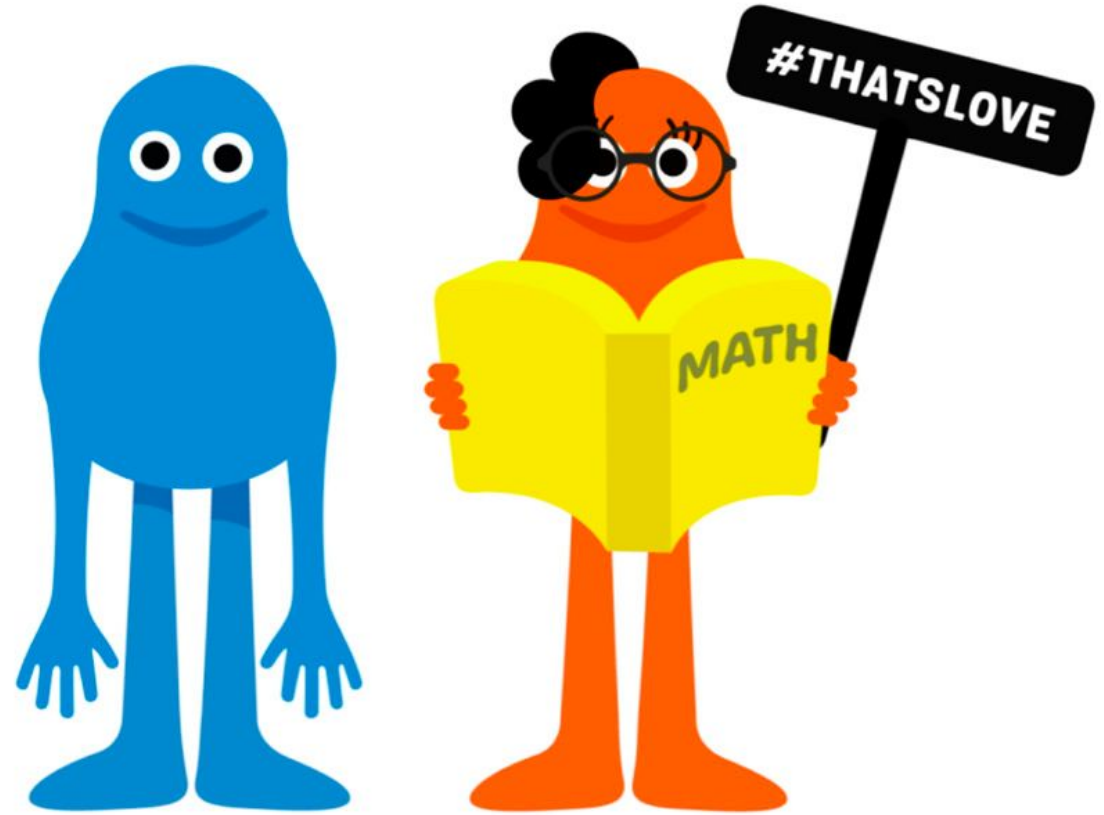


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Couplets

When we say relationship, we're talking about...

- Friendships
- Dating relationships
- Family members
- Teammates
- Classmates



INTENSIT

Watch video

Discussion:
What is the difference
between intensity and
independence?



Intensity

How can you ensure that you have **independence** in your friendship or relationship?

What can you do if someone is behaving **intensely** toward you?



BELITTling | PUT-DOWNS

Watch video

Discussion:
What are put-downs?
Why can they be
harmful?



Belittling | Put-Downs

Think about a time you were **put-down**. How did it feel?

What does it mean to **respect** your partner or friend?



VOLATILITY | ANGER

Watch video

Discussion:
What physical changes
did you notice in the
Couplet?



Volatility | Anger

Have you ever felt like you have to walk on **eggshells** around someone because they could “blow-up”?

How can people handle emotions like **anger** or **frustration** in a healthy way?



BETRAYAL | DISRESPECT

Watch video

Discussion:
Do you think it's ever
okay to share private
photos?



Betrayal | Disrespect

What can you say to your friend if they are sharing someone else's private photos or information?

Why is this **disrespectful**?



GUILTING

Watch video

Discussion:
What does it mean to
guilt someone?



Guilt

Can you think of a time when someone made you feel **guilty** for not doing something they wanted you to do? How did you respond?

If you have ever guilted someone, how can you **take responsibility**?



POSSESSIVENESS | CONTROL

Watch video

Discussion:
What do you think
possessive means?



Possessiveness | Control

Was there ever a time when a friendship or relationship felt one-sided, as if the other person was calling all the shots? What made you feel this way?

How can you respond to **jealousy** in a healthy way?



OBSESSION

Watch video

Discussion:

Have you ever felt like a friend or partner wants to spend all their time with you?



Obsession

Have you ever had to “break-up” with a friend before?

How might social media make it harder to set boundaries with our friends?



ISOLATION

Watch video

Discussion:
Why is isolation
unhealthy?



Isolation

Has anyone ever asked you to stop talking or being friends with other people?

How can you balance spending time with new friends or a new partner while still maintaining **independence**?



Your feedback is important to our work.



joinonelove.org/feedback

National Resources

LOVE IS RESPECT

www.LovelsRespect.org | 1-866-331-9474 or 1-866-331-8453 | text "loveis" to 22522

Contact LovelsRespect if you want to talk to someone, need advice about your relationship or a loved one's relationship, or if you have legal questions.

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | www.thehotline.org

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Call if you would like more resources or information, or if you are questioning unhealthy aspects of your relationship. On the website, you can also find a helpful chat feature in English and Spanish.

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE | www.rainn.org

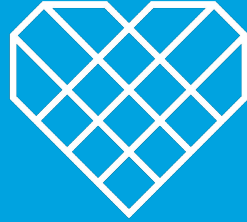
The National Sexual Assault Hotline provides basic information for victims or friends/family of victims, short-term crisis intervention and support, answers to questions about recovering from sexual assault, and resources to assist with the reporting process via hotline or chat.

THE TREVOR PROJECT

www.thetrevorproject.org/ | 1-866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.





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