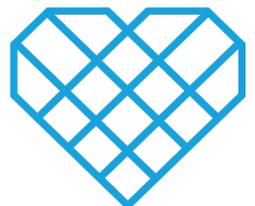


START THE CONVERSATION

HOW ADULTS CAN TALK TO THE YOUNG PEOPLE IN THEIR LIVES ABOUT
HEALTHY AND UNHEALTHY RELATIONSHIPS





onelove

F O U N D A T I O N

In honor of Yeadley Love

START THE CONVERSATION: HOW ADULTS CAN TALK TO THE YOUNG PEOPLE IN THEIR LIVES ABOUT HEALTHY AND UNHEALTHY RELATIONSHIPS

Heather L. McCauley, ScD
Michigan State University

Krista Giuntoli
One Love Foundation

Emily F. Rothman, ScD
Boston University School of
Public Health

Jessica M. Perkal
One Love Foundation

Melanie Sperling
One Love Foundation

Serena Sidawi
One Love Foundation

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CONTENTS

A Letter from Sharon Love	4
Discussion Guide Overview	5
Question 1	8
Question 2	10
Question 3	12
Question 4	15
Question 5	18
Appendix	22
National Resources and Referrals	23
Creating a Safety Plan	26
How to bring One Love’s Curriculum to your Child’s School	30
10 Signs of a Healthy Relationship	31
Screening Handout	33



A LETTER FROM SHARON LOVE, FOUNDER AND MOTHER

Fellow Parents,

My name is Sharon Love and I founded the One Love Foundation to honor my daughter, Yeardeley Love. One Love was created in 2010 after Yeardeley, a 4th year student at the University of Virginia, was beaten to death by her ex-boyfriend just weeks short of her college graduation. I will never forget when the police came to my door to tell me she was gone. It didn't seem possible on that day, and it is still incredibly hard to believe. When I sent Yeardeley to college, I worried about her being in a car accident or injured on the lacrosse field. Never did it cross my mind that someone she cared about might kill her.

In the months after her death, I was horrified to learn that 1 in 3 women and 1 in 4 men will be in an abusive relationship and that women ages 16-24 are at a 3X greater risk than the rest of the population. I had never thought about this issue in detail before, and I certainly never thought that my own strong, funny, beautiful daughter could be a victim. We realized after her death that if anyone had understood the warning signs, actions could have been taken that would have saved Yeardeley's life. After my own experience and subsequent awakening to the magnitude of this issue, it has become my life's mission to prevent others from experiencing such a devastating and preventable loss. Today we honor Yeardeley by making sure that others have the information about the difference between healthy and unhealthy relationships that we did not.

Our mission is to change the statistics around relationship abuse by educating young people about the difference between healthy and unhealthy relationships. One Love has grown into a national leader in our field because in addition to powerful and relatable film content and an aspirational vision of building a movement to change social tolerance for this issue, young people are thirsty for the understanding that our work brings. We are starting conversations that they have never had before and, in doing so, we are inspiring them to be leaders in our movement – one that we know is already saving lives.

Inspired and hopeful, I truly believe that we can and will end relationship abuse if we work together to start the conversation with our children and in our communities. Please join us.

Warm wishes,
Sharon Love



OVERVIEW

Our goal is to equip parents, caregivers and other adults with tools to engage their children and young people they work with in conversation about the difference between healthy and unhealthy relationship behaviors, and to provide action steps they can take if they suspect their child (or a child they work with) is in an unhealthy and potentially dangerous relationship. As you'll see, this guide is comprised of discussion questions and recommended scripting points. This script is provided as a guide; we understand you may not deliver it word-for-word! Be sure to go through all of the content ahead of time to highlight and put notes in the margins next to points that you'd like to refer to during the discussion. Feel free to pick and choose which sections you discuss and please use this guide as a frame of reference.

HOW THIS GUIDE IS STRUCTURED

This Guide is focused on 5 questions:

GENERAL QUESTION: This provides an overview of what abuse looks like.

1. What do unhealthy behaviors look like? How do you spot them?

COMPREHENSIVE QUESTIONS: The purpose of these questions is to provide a platform to discuss (a) advice from experts, (b) advice from survivors, and (c) specific conversation starters.

2. How can I talk to young people about relationship abuse before they start dating? What does the conversation look like with an elementary-aged child?

3. How do I continue to be a resource for the young people in my life once they start dating? What are your strategies for talking with teenagers about relationships? How do you have these conversations and what, specifically, do you say?

4. What can a young person do to help a friend who may be in an unhealthy relationship? What kinds of things can they say to a friend or do if something happens in front of them?

5. What do I do if I am concerned that a child I know may be in an unhealthy relationship or is exhibiting unhealthy behaviors? What might be the first clues that something isn't quite right in the relationship? What would you say to them if you are worried?

VIDEOS TO SHOW

One Love creates engaging videos that provide a frame of reference for the discussion questions in this guide. Below is a list of video options that you can use during this discussion along with an overview of and hyperlink to each video.

VIDEO NAME	OVERVIEW OF THE VIDEO	WHEN TO SHOW THE VIDEO
The Story Behind One Love 4 minutes http://bit.ly/2uBQLfU	This video provides an overview of Yeardeley's story, the <i>Escalation</i> Workshop that is used to educate young people, and the movement that has been sparked across the country.	We recommend showing this video at the beginning of the workshop, right after you give the One Love overview.
Because I Love You (BILY) – Delete 1 minute and 12 seconds http://bit.ly/1GEzjUD	This first BILY video shows how “because I love you,” such a simple phrase, can take on a different meaning in an unhealthy relationship; escalating from a statement of care to one of control. This video shows how technology can be used to control someone in an unhealthy relationship.	This video is best for young people age 13 and up.
Because I Love You (BILY) – Double Whiskey 1 minute and 16 seconds http://bit.ly/1GEzjUD	This second BILY video has the same message as the first, but with a focus on how alcohol and jealousy can play a role in an abusive relationship.	This video is best for young people age 13 and up.
The Couplets Eight 15 second videos www.joinonelove.org/couplets	These short clips show both the healthy and the unhealthy version of the same behavior side by side, clearly defining the difference.	Popular amongst younger age groups, and goes well when paired with questions 2 and 4.
Love Labyrinth 3 minutes and 43 seconds www.joinonelove.org/labyrinth	This video portrays how feeling trapped in a Love Labyrinth is a very real and very frightening symptom of relationship abuse. When in an abusive relationship, you may feel that you have nowhere to turn but to your abusive partner.	These videos are best for young people age 13 and up.

Behind the Post

Video lengths vary from 30 seconds to 7 minutes
www.behindthepost.org

This incredibly powerful film shows that there is more to a relationship than what we see on social media. Learn about the 10 signs of an unhealthy relationship, and how social media can play a dangerous role in an abusive relationship.

These videos are best for young people age 13 and up.

Escalation

Escalation is a 38-minute film that follows a college relationship from its exciting beginnings to a tragic end.

NOTE: There is a downloadable discussion guide for each of these videos (aside from “The Story Behind One Love”). Anyone can use these guides as conversation starters.

BEFORE JUMPING INTO THE DISCUSSION, START BY INTRODUCING YOUR AUDIENCE TO ONE LOVE:

1. About One Love:

“The foundation was created to honor Yeardley Love, a UVA senior who was beaten to death by her ex-boyfriend in 2010. One Love exists because Yeardley was killed and her death was avoidable if anyone – including her – had understood the difference between healthy and unhealthy relationships. Yeardley’s family started One Love to make sure that others had the information that Yeardley and her friends and family did not – information about the unhealthy and potentially dangerous behaviors that comprise abuse.”

2. Trigger Warning:

“When talking with anyone – kids or adults – on this topic, there is a chance that you could be triggered by the content. We have a handout that lists some national resources that you can consult if this occurs in the room today, or at any other point when you are speaking with a child about this topic.”

3. (OPTIONAL) Show the 4-minute “Story Behind One Love” Video:

“This clip provides an overview of Yeardley’s story, the Escalation Workshop that is used to educate young people, and the movement that has been sparked across the country”

Be sure to pass out the “**Screening Handout**” from page 31 of this guide to each participant.

QUESTION 1:

WHAT DO UNHEALTHY BEHAVIORS LOOK LIKE? HOW DO YOU SPOT THEM?

The 10 behaviors listed below are key signs of an unhealthy relationship. These behaviors are often used as a way to gain power or control over a partner, and if ignored could lead to an abusive relationship. Abuse is the intentional attempt to control and/or have power over your partner, consciously or subconsciously, in a way that negatively impacts their day to day life. While abuse happens at all ages, the 16 – 24 age group is at greatest risk.

If you see a relationship that is full of ups and downs and constantly filled with drama – it is important not to ignore these behaviors. We can all work to build healthier relationships, and educate ourselves about how to step in when we see unhealthy signs.

INTENSITY Having really extreme feelings, or over-the-top behavior that feels like too much. Examples include if someone is rushing the pace of a relationship, always wanting to see you and talk to you, and feeling like someone is obsessed with you.

JEALOUSY An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it. Examples can be getting upset when you text or hang out with people your partner feels threatened by, accusing you of flirting or cheating, being possessive over you, or even going so far as to stalk you.

MANIPULATION When a partner tries to influence your decisions, actions or emotions. Manipulation is not always easy to spot, but some examples are convincing you to do things you wouldn't normally feel comfortable with, ignoring you until they get their way, and using gifts and apologies to influence your decisions or get back in your good graces.

ISOLATION Keeping you away from friends, family, or other people. Examples can be when your partner makes you choose between them and your friends, insisting you spend all your time with them, making you question your own judgment of friends and family, and making you feel dependent on them for money, love or acceptance.

SABOTAGE Purposely ruining your reputation, achievements or success. Examples can be making you miss work, school or practice, keeping you from getting school work done, talking about you behind your back or starting rumors, and threatening to share private information about you.

BELITTLING Making you feel bad about yourself. Examples can be calling you names, making rude remarks about who you hang out with, your family or what you look like, and making fun of you – even if it's played off as just a joke.

GUILTING Making you feel guilty or responsible for your partner's actions. Examples can be making you feel responsible for their happiness, making you feel like everything is your fault, threatening to hurt themselves or others if you don't do as they say or stay with them, or pressuring you to do anything sexual you're not comfortable with.

VOLATILITY Unpredictable overreactions that make you feel like you need to walk on eggshells around them or do things to keep them from lashing out. Examples can be mood swings, losing control of themselves by getting violent or yelling, threatening to hurt you or destroy things, and making you feel afraid of them. Volatility can also include lots of drama or ups and downs in a relationship.

DEFLECTING RESPONSIBILITY Making excuses for their behavior. Examples can be blaming you, other people or past experiences for their actions, using alcohol or drugs as an excuse, using mental health issues or personal history (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

BETRAYAL When your partner acts differently with you versus how they act when you're not around. Examples can be lying to you, purposely leaving you out or not telling you things, being two-faced, acting differently around friends, or cheating while in a relationship with you.

QUESTION 2:

HOW CAN I TALK TO YOUNG PEOPLE ABOUT RELATIONSHIP ABUSE BEFORE THEY START DATING? WHAT DOES THE CONVERSATION LOOK LIKE WITH AN ELEMENTARY-AGED CHILD?

WHAT THE EXPERTS SAY:

Talk to your kids about healthy friendships before they start dating.

At the very core, romantic relationships are built on friendship. You can have conversations with elementary or middle school children about healthy friendships that will translate into romantic relationships as they age. These conversations may address unhealthy online behaviors, such as excessive texting or posting, and how to set boundaries on social media.

**For more resources on this topic, please refer to The Couplets curriculum referenced in the table on page 6.*

Use teachable moments in the media or your community.

As a starting point, look to examples of healthy or unhealthy friendships portrayed on television and in music and have a conversation with young people about what they see. Ask them if the behaviors they see on TV are ones that have happened to their friends. As they age, talk about examples of relationship abuse in the media. Discuss how the media often portrays unhealthy relationship behaviors as desirable or normal, such as in *Beauty and the Beast* when he imprisons her, keeps her away from her father, and threatens to break down her locked door or deprive her of food when she doesn't want to come down for dinner. Consider using stories you see in the news or movies like *Fifty Shades of Grey* to ask your teens what they think about the relationships that are depicted in the media.

**Check out One Love's blog, "Spotting Unhealthy Behaviors in Beauty and the Beast."*

Remember that young people are watching you and your relationships.

Children watch every move you make, including what happens in your own relationships. If you are having a conflict with your partner, your children will learn how to deal with conflict by watching what you do. That is why it is important to deal with conflicts with your partner in a healthy manner so that you set a good example for your children. Have conversations with young people about what they are noticing. Create a space for them to ask questions if they have them. Resist the urge to try to appear "perfect" to the outside world and to your children. Be real, talk openly, and listen actively.

WHAT SURVIVORS SAY:

Describe what a healthy friendship looks like, and help children learn to set boundaries and stigmatize negative relationship behaviors.

Similar to the research, survivors emphasized the need to start with the foundational principles of friendships, including teaching young people to learn their own boundaries and communicate those boundaries to others. Once these foundational principles are addressed, they emphasized the need to stigmatize unhealthy behaviors that may otherwise be perceived as a normal part of a friendship or relationship. If we teach young people early to recognize unhealthy behaviors in friendships, they will be equipped to recognize similar patterns in their romantic relationships as they age.

- ➔ “You’re trying to teach them [the building blocks of relationships]. How do you treat people? It starts with that, the basics.”
- ➔ “Healthy friendships. Really honing in on what that looks like, but pointing out what unhealthy behaviors are because we can talk about what a healthy relationship is all day long, but unless you actually identify what the unhealthy behaviors are, and really pinpoint them and stigmatize them, they’re going to have no idea. Because they don’t recognize what they are.”
- ➔ “Talk about boundaries. Learning boundaries. These things are foundational for every relationship. And then, girlfriend-boyfriend relationships should be the ultimate but different kind of friendship, but still follow the same parameters.”

Abuse can happen to anyone, including our friends and community.

So often, relationship abuse seems like something that cannot happen to us or in our community. Use stories like Yeardley’s to help them realize that it can, in fact, happen to anyone.

- ➔ “You can teach young people that this actually does happen to people that look like everybody. It does not matter how you were brought up, what school you go to, any of that.”

CONVERSATION STARTERS FOR KIDS:

- Has a friend ever done something that scared you?
- Have you ever had a friend who makes you sit with just them (and no one else) at lunch, or who gets jealous if you hang out with another friend?
- Has a friend ever bothered you on social media, like sending you lots of Facebook messages when you didn’t want them to?
- It’s important to be able to tell your friends when you feel uncomfortable with something they are doing, even if it’s touching you too much or too roughly. An important part of friendship is being able to communicate and be honest. How would you tell a friend that they are making you uncomfortable?
- Have you ever acted in an overly jealous way with your friend? Were you able to apologize and move on when you recognized this behavior?

QUESTION 3:

HOW DO I CONTINUE TO BE A RESOURCE FOR THE YOUNG PEOPLE IN MY LIFE ONCE THEY START DATING? WHAT ARE YOUR STRATEGIES FOR TALKING WITH TEENAGERS ABOUT RELATIONSHIPS? HOW DO YOU HAVE THESE CONVERSATIONS AND WHAT, SPECIFICALLY, DO YOU SAY?

WHAT THE EXPERTS SAY:

Have conversations about what healthy romantic relationships look like.

So often our conversations with young people are focused on telling them what NOT to do. One strategy for talking about relationship abuse is to flip the script by first focusing on what they deserve in a relationship. Have a conversation with them about what they think love is and what it looks like. Talk to them about how great a relationship should make them feel, if they choose to be in one. This opens the door to have a conversation about negative behaviors that may be concerning to them (e.g. excessive contact via social media or partners putting them down).

Weave conversations about unhealthy relationships into conversations about other relevant topics, like alcohol use or social media.

Even if you don't think a young person is at risk for relationship abuse, starting a conversation about the topic will help them know you are a safe person to talk to if they ever need help. You can help build their skills so that they recognize unhealthy behaviors in their friends' relationships. You can weave conversations about unhealthy relationships into other conversations you have with young people, including conversations about drugs and alcohol, sex, and social media use.

Talk about consent before they start having sex.

A critical part of talking with teens about healthy relationships is having a conversation with them about sex, especially because sexual violence is so prevalent among young people ages 16 to 24. Children learn about sex from many unreliable sources including their friends, the internet, pornography, etc. It is important to have a conversation with young people about sexual consent, because having a conversation about consent is a discussion about healthy behaviors and respect. Emphasize that both giving and receiving sexual consent is equally important – if someone is too drunk or incapacitated, they cannot legally give consent. Reiterate that saying “yes” once, does not mean you've given or received a “yes” for all future behavior. Explain that it is okay to change your mind during a hook up, and just because you might be dating someone, it doesn't mean you have to do sexual things with them. If someone is pressuring you to have sex by saying things like, “If you don't do this, I'll break up with you” or “Everyone is doing it,” that is abuse. You can also take this opportunity to talk about whether they think their friends are having sex. Studies have shown that youth think that more of their friends are having sex than actually are. Talking about those misperceptions may help them feel less pressure to have sex.

WHAT SURVIVORS SAY:

Recognize your own perceptions and biases about relationships and work to dispel the idea that a relationship is a social achievement that you are expecting of the young people in your life.

A common theme expressed by survivors was that they felt like they had to be in a relationship to be successful in the eyes of their parents. They described their families asking first about who they were dating before they would ask about school and work. This perception prevented survivors from recognizing the abuse they were experiencing and from telling anyone about what they were going

through. There are many cultures that place huge emphasis on a relationship, and while relationships are important, reiterating that they come first, not their partner, can help alleviate some of this pressure that they may be feeling.

- ➔ "I felt like being in a relationship was a social achievement. It was a marker. It would've been helpful if they said that the more important thing was that it was a happy and healthy relationship. Not that you were in one."
- ➔ "The key for me is that you don't have to be in a relationship to make you happy. And there's this idea that a happy life, as you mature, you find yourself in a relationship that leads to marriage, and you have kids. It puts a lot of pressure on relationships."
- ➔ "I think that would be helpful if they said, 'if you're ever in this situation, we will help you get what you need, whatever it is. And we're more interested in you.' I mean, I think parents say that, but really reiterating that... being in a relationship in and of itself is not an achievement. It's wonderful to find love but it's not something to shoot for. It comes out of just enjoying life and meeting someone that you want to share it with."

Reinforce that emotional abuse is abuse, too.

Over and over again, survivors we spoke with reiterated that they wish someone would have told them that emotional abuse was abuse, too. So often they didn't think what they were experiencing was abuse because they weren't being physically hurt by their partner. Remind young people that if their relationship has a negative impact on them, and they find themselves changing their behaviors or their day-to-day activities to accommodate their partner, that is a sign that the relationship is not healthy.

- ➔ "I worked at a domestic violence shelter in my town but it never once occurred to me that that was something I related to. Because I was like, well, it's not that extreme. He never struck me. I'm not running for my life, I don't have bruises all over me, so I'm not being abused. So, I think even breaking it down for middle schoolers, asking questions like: *Does he tell you what friends you can have? Does he isolate you? Does he draw you away from your family? Does he call you names? Does he call you fat? Does he call you a slut? Does he do anything that demeans you as a person and makes you feel like less than what you really are? Because that is not love. That is abuse.*"
- ➔ "Bring up the fact that just because someone doesn't hit you that doesn't mean it's not abuse. Within our culture, my dad and brother absolutely said, 'If anyone ever lays a hand on you, I will find them and I will...' you know. But in my mind, I said, 'Oh, he's just yelling. Oh, he's just drunk. Oh, he's just angry. Oh, he's just throwing things at me. Or, he's just breaking a lamp. Or, he's just hitting someone else around me. He didn't hit me, so it's not abuse.' I've learned that is 100% not the case and I wish that that was something that my parents would have at least broached with me at some point because that would have been so helpful."

Fathers and father-figures can play an important role in educating young people about healthy relationships and advocating for a young person if they experience abuse.

Survivors overwhelmingly expressed how important their fathers were and could have been when they were experiencing abuse. Most women described their fathers as quiet and hands-off, as society tells them they should be. But all of them agreed that having their fathers show emotion, show fear and talk to them about their relationships could have been a pivotal turning point for them.

➔ “I cried every day for a month, and my dad kept telling me, ‘No guy deserves your tears. None are worthy. You have all the power.’ He said, ‘I knew something was wrong. I could tell that you weren’t you anymore. And I couldn’t find the right words to ask you.’”

➔ “It would have really hit home for me if my dad had said something to me. There was that point where I started to know it was really, really bad. I was still emotionally tied to him and wanted to give him second chances, work through it and love him. But if my dad had said something, opened up his heart, that could have been the one emotional trigger for me because we grew up so close. I can’t say for sure, but I think that could have been [the difference].”

CONVERSATION STARTERS FOR YOUNG PEOPLE WHO MAY BE DATING:

- At some point, you’re going to be in a relationship and there are going to be things going on that are just between you two. But I want you to know that I am here if you have questions or are worried about something that is going on in your relationship.
- Why do you think there are so many stories in the news about relationship abuse?
- I’m happy when you are happy so you know where to find me if that changes.
- It was so nice when [dating partner] did [behavior] the other day; are they always like that? How did that make you feel?
- From an outside perspective, you and [partner] seem to be really happy together. But how are you feeling about the relationship?

QUESTION 4:

WHAT CAN A YOUNG PERSON DO TO HELP A FRIEND WHO MAY BE IN AN UNHEALTHY RELATIONSHIP? WHAT KINDS OF THINGS CAN THEY SAY TO A FRIEND OR DO IF SOMETHING HAPPENS IN FRONT OF THEM?

WHAT THE EXPERTS SAY:

Use teachable moments and role play specific strategies with young people for intervening when they see disrespectful behavior.

When relationship abuse or other unhealthy behavior is displayed on television, in the movies, on the news, or in your community, have a conversation with them about their reactions to what they saw and heard. Help dispel the myth that relationship abuse is a private issue between two people and empower young people to know they can do something about it. Brainstorm with them ways they can safely intervene when they are worried about a friend, such as pointing out the behavior you see in your friend's relationship that you're worried about, and asking how it makes them feel.

Help young people identify other important adults in their lives they can go to if they are worried about a friend's relationship or their own.

Sometimes a teenager might not feel safe intervening in the moment, which is understandable. Remember that a child, whether you are their parent, teacher, or important adult in their life, may not always feel comfortable coming to you. This could be because they don't want to disappoint you, don't want to out themselves as LGBTQIA*, think you have never been through something similar, or are ashamed. This is why it is important to help them identify people in their lives (perhaps an aunt, uncle, coach, family friend, etc.) they could tell if they are worried about a friend's relationship or if they saw something disrespectful or harmful between a friend and their partner, and to let them know that they should always call the police if they feel that a situation is too dangerous to intervene in. Remind them that they can always come to you, no matter what.

Talk to young boys about their role in preventing abuse and be open to discussing social norms that may prevent youth from thinking they can be an upstander.

Society tells boys and men that they must be powerful, dominant over their partners, and hypermasculine, so young men might be worried that standing up and speaking out against relationship abuse will be perceived as weak or make them targets of teasing by their peers. Have open conversations with your boys about their worries, talk about the expectations society puts on men, and practice skills for intervening that work for them. Most men will not be abusive, so there is huge potential for boys and men to be allies in preventing abuse in the first place or in the moment, if the situation arises.

WHAT SURVIVORS SAY:

People experiencing an unhealthy relationship may not take their friend's advice, but telling a friend you're worried can plant an important seed.

In many cases, survivors we worked with described having a peer communicate to them that they were worried about their relationship. Early on, they dismissed their friends' concerns. But survivors expressed how important it was to have a friend say something, without ultimatums or judgment, even if the friend didn't think they made a difference in the moment. These conversations planted important seeds that helped survivors recognize the abuse they were experiencing and eventually seek help. Be patient and try not to get frustrated. You are making a difference.

Men can be important advocates for women experiencing abuse.

Survivors we interviewed described how powerful it was to have their male friends intervene and speak out against women's abusive male partners. This was, in part, because men were in positions to influence other male behavior in a way that women felt they could not do safely. Intervention by men was also powerful because it was unexpected. Speak with your boys. They have the potential to be powerful advocates to speak out against relationship abuse.

➔ "My guy friends were the biggest advocates for me because a lot of my girlfriends were intimidated by and scared of him. [One night, my male friend] who lived with him happened upon us and said, 'Hey, what the hell is going on?' And just confronted him and was like 'Dude, you need to cool down.' And walked him back home and was like, 'Don't you dare follow her,' and texted me 'I'm watching him all night, don't worry, you're totally safe, we're all going to make sure he doesn't sneak out and come find you.' From that point on, my guy friends that he lived with told me, 'Please do not come to our apartment, unless someone is there. If you are coming to visit, text all of us and we will make sure someone is there.' They became my biggest advocates."

➔ "Having men in my life who condemned his behavior and said, 'Whatever you need.' Just having that kind of moral support was empowering to help me think and see clearly."

➔ "I had an advocate, too. Someone across the hall had heard. He was the one that intervened. He just came to the door, ran in, opened the door. He kept persisting until the door opened, and then I ran out. It didn't stop him, he ran out after me. But there was an intervention that was attempted. And that was a strong – a strong male voice in all of this, his peer. That made a big difference."

CONVERSATION STARTERS ABOUT HOW TO BE A GOOD FRIEND:

- Who would you say is your best friend and why? How do they make you feel?
- Has a guy ever stood up for you? How did it make you feel?
- Have you ever seen something that was scary? How could you intervene or safely raise the issue?
- This story was on the news. What do you think his or her friends could have done to intervene safely?
- Have you ever seen your friend yelling at the person they were dating or putting them down? How did that make you feel? What would you say to your friend who was experiencing this from their partner?

QUESTION 5:

WHAT DO I DO IF I AM CONCERNED THAT A CHILD I KNOW MAY BE IN AN UNHEALTHY RELATIONSHIP OR IS EXHIBITING UNHEALTHY BEHAVIORS? WHAT MIGHT BE THE FIRST CLUES THAT SOMETHING ISN'T QUITE RIGHT IN THE RELATIONSHIP? WHAT WOULD YOU SAY TO THEM IF YOU ARE WORRIED?

WHAT THE EXPERTS SAY:

Believe what they are telling you and know that they might not tell you everything right away. Your initial reaction to their disclosure of relationship abuse is critical for their healing process. Your gut reaction may be to get angry, for example, if parties or drugs and alcohol are involved. But it is important to listen to what they are saying and believe them. We live in a culture that questions survivors before condemning abusive behavior of perpetrators, so you are their biggest advocate. Showing hesitation or disbelief may prevent them from disclosing to you, may make them doubt what they experienced is abuse, or make them feel victimized all over again. Also know that they might not tell you everything right away. That's normal. The goal of your early conversations is to help them know that they can come to you when they are ready.

Problematize the abusive behaviors instead of the person.

It can be difficult for people to admit (or recognize) that their relationship is unhealthy, so in conversation, focus not on the person as being abusive, but on the behaviors as being abusive. For example, a person can be "exhibiting abusive behaviors," such as isolating their partner from their friends or belittling them. This strategy may help prevent a young person from feeling like you are judging their relationship (and by extension, judging them), and open up lines of communication.

**For additional resources, check out "How to Talk to a Loved One Who May be in an Unhealthy or Abusive Relationship" in the appendix.*

If you see a young person in your life exhibiting abusive behavior, encourage them to seek professional help.

There is no "one size fits all" explanation for why someone abuses, hurts or controls a dating partner or ex-dating partner. Abusive behavior can stem from a number of different risk factors. Past trauma, codependency, a sense of abandonment, familial rejection or neglect, inability to communicate about emotions, lack of validation from outside parties, and objectification of women are all risk factors for abusive behavior. However, no one factor explains every case and there are many people who are considered to be higher risk but will never commit relationship abuse.

It's important to know that many abusive people do not realize that they are being abusive. An abuser may believe that they are being sweet, caring and loving when trying to "protect" their partner from spending time with friends (as these messages are seen in the media, think: *Fifty Shades of Grey* and *Twilight*). Or they may believe that to "show how much they mean to you," they must act jealous. Alternatively, they could know that their behavior is inappropriate and/or criminal, but feel like they just couldn't control themselves or didn't care what happened.

If you think a young person is being abusive in their relationship, it is vital that someone speaks with them about their behaviors. While it is important for you to try and approach them about this, they may not want to listen. If possible, have them receive counseling for their behaviors. If they are not

being receptive, it can be helpful to speak with people in their life that they admire (a parent, coach, teacher, uncle, etc.). Explain to those people what you are seeing, and ask them to speak with the young person about how they need to change their behaviors, and *why* they should change their behaviors. Some of the signs include: not accepting responsibility for their actions, difficulty tolerating injury, if someone hurts them they think its okay to hurt them back, and inability to communicate about emotions.

Understand the dangers of a breakup.

If someone feels afraid or has a sense that a breakup might “push someone over the edge,” a safety plan should be carefully thought out so that the breakup can take place in a safe and not isolated location with family, friends, and possibly professional counselors or advisors aware of the situation. These steps are necessary so that this person can carry out their plan in a well thought-out and safe way. For example, when breaking up with a person (no matter how “dangerous” you feel they may be), you should not do so in an isolated location, when your family/friends don’t know where you are. In a safe breakup, your friends and family members are aware that you are breaking up with your partner. Let them know when and where you will be breaking up with your partner, and be sure to do so in a public place where people would see or be aware if your partner reacted in an emotionally or physically violent way. Additionally, keep in mind that once you have gone through the breakup, it is important to take caution and stay safe, as the most dangerous times for a victim are during and after the breakup.

**Check out our two-page handout on Safety Planning in the appendix.*

If a young person’s relationship is unhealthy, give them a say in what happens next. Slowly move towards solutions that feel right to them.

People who have experienced relationship abuse have had their power taken away from them by their abusive partner. You can help to empower them and make them feel in control again if you let them voice an opinion about what they want to happen next, whether that is utilizing local resources, getting a restraining order, or filing a report at a college or university. Remember that they may still feel love or affection for their abusive partner, so these decisions are not easy or clear cut. The exception to this rule is when you suspect that a young person is in imminent danger of either self-harm or harm perpetrated by someone else. In that case, call law enforcement, campus security, and/or other authorities. This young person may feel betrayed and be angry that you have taken that step, but if you have saved his or her life, it is worth it.

**Bear in mind that when having these conversations, some children may grow up in an environment where unhealthy behaviors are normalized; therefore, someone may spontaneously reveal information about their own abuse or neglect. Be sure that you are equipped to handle this type of situation and have the appropriate resources, before beginning the conversation.*

WHAT SURVIVORS SAY:

Pay attention to the earliest clues that something isn’t quite right in a young person’s relationship. Survivors described the first warning signs as very subtle, whether it was the abusive partner getting angry over little things, or constant communication via texting, calling or social media. Social isolation was very common with survivors describing their partners telling them who they could hang out with.

- ➔ "I believe the first experience was fairly subtle... we were at a bar together and I was chatting with a couple of my friends who were on the football team. And he got very drunk and then insisted that we go back to his place. We got back and he began to scream at me, saying, 'I can't believe you would put me in this situation. How are you hanging out with these people? You know how I feel about this. You make me feel like I don't matter to you.'"
- ➔ "At the beginning he would call me every single day... sometimes I would just ignore his calls, I was just like, I don't talk to anyone every day, and I felt like in a way he kind of made me feel like that was weird, but I was just independent."
- ➔ "He developed a bit of a drinking problem, and usually what happened – we would just be having a glass of wine and then he would have four. That kind of thing. Everything that happened would be in the quiet of his single room. And I'm a very social person, so it was weird for me to have our little private party, but I'm like, oh my god, this is love, this is a true relationship."

Listen to your gut feelings about how a young person is acting. Ask them if everything is alright.

Survivors described wanting their parents to ask them what was going on if they noticed something wasn't right. Even though most women did not disclose abuse right away, looking back, they still wanted their parents to check in because it helped them know that they could go to their parents when they were ready. You might feel like intervening or prodding will push this person further away, but know that consistently checking in on their relationship with open-ended questions will establish you as a support for when they come to terms with the unhealthiness in their relationship.

- ➔ "When a young person tells you that they broke up with somebody, ask why. Make that a conversation."
- ➔ "I didn't tell my parents for two years. Mostly because the last time I saw him, he raped me and I couldn't come to terms with that. It took me a really long time and I went into a dark spiral my senior year. I was really good at turning on a switch and pretending that everything was hunky-dory. I did that for two years until I broke down and had to tell them. They had no idea – they just thought I was unhappy."
- ➔ "She started picking up on it when the really bad abuse started happening. I was lying to literally every single person in my life, including my mom as she was picking up on it. When I told her, 'Mom, we need to get a restraining order,' even at that point I didn't really talk to her about everything. But she knew that for me to be safe, this is what we had to do."

A young person may be afraid to tell you what is going on.

Women described not disclosing the abuse they were experiencing to their parents because they were worried about it impacting the relationship their parents had with the abusive partner. They further described being worried about disappointing their parents and felt the need to protect them from the news. Continually reinforce your support for this person and remind them you want them to come to you, no matter what.

- ➔ “My family just absolutely adored him and they were so excited that I finally found my good Christian man who was going to lead me to the promised land of marriage. That was another reason I didn’t want to divulge to my family, because they had such a [misrepresented idea] of who he truly was.”
- ➔ “I wish that my parents would have let me know that even though they were raising me to be this independent, strong person, that it was okay if I [ended up in a situation and I needed help to get out of it.] I just felt like I couldn’t go to them because I was afraid of disappointing them. I was afraid of telling them that I had gotten myself in this.”
- ➔ “I don’t think I wanted [my father] to know. I think I was protecting his feelings. All these years. And my mom’s. I think it would have made them really sad to know the details. I still didn’t even tell them the details. Just that something happened, you know?”

CONVERSATION STARTERS WHEN YOU ARE WORRIED ABOUT A CHILD'S RELATIONSHIP:

- You don’t seem like you these days. Is everything alright?
- How does [partner’s name] make you feel?
- I’ve noticed that [partner] texts you a lot. How does that make you feel? What I am seeing makes me worried. Know that I am here if you ever want to talk about it.
- We’re on your team – we like [your partner] because you do – if that changes, we are on your team, first and foremost.
- Does your relationship ever make you feel like you are unsafe or uncomfortable? In a healthy relationship, you will never question whether you are safe, comfortable, or respected.

**If a child rejects these questions, check out “How to Talk to a Loved One Who May be in an Unhealthy or Abusive Relationship” in the appendix.*



APPENDIX

FOR MORE RESOURCES, VISIT [JOINONELOVE.ORG](https://www.joinonelove.org)

HOW TO HELP A YOUNG PERSON WHO MAY BE IN AN UNHEALTHY RELATIONSHIP

If you think that a loved one or someone you know is in an abusive or unhealthy relationship, it can be difficult to know what to do. You may want to help, but be scared to distance them or lose their trust. You may also feel as though it is not your place to intervene in their relationship. All these feelings are normal, but at One Love we believe the most important thing you can do is start a conversation. Here are a few tips to help you talk to a young adult in your life.

1. Be observant and look for signs.

Unhealthy relationships are all about power and control, and lack mutual respect or boundaries. If you feel like a young adult is spending a lot of time with their partner and less time on school, hanging with friends or other activities, that's a warning sign. Be on the lookout for changes in behavior and other indicators that something might be off in their relationship.

2. Calmly start a conversation on a positive note.

If you feel that something is off in a young person's relationship, find time to talk one-on-one in a private setting. Start by giving them positive affirmations and complimentary statements like, "You've always been so happy and care-free. I miss seeing you around!" Once they feel comfortable, you can begin calmly voicing your concern. It is likely that they feel as though things are already chaotic enough in their life, so to best help them, you will need to be a steady support with whom they can talk openly and peacefully. If you don't panic and do your best to make them feel safe, then it is pretty likely that they will continue to seek your advice. You don't want to scare them by visibly worrying, starting an argument or blaming them.

3. Be supportive.

Listen to them let them open up about the situation on their own terms. Don't be forceful with the conversation. It may be very hard for a young person to talk about their relationship, but remind them that they are not alone and that you want to help.

4. Focus on labeling the behaviors as unhealthy, as opposed to labeling their partner as abusive.

The focus of the conversation should be on the unhealthy behaviors in the relationship and to provide a young adult with a safe space to talk about it. Sometimes, our instinct is to immediately label the relationship as "abusive" to drive home the severity of the situation. This instinct, however, can cause them to retreat and shut down. Instead, focus on the specific behaviors you're seeing and how that behavior makes them feel. For example, saying something like, "It seems like your partner wants to know where you are a lot and is always texting and calling – how does that make you feel?" pinpoints a specific behavior and gets a young person to think about how it makes them feel.

You can also gently point out that certain behaviors seem unhealthy and be honest about how you would feel if someone did it to you. This is one of the first steps in getting a young person to understand what is and is not an appropriate behavior in a relationship. Help them realize for themselves that something is off about the relationship, and acknowledge that their feelings are legitimate.

5. Keep the conversation friendly, not preachy.

Very few people in abusive relationships recognize themselves as victims and it is likely that they do not want to be viewed that way. If you want to be helpful, make yourself emotionally accessible and available. One way to reassure them that you are not judging them is to normalize the situation. Talking openly about your own experiences with relationship troubles will help them feel as though

they are not alone. Be careful not to derail the conversation and keep the focus on the young person's situation. Try to make it feel like an equal exchange between two friends — not like a therapist and a patient or a parent and a child.

6. Don't place the blame on them.

Help this young adult understand that the behaviors they're experiencing are not normal, and that it is NOT their fault that their partner is acting this way. They may feel personally responsible for their partner's behavior or as though they brought on the abuse, but assure them that this is not the case. Everyone is responsible for their own behavior, and no matter what the reason, abuse is never okay.

7. Allow them to make their own decision.

This can be hard to do, especially if you are their parent, but if a young person is in an abusive relationship, the last thing you want to do is tell them to "just break up!" Not only could a sudden break up be life threatening and dangerous, but also relationship abuse is very complex, and a young person may really love their partner, or be experiencing some form of trauma bonding or loyalty to the person who is abusing them. Also, they are already dealing with a controlling and manipulative partner and the last thing they need is for you to mimic those behaviors by forcefully telling them what to do.

8. Offer solutions to them.

The best way for you to help a young person is to offer them options. Don't push any one option in particular, but instead let them know that you will support them no matter what they decide to do. Some of these options include:

- Visiting your local domestic violence center or behavioral health center
- Talking to a school counselor
- Or even calling the National Domestic Violence Hotline at 1-800-799-7233
- Create a safety plan

Depending on how ready a young person is to open up, they may feel more comfortable vetting the situation with someone anonymously over the phone, or they may want to have the conversation in person with someone at their school who can help.

If a young adult is planning to end things with their partner, you should create a safety plan with them because the most dangerous time in an abusive relationship is during and post-break up. Maintain a calm approach when dealing with the situation and be open to what they are most comfortable with. At the suggestion of seeking help, it is possible that a young person may try to cover up or down play the abuse. Reassure them that they are the expert in their own life, make them feel as though they are in control of the situation, and empower them to make a decision about the solution that feels right for them.

9. If there's any risk of danger, call the police.

If a young person is in immediate danger, either of self-harm or harm inflicted by another person, you should alert authorities (i.e., school security or 911) right away. Even if you think they will feel betrayed or angry with you for going to the police, saving someone's life is the most important thing. Relationship abuse can be fatal and you should not hesitate to take serious action if you think that anyone is at risk for physical or sexual harm.

10. Expect more conversations in the future.

The first time you have this conversation with a young adult, they may admit a few things that have happened and then suddenly pull away or take it back. You do not have to get them to change their mind completely about their partner and you don't need them to "admit" that they are being abused. The goal of the conversation is to let them know that you care and that you are available for them when they need to talk. View this as an ongoing process, not a one-time conversation that will "fix everything."

It is unlikely that the situation is neatly resolved after one conversation, so you should expect to have more talks like this. Be patient through the process, and know that you are doing the right thing by talking to them about this difficult topic. Let them know that you support them and that you are there for them should they need you.

11. Don't get discouraged if they refuse to talk to you.

If you're having trouble talking to a young person about their relationship or if they refuse to open up to you, try having someone else that they are close with speak with them, such as a parent, friend, cousin, or coach. A young person might be reluctant to divulge details about their relationship to you, be afraid to get in trouble, feel that you "won't understand," or worry about upsetting you by sharing certain information.

Remind them that you are on their side and that they won't be punished for anything that may have happened. The most important thing is that they get help for their situation, whether it's from you or from someone else that they trust, so encourage them to ask for help.

NATIONAL RESOURCES AND REFERRALS

LOVE IS RESPECT (www.LovelsRespect.org)

Telephone Support: 1-866-331-9474 or 1-866-331-8453 TTY | Text “loveis” to 22522

Contact LovelsRespect if you:

- Need a friendly ear to listen and support you in making an honest assessment of risk
- Would like advice on treating others with respect and stop abusive behavior
- Are considering whether to leave an unhealthy relationship
- Would like to learn how to help someone who may be in an unhealthy relationship
- Have legal questions

NATIONAL DOMESTIC VIOLENCE HOTLINE (1-800-799-7233)

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safely and live lives free of abuse. Call if you would like more resources/information or if you are questioning unhealthy aspects of your relationship.

ONE LOVE MYPLAN APP (can be found in the app store: <http://bit.ly/1bJsRll>)

This app is a safety decision aid for survivors of relationship violence, and it helps to determine if a relationship is unsafe. It helps create the best action plan by weighing an individual’s unique characteristics and values. In addition, the MyPlan app provides a safety decision aid for friends who are concerned about the safety of a female friend’s relationship.

THE TREVOR PROJECT (www.thetrevorproject.org | 1-866-488-7386)

The Trevor Project is a crisis line for LGBTQ youth, including those in an unhealthy or abusive relationship.

- TrevorChat online instant messaging service available 7 days a week between 3pm-9pm ET
- TrevorText: Text “Trevor” to 1-202-304-1200 (standard text messaging rates apply), available Thursdays and Fridays between 4pm-8pm Eastern

NATIONAL SEXUAL ASSAULT HOTLINE (1-800-656-HOPE)

The National Sexual Assault Hotline provides:

- Short-term crisis intervention and support
- Answers to questions about recovering from sexual assault
- Basic information about medical issues
- Resources that can assist with the reporting process and referrals to resources in your area
- Information for family and friends of victims and survivors

HELPLINE (<http://www.stopitnow.org/help-inquiry> | 1-888-PREVENT)

The 1-888-PREVENT number provides support, guidance and information to adults who wish to speak confidentially with the Helpline staff. You can also schedule a 30-minute phone consultation with Helpline Associates. Appointments are mostly only available no more than 72 hours in advance. The email contact responds to short questions and offer guidance and resources. They do not offer legal advice, therapy, or carry out investigations of any kind. The Helpline is closed for standard business holidays.

SAFE HORIZON HOTLINE (1-800-621-HOPE)

You can call Safe Horizon’s hotlines 24 hours a day, 7 days a week. The calls are free, and counselors are able to help you no matter what language you speak. Counselors provide crisis counseling, safety planning, assistance with finding shelter, referrals to Safe Horizon programs or other organizations, advocacy with the police, and other crucial services.

CREATING A SAFETY PLAN

What is it?

A safety plan is a personalized strategy to remove yourself from potentially dangerous situations. You should include advocates, community organizations, friends, and family when creating a plan and use this support system as part of your plan. Everyone's plan is different, depending on access to resources and who your support system consists of.

Why is it important?

If you are in an unhealthy or abusive relationship, you should know that the abuse is not your fault and that you deserve to feel safe. It is crucial that you create a safety plan whether you are planning to leave or stay in an abusive relationship. You should also know that the most dangerous time in an abusive relationship is after you have left your partner. It is very important that you take precautionary measures to keep yourself as safe as possible. For more help creating a safety plan, please visit: <https://www.joinonelove.org/get-help/#myplan>

Trust your gut!

You have already kept yourself safe for this long, you are clearly doing a lot to keep yourself safe without calling it a "safety plan." Keep trusting your gut!!!

SAFETY PLANNING QUESTIONS TO ASK

Are you ready to break up?

Do they have a key to your house/apartment?

Can you keep a "safe" phone, or get one from a local DV agency?

Will they contact your friends and family to find out where you are?

Do you have a safe place you can stay?

Where do dangerous incidents usually happen? Is there any way to avoid that area, or to move to a more public place when an incidence of abuse is likely?

Do they have access to your phone/computer/iCloud?

Do they know any of your passwords?

What are some triggers that lead to violence and how can you be cognizant of these?

Are you living together?

Can you change the locks?

Is shelter an option?

Will the abuser try and follow you or find you?

What is a good "safe route" out of your house/apartment?



CHECKLIST

- Have the phone number of two close contacts whom you feel safe with memorized, so you can call from anywhere
- Pack a bag with important documents (passports, ID, cash, birth certificates, etc.) and keep it in a safe place (this could be outside of your home, with a family/friend)
- Have a phone and phone charger on you at all times
- Document every incidence of abuse, even non-physical
- Save emails, texts, and pictures that are threatening
- Know your resources! Local DV agency, hotline numbers, local shelter/hotel options



TECHNOLOGY TIPS

- Phone: Turn OFF GPS, have a “safe” phone or a 911 phone, change your phone number and don’t give out the new phone number to anyone who might have a connection to your abuser
- If you have a car, you can get it checked to make sure there is no GPS or tracking device in it
- Tell friends and family not to respond to your abuser or post anything that would give away your whereabouts on social media
- Block your abuser on social media and be careful not to post anything publicly that might reveal your whereabouts



MONEY TIPS

- If don’t have a separate bank account, create one that the abuser doesn’t know about with a different bank and slowly start putting small amounts of money into it that they won’t notice
- Keep cash on you at all times (enough for a bus, emergency food, gas money, and whatever it will take to get you to a safe place or DV center)



EMOTIONAL SAFETY TIPS

- Talk to an advocate
- Have at least one person you feel safe confiding in (friend, family member, etc.)
- Practice self-care whenever possible that you can do safely in the relationship
- Let advocates know what your triggers are or might be so you can try to safety plan around them in advance, especially if know you will have to see the abuser again (in court, for class, etc.)

HOW TO BRING ONE LOVE'S CURRICULUM TO YOUR CHILD'S SCHOOL

There are so many ways that you can bring One Love to your child's school, whether that's in the classroom, during an assembly, with a coach, or after school programming. Below are some options, based on your child's age. Please reach out to info@joinonelove.org to connect with a One Love staff member to help make it happen!

MIDDLE SCHOOL AGED STUDENTS:

The Couplets Curriculum

One Love's Couplets curriculum is perfect for teaching students about the difference between healthy and unhealthy relationship behaviors. We believe that these behaviors are learned at a young age and we hope that by providing student with this workshop, we can help to prevent these unhealthy relationships from becoming abusive. Abuse can take many forms, whether it involves physical violence or emotional manipulation, but it always begins the same way—with unhealthy behaviors. We believe that the choices young people make today will shape the adults that they become, so we are excited to provide them with a framework to understand and evaluate behaviors that they see or do in their everyday lives. This curriculum consists of 8 chapters, using fifteen second and discussion questions to discuss the following unhealthy behaviors: Intensity, Put-Downs, Anger, Disrespect, Guilt, Control, Obsession and Isolation.

HIGH SCHOOL & COLLEGE AGED STUDENTS:

Escalation Workshop

The *Escalation Workshop* is a 90-minute, film-based experience that educates about the warning signs of an abusive relationship, creating a safe zone for discussing an all-too-common problem. Here's what to expect:

- 40 Mins. The film, *Escalation*, introduces us to Page and Chase, a college-aged couple whose relationship starts exciting and fun, but ends in tragedy. The film enables students to understand the more nuanced signs of relationship abuse as well as how important it is for friends to step in if they see these behaviors.
- 40 Mins. Following the film, the audience breaks into small discussion groups (about 15-30 per 1-2 facilitators) led by One Love trained facilitators to discuss key scenes from the film. Groups talk about the warning signs, actions that could have been taken, and how the film relates to their lives.
- 10 Mins. In the last 10 minutes, students can join Team One Love where they will be provided with additional messaging around healthy and unhealthy relationships as well as receive activation ideas they can bring back to their friends and campus community.

**Many high schools and colleges will make this workshop mandatory for an entire grade of students, or an entire department (such as all student athletes, or all Greek students).*

#ThatsNotLove Discussions

There are currently 3 #ThatsNotLove Discussion Series: (1) Because I Love You, (2) Love Labyrinth, (3) Behind the Post. Each of these discussions consist of a video(s) followed by a guided discussion focused specifically on emotional abuse. Each of these workshops can be held in a flexible time period (30 minutes to 90 minutes), such as a health class.

10 SIGNS OF A HEALTHY RELATIONSHIP

Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. Here are some characteristics and behaviors of a healthy relationship. Keep in mind that with all of these behaviors, there's a threshold for when it becomes unhealthy. For instance, loyalty is great, but at a certain point it can be unhealthy if you are being loyal to a partner who continuously disrespects you. At the end of the day, the below characteristics in a healthy relationships make you feel confident and supported.

Note: If you are experiencing these behaviors in conjunction with unhealthy behaviors, that's not a healthy relationship. All relationships have their happy times, even abusive ones.

COMFORTABLE PACE You and your partner allow the relationship to happen at a pace that feels comfortable for both of you. Oftentimes, when you begin dating someone, you may feel that you're spending all of your time with them because you want to – that is great! But be sure that nothing feels imbalanced or rushed in the relationship. In a healthy relationship, nobody pressures the other to have sex, make the relationship exclusive, move in together, meet their family and friends, get married, or have a baby. When you do choose to take these steps, you both feel happy and excited about it—no mixed feelings.

TRUST Believing your partner won't do anything to hurt you or ruin the relationship. Examples are when your partner lets you do things without them, has faith that you won't cheat on them, respects your privacy online (like who you text and Snapchat), and doesn't make you go out of your way or work hard to "earn" their trust.

HONESTY Being truthful and open with your partner. It's important to be able to talk together about what you both want. In a healthy relationship, you can talk to your partner without fearing how they'll respond or if you'll be judged. They may not like what you have to say, but in a healthy relationship, a partner will respond to disappointing news in a considerate way. Some examples are having good communication about what you both want and expect, and never feeling like you have to hide who you talk to or hang with from your partner.

INDEPENDENCE Having space and freedom in your relationship to do you. Examples are when your partner supports you having friends and a life outside of your relationship and not needing to be attached at the hip or know every little detail about your life.

RESPECT If respect is present in your relationship, your partner will value your beliefs, opinions and who you are as a person. Examples are complimenting you, supporting your hard work and dreams, not trying to push or overstep your boundaries, and sticking up for you.

EQUALITY You and your partner have the same say and put equal effort into the relationship (instead of feeling like one person has more say than the other). Examples are feeling like you are heard in your relationship or feel comfortable speaking up, making decisions together as opposed to one person calling all the shots, and equally compromising on decisions in your relationship to make the other person feel important or respected.

COMPASSION Feeling a sense of care and concern from your partner and knowing that they will be there to support you, too. If you're in a healthy relationship, your partner will be kind to you, they will understand and be supportive of you when you're going through tough times, and they will lend a helping hand in times of need. An important caveat is that it has to be two-sided and displayed equally. You should never feel like someone is taking advantage of your kindness.

TAKING RESPONSIBILITY You and your partner are both responsible for your own actions and words. You both avoid putting blame on each other and own up to your actions when you do something wrong. Examples are when your partner genuinely apologizes for their mistakes, avoids taking things out on you when they're upset, and tries to make positive changes to better your relationship.

LOYALTY When your partner is reliable and you feel confident that they have your back. Some examples are when your partner is respectful and faithful, sticks up for you, doesn't take sides against you but helps you see the middle ground, and keeps your secrets safe. In a healthy relationship, you don't have to test the other person's loyalty, because you just know it's there. Sometimes people say, "We all make mistakes" and, "Nobody's perfect" to make excuses for disloyalty. If you find yourself saying that often, it's a red flag that the relationship may not be healthy.

COMMUNICATION If you can talk to your partner about anything—the good and the bad—this is a sign of a healthy relationship. Examples include feeling like your partner will listen to you when you need to talk, they are open to discussing further, and not feeling judged for your words or opinions.



one love

ABOUT ONE LOVE

Founded in 2010 to honor the memory of Yeardeley Love, One Love's mission is to end relationship abuse by educating young people about healthy and unhealthy relationship behaviors and empowering them to be leaders driving change in their communities. For more information, visit www.joinonelove.org.

1:

WHAT DO UNHEALTHY BEHAVIORS LOOK LIKE? HOW DO YOU SPOT THEM?

10 SIGNS OF AN UNHEALTHY RELATIONSHIP

INTENSITY

Intensity involves having extreme feelings or exhibiting over-the-top behavior that feels like too much to the other person. Examples are rushing the pace of a relationship, always wanting to see you and talk to you, and feeling like someone is obsessed with you.

JEALOUSY

An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it. Examples can be getting upset when you text or hang out with people your partner feels threatened by, accusing you of flirting or cheating, being possessive over you or even going so far as to stalk you.

MANIPULATION

Manipulation occurs when a partner tries to influence your decisions, actions, or emotions. Manipulation is not always easy to spot, but some examples are convincing you to do things you wouldn't normally feel comfortable doing, ignoring you until they get their way, and using gifts and apologies to influence your decisions or get back in your good graces.

ISOLATION

Isolation keeps you away from friends, family, or other people. Examples can be when your partner makes you choose between them and your friends, insisting you spend all your time with them, making you question your own judgement of friends and family, and making you feel dependent on them for money, love or acceptance.

SABOTAGE

Sabotage involves purposely ruining your reputation, achievements or success. Examples can be making you miss work, school or practice, keeping you from getting school work done, talking about you behind your back or starting rumors, and threatening to share private information about you.

BELITTLING

Belittling is anything that makes you feel bad about yourself. Examples can be calling you names, making rude remarks about who you hang out with, your family or what you look like, and making fun of you – even if it's played off as just a joke.

GUILTING

Making you feel guilty or responsible for your partner's actions is a form of manipulation. Examples can be making you feel responsible for their happiness, making you feel like everything is your fault, threatening to hurt themselves or others if you don't do as they say or stay with them, and pressuring you to do something sexual that you're not comfortable with.

VOLATILITY

Volatility involves unpredictable overreactions that make you feel like you need to walk on eggshells or do things to keep them from lashing out. Examples can be mood swings, losing control of themselves by getting violent or yelling, threatening to hurt you or destroy things, and making you feel afraid of them. This can also be drama or ups and downs in a relationship.

DEFLECTING RESPONSIBILITY

Deflecting responsibility involves making excuses for one's behavior. Examples can be blaming you, other people, or past experiences for their actions, using alcohol or drugs as an excuse, and using mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

BETRAYAL

Betrayal occurs when your partner acts differently around you versus how they act when you're not around. Examples can be lying to you, purposely leaving you out or not telling you things, being two-faced, acting differently around friends, and cheating while in a relationship with you.

2:

HOW CAN I TALK TO YOUNG PEOPLE ABOUT RELATIONSHIP ABUSE BEFORE THEY START DATING? WHAT DOES THE CONVERSATION LOOK LIKE WITH AN ELEMENTARY-AGED CHILD?

WHAT EXPERTS SAY

Talk to your kids about healthy friendships before they start dating

Use teachable moments in the media or community

Young people are watching you and your relationships

WHAT SURVIVORS SAY

Describe what a healthy friendship looks like, and help children learn to set boundaries and stigmatize negative relationship behaviors

Abuse can happen to anyone, including our friends and community

CONVERSATION STARTERS FOR KIDS

- Has a friend ever done something that scared you?
- Have you ever had a friend who makes you sit with just them (and no one else) at lunch, or who gets jealous if you hang out with another friend?
- Has a friend ever bothered you on social media, like sending you lots of Facebook messages when you didn't want them to?
- It's important to be able to tell your friends when you feel uncomfortable with something they are doing, even if it's touching you too much or too roughly. An important part of friendship is being able to communicate and be honest. How would you tell a friend that they are making you uncomfortable?
- Have you ever acted in an overly jealous way with your friend? Were you able to apologize and move on when you recognized this behavior?

3:

HOW DO I CONTINUE TO BE A RESOURCE FOR THE YOUNG PEOPLE IN MY LIFE ONCE THEY START DATING? WHAT ARE YOUR STRATEGIES FOR TALKING WITH TEENAGERS ABOUT RELATIONSHIPS? HOW DO YOU HAVE THESE CONVERSATIONS AND WHAT, SPECIFICALLY, DO YOU SAY?

WHAT EXPERTS SAY

Have conversations about what healthy romantic relationships look like

Weave conversations about unhealthy relationships into conversations about other relevant topics, like alcohol use or social media

Talk about consent before they start having sex

WHAT SURVIVORS SAY

Recognize your own perceptions and biases about relationships and work to dispel the idea that a relationship is a social achievement that you expect from the young people in your life

Reinforce that emotional abuse is abuse, too

Fathers and father-figures can play an important role in educating young people about healthy relationships and advocating for a young person if they experience abuse

CONVERSATION STARTERS FOR YOUNG PEOPLE WHO MAY BE DATING

- At some point, you're going to be in a relationship and there are going to be things going on that are just between you two. But I want you to know that I am here if you have questions or are worried about something that is going on in your relationship.
- Why do you think there are so many stories in the news about relationship abuse?
- I'm happy when you are happy so you know where to find me if that changes.
- It was so nice when [partner] did [behavior] the other day; are they always like that? How did that make you feel?
- From an outside perspective, you and [partner] seem to be really happy together. But how are you feeling about the relationship?

4:

WHAT CAN A YOUNG PERSON DO TO HELP A FRIEND WHO MAY BE IN AN UNHEALTHY RELATIONSHIP? WHAT KINDS OF THINGS CAN THEY SAY TO A FRIEND OR DO IF SOMETHING HAPPENS IN FRONT OF THEM?

WHAT EXPERTS SAY

Use teachable moments and role play specific strategies with young people for intervening when they see disrespectful behavior

Help young people identify other important adults in their lives that they can go to if they are worried about a friend's relationship or their own

Talk to young boys about their role in preventing abuse and be open to discussing social norms that may prevent youth from thinking they can be an upstander

WHAT SURVIVORS SAY

People experiencing an unhealthy relationship may not take their friend's advice, but telling a friend you're worried can plant an important seed

Men can be important advocates for women experiencing abuse

CONVERSATION STARTERS ABOUT HOW TO BE A GOOD FRIEND

- Who would you say is your best friend and why? How do they make you feel?
- Has a guy ever stood up for you? How did it make you feel?
- Have you ever seen something that was scary? How could you intervene or safely raise the issue?
- This story was on the news. What do you think his or her friends could have done to intervene safely?
- Have you ever seen your friend yelling at the person they were dating or putting them down? How did that make you feel? What would you say to your friend who was experiencing this from their partner?

5:

WHAT DO I DO IF I AM CONCERNED THAT A CHILD I KNOW MAY BE IN AN UNHEALTHY RELATIONSHIP OR IS EXHIBITING UNHEALTHY BEHAVIORS? WHAT MIGHT BE THE FIRST CLUES THAT SOMETHING ISN'T QUITE RIGHT IN THE RELATIONSHIP? WHAT WOULD YOU SAY TO THEM IF YOU ARE WORRIED?

WHAT EXPERTS SAY

Believe what they are telling you and know that they might not tell you everything right away

Problematize the abusive behaviors instead of the person

Get them to seek professional help if you see a young person in your life exhibiting abusive behavior

Understand the dangers of a breakup

If a young person's relationship is unhealthy, give them a say in what happens next. Slowly move towards solutions that feel right to them

WHAT SURVIVORS SAY

Pay attention to the earliest clues that something isn't quite right in a young person's relationship

Listen to your gut feelings about how a young person is acting. Ask them if everything is alright

A young person may be afraid to tell you what is going on

CONVERSATION STARTERS WHEN YOU ARE WORRIED ABOUT A CHILD'S RELATIONSHIP

- You don't seem like you these days. Is everything alright?
- How does [partner's name] make you feel?
- "I've noticed that [partner] texts you a lot. How does that make you feel?" and then, "What I am seeing makes me worried. Know that I am here if you ever want to talk about it."
- We're on your team. We like [your partner] because you do and if that changes, we're on your team first.
- Does your relationship ever make you feel like you are unsafe or uncomfortable? In a healthy relationship, you will never question whether you are safe, comfortable, or respected.

**If a child rejects these questions, check out "How to Help a Young Person Who May be in an Unhealthy Relationship."*



SOCIAL MEDIA & BEYOND TAKE AWAY POINTS

Social media isn't real life.

It's easy for anyone to get caught up with what they see on social media, but remind young people that social media is not real life. What people put on social media is usually only the best parts of their life—the cool trips, the material things, the best photos of themselves, their friends, or their relationship. Life isn't always perfect so try not to compare your life to someone else's highlight reel.

Be careful what you do because it's permanent.

Young people may think that what they share on social or through text can be kept private, but that's not always the case. What goes on social media or what they say and send through text is permanent. Once they release it, it will never be private again. Remind them to keep this in mind and not to share anything that they wouldn't want everyone seeing.

Keep a healthy balance online.

It's easy to get addicted to social media, but young people should be mindful of how much time they spend on it. While social media is a great way to see what other people are up to and connect with friends, it also takes time away from other activities. Time is special and spending too much time on social media is a waste of their time!

Use privacy settings.

Remind young people to check their privacy settings to ensure that people outside of their friend group or network don't have access to things they post. Even if they think their privacy settings are turned on, it's good to double check them every now and then since the terms of use and privacy policies change often. Also, remind them to make sure that your location settings are off and never visible to the general public.

Media isn't always the best picture of a healthy relationship.

Teach young people that there is a difference between healthy passion and unhealthy passion. Healthy passion feels good and makes you happy. Unhealthy passion feels confusing and scary. Even though movies and TV shows often show examples of unhealthy passion, in real life, people in healthy relationships balance their emotions with respect for what the other person is feeling too.

Sending and sharing explicit photos or videos may be illegal.

Inform young people that it's illegal to send or have explicit photos of anyone under the age of 18. Sending, receiving or sharing nudes of themselves or someone else is never okay.