



## About One Love

One Love was created in 2010 to honor the memory of Yeardley Love, a UVA senior student-athlete who was beaten to death by her ex-boyfriend just weeks before graduation. After her death, Yeardley's family and friends were shocked to learn the statistics that: 1 in 3 women and 1 in 4 men will be in a violent relationship in their lifetime. Nearly 50% of these women and 40% of these men experience relationship violence for the first time between ages 18-24. Young women ages 16-24 are at a 3X greater risk for abuse.

Today One Love works to ensure others have information about the difference between healthy relationships and unhealthy—potentially dangerous relationships—that Yeardley, her friends and family did not. We create A+, educational content that demonstrates the behaviors of abuse, makes the topic of abuse personal and sparks community conversations about how we can collectively work for change. By increasing understanding, inspiring action and empowering this generation to lead, we will create a movement that changes the statistics around relationship violence and ultimately saves lives.



## Escalation Workshop Breakdown

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. Over 135,000 students have seen *Escalation* at over 2,800 unique workshops. The workshop is consistently cited as “relatable: and “eye-opening” by students. 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.



## Escalation Distribution Options

1. **Selecting Students:** *We recommend mandating the workshop for an entire grade. This is the most effective as we know that in order to create change, everyone must be a part of this conversation. This also provides a long-term distribution plan for your school so you can implement the program without question each year. Most schools hosting Escalation in this format will introduce the workshop and screen the film in a large room (auditorium, gymnasium, etc.) and then break out into the small discussion groups. If conducting the workshop with 12<sup>th</sup> graders, we recommend doing it in the fall semester so that students have ample time to process before heading off to college.*

**Other distribution options include but are not limited to:**

- a. Mandated for specific classes (i.e. Health, English, etc.)
  - b. Mandated for specific sports teams and/or clubs
  - c. Host “open” workshops where students invite peers to attend (not mandated)
2. **Training Facilitators:** *Ideally, we try to train facilitators 1-2 weeks prior to facilitating. Group discussions are most effective with 1-2 facilitators per 15-20 students. All facilitators must watch the film and review the manual prior to the 90-minute training.*
    - a. Trainings are conducted over Google Hangout multiple times a week
    - b. One Love recommends student facilitators, with faculty/staff utilized as support
  3. **Additional Screenings:** *One of the main messages student receive during the workshop is about reaching out to any adult who you know cares about you for support. This could be a parent, coach, teacher, etc. so we encourage you to share the Escalation Workshop with the adults in your school community, as well.*
    - a. Parents screening of *Escalation* and Q&A led by school staff
    - b. Faculty and Coaches screening of *Escalation* led by school staff

School's Responsibilities	One Love's Responsibilities
Identify students to become trained facilitators	Provide all materials electronically (film and manual)
Schedule dates for both the training and workshop(s), both require 90-minutes	Conduct one 90-minute in-person or online training for all students and/or staff per school
Reserve room(s) for the training, screening and smaller discussions; make sure screening room has AV capability (film is available online)	Host optional screening for parents and/or faculty (depending on availability)
Have a counselor onsite or available during every workshop for additional support; provide resource sheet for all participants	Engage with students about how they can continue these conversations through One Love's other activation initiatives

## Helpful Links

- About One Love: [www.joinonelove.org/one\\_love\\_approach](http://www.joinonelove.org/one_love_approach)
- *Escalation* Information: [www.joinonelove.org/escalation\\_workshop](http://www.joinonelove.org/escalation_workshop)
- #ThatsNotLove videos: [www.joinonelove.org/campaigns](http://www.joinonelove.org/campaigns)
- Ideas for Actions: [www.joinonelove.org/action](http://www.joinonelove.org/action)



## Who is already involved?

One Love's message is resonating with students across the country. Below is a list of the all-girls high schools that are bringing this work to their students. **In Blue** are the schools who are also NCGS members.

- **California**
  - Notre Dame de Namur (Belmont)
- **Connecticut**
  - Greenwich Academy (Greenwich)
  - Sacred Heart (Greenwich)
  - Miss Porter's (Farmington)
- **Florida**
  - PACE Center for Girls (Jacksonville)
- **Georgia**
  - Atlanta Girls School (Atlanta)
- **Massachusetts**
  - Dana Hall (Wellesley)
  - Newton Country Day (Newton)
- **Maryland/DC**
  - Bryn Mawr (Baltimore)
  - Notre Dame Preparatory (Baltimore)
  - Roland Park School for Girls (Baltimore)
  - St. Paul's School for Girls (Baltimore)
  - Garrison Forest School (Baltimore)
- Mercy High School (Baltimore)
- Holton-Arms School (Baltimore)
- Maryvale High School (Baltimore)
- Georgetown Visitation (Washington)
- **New York**
  - School of the Holy Child (Rye)
  - Spence School (NYC)
  - Marymount School (NYC)
  - Convent of Sacred Heart (NYC)
  - Hewitt School (NYC)
  - Ursuline School (New Rochelle)
- **Texas**
  - Ursuline Academy (Dallas)
  - Hockaday School for Girls (Dallas)
  - Irma Lerma Rangel Leadership Academy for Girls (Dallas)
- **Washington**
  - Seattle Girls School (Middle school, Seattle)
  - Holy Names Academy (Seattle)

Please note that engagement varies school-by-school, for more information, please reach out to Jordyn or Zoe! Reach out to one of us to get connected to the right One Love contact from a school in your area! Additionally, One Love actively engages with all-boys schools and co-educational schools as well. Reach out to see if your brother school or other schools in your area are also involved!

**Ready to get started? Message One Love using this link to get connected to the right program team member:**

[www.joinonelove.org/spread\\_the\\_movement](http://www.joinonelove.org/spread_the_movement)

**Want to talk to today's presenters?**

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