

Mercy High School
Counseling Department

GOOD NEWS

Mid-March 2020

One Love
Edition



A MONTHLY NEWSLETTER

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One Love Dates

MARCH 9th: One Love Leader Training, 3-5

MARCH 10th: One Love film parent screening,
7-8:15

MARCH 12th: One Love program for MERCY & U
of D seniors, 9-12

What is One Love?

This may be best explained by a letter from
One Love Founder, Sharon Love:

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.

Unhealthy Relationship Behaviors

The One Love Foundation defines abuse as the conscious or unconscious, intentional attempt to have power over or control your partner in ways that negatively impact that person's life. The 10 behaviors listed below have been identified by One Love as key signs of an unhealthy relationship:

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.

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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.

Did you know...

Over **ONE IN THREE** women
and
over **ONE IN FOUR** men
will experience an
abusive relationship

Healthy Relationship Behaviors

Although no relationship is perfect, a healthy relationship can bring the best out of a person and help one feel confident and supported. One Love notes that although these characteristics are positive, there is a threshold for when it can become unhealthy. For example, loyalty is wonderful and can become unhealthy if someone is loyal to a partner who consistently disrespectful in return.

- 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.



Resources & Support

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/1bJsRII>)

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