

## JOIN ONE LOVE FOR DOMESTIC VIOLENCE AWARENESS MONTH- NEW 10 SIGNS MATERIALS!



One Love's long-awaited 10 Signs of a Healthy and Unhealthy Relationship Discussion materials are finally here for Domestic Violence Awareness Month. These materials are the perfect introduction to talking about relationships—you may not have time for a full One Love Workshop or may be organizing a series of conversations. The 10 Signs materials lay the foundation for discussing the central themes of relationship health education.

*No training is required*, so it's perfect for new and experienced facilitators. These materials are a great way to set the tone for healthy relationships during the school year for Domestic Violence Awareness Month (DVAM).

### Educate

#### 1. Use a Grab & Go Lesson Plan to Host a 10 Signs Discussion

If one of our pre-made lesson plans feels like a good fit for your group, just visit our Education Center to print your materials and go!

- 10 Signs for the Younger Crowd (age 13 and younger)
- 10 Signs for Young Adult Audiences
- 10 Signs through Self-Reflection
- 10 Signs and Emotional Awareness – what do the 10 Signs FEEL like?
- Trusting Your Gut with the 10 Signs
- How Our Culture Influences How We Experience the 10 Signs
- Focusing on the 10 Healthy Signs

#### 2. Host a 10 Signs Discussion using our Discussion Guide

Want to create your own? This guide is broken up into five types of activities: (1) Defining the Signs, (2) Spotting the Signs, (3) Practicing the Signs, (4) Accessing Resources, and (5) Wrap Ups.

#### How to Access 10 Signs Materials

→ Find these materials on the [One Love Education Center](#) by going to our **Resource Library**, filtering by **'Foundation Discussions'**, and then selecting **'10 Signs'**.

→ **Having trouble?** Check out this [video tutorial](#).

## Raise Awareness

### 1. Create Posters to Represent the 10 Signs

- Get creative and hang your posters throughout your classrooms so students can be reminded of the 10 signs throughout the month!
- You can also show them the 10 Signs video in One Love's [Resource Library](#) before getting started.

### 2. Hang our Pre-Made 10 Signs Posters!

- These are great for spreading awareness on the 10 Signs. They can also be used as inspiration to create your own posters.
- Find them here! Download [Posters](#).

Keep track of your 10 Signs Discussions because, at the end of October, we will be collecting feedback and want to hear how your sessions went! Please don't hesitate to reach out to One Love Staff for additional support to plan for DVAM. [We are here to help.](#)

