

Healing Hearts: One Love Foundation Spreading Awareness on Unhealthy Relationships

By: Mekelsey Montgomery , February 27, 2024



The UT Women's Lacrosse team at the One Love escalation workshop in the Sword & Shield Room located in Martinez.

There are always ups and downs and positive and negatives within relationships, whether it be romantic, friendship, family, etc. When you are in a relationship, it can be difficult to see the signs of an unhealthy relationship yourself or to believe them to be true. It also can be difficult as someone externally viewing the relationship.

Fourteen years ago, 22-year-old Yeardeley Love was brutally murdered by her ex-boyfriend. Love was abused throughout her relationship. Her family and friends created the foundation, One Love, to spread awareness on relationship abuse and the signs of unhealthy relationships in hope to not have what happened to Yeardeley Love happen to anyone else.

The Women's Lacrosse team here at UT decided to participate in a One Love escalation workshop where they watch a video to learn about the ten signs of an unhealthy relationship: Intensity, Possessiveness, Manipulation, Isolation, Sabotage, Belittling, Guilting, Volatility, Deflecting Responsibility, and Betrayal. A group discussion was then followed discussing the feelings the team was having and what stood out to them in the video. It is important to have this

discussion because the video is difficult to watch, and the audience needs to feel supported and safe.

“I’m happy the team completed the workshop because it is important for us women to become more educated on unhealthy relationships. Now knowing these signs and watching an example of an abusive relationship is very eye opening” a senior on the team, Sophi Wrisk, expresses.

I feel as if people believe they know what an unhealthy relationship looks like and believe they would be able to tell if themselves or a loved one was in one. However, I think once completing the workshop, you have a deeper understanding and are more educated than you thought you were.

The women’s lacrosse team will also do a One Love dedication game that will take place on April 3rd at 7pm. An announcement in the beginning will be made to give the crowd an idea of what the One Love foundation’s mission is and the players will be wearing t-shirts to spread more awareness.

Hundreds of colleges and high schools across the word are hosting these workshops, having dedication games, creating clubs, and so much more to help bring awareness to the matter.

Another senior, Delaney Stahrr, says, “If participating through the workshop or spreading awareness in different ways can help even one person, it is so worth it”

This event is something that I feel to be so important. It is important to remember to love yourself and know that you deserve to be loved and treated with kindness and respect. Everyone should feel and be safe. Bringing One Love to the UT campus is a wonderful thing and I am looking forward to the future events hosted in support of spreading awareness for unhealthy relationships.