
Safe Sport and OneLove



October 13th, 2018

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Oklahoma Senior Athlete
Representative
2x USAS convention
attendee
Trident Aquatics
Claremore High School

**DYLAN
MCCLAIN**



**OKLAHOMA
SWIMMING**



Objective

Our main objective for this presentation is to give you the tools to help spark a conversation regarding positive and negative signs in relationships. Through conversation with your child or other athletes you can help them learn to identify the differences between a healthy and unhealthy relationship. By understanding these behaviors you can provide help to someone you suspect may be in an unhealthy or dangerous relationship.



What is OneLove?

The One love foundation helps educate people about healthy and unhealthy relationships before the relationship escalates to violence.



Yeardley's story

- On July 17, 1987 in Baltimore, Maryland Yeardley Love was born. She had an enormous heart and a contagious smile. Yeardley started college in 2006 at the University of Virginia and played for the women's lacrosse team. Four years later in May 2010, Yeardley's former boyfriend forced his way into her apartment and brutally beat her to death three weeks before she would have received her diploma.
- Yeardley's death was avoidable. If her family, friends, and herself were able to fully understand the signs of an unhealthy relationship she may still be here today.
- Yeardley's story is more common than we would think. 1 in 3 women and 1 in 4 men will experience relationship violence in his or her lifetime.

Oklahoma Swimming
Junior Athlete
Representative
2018 USAS convention
attendee

Jenks Swim Club
Bixby High School

RACHEL BROWN



**OKLAHOMA
SWIMMING**



Jenks
Trojan Swim Club



10 Unhealthy Behaviors

-What to look for

1

INTENSITY

Having really extreme feelings or over-the-top behavior that feels like too much. 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.

2

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.

3

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.

4

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 judgement of friends and family, and making you feel dependent on them for money, love or acceptance.

5

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.

6

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.

7

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, pressuring you to do anything sexual you're not comfortable with.

8

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. This can also be lots of drama or ups and downs in a relationship.

9

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 past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

10

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.



Video

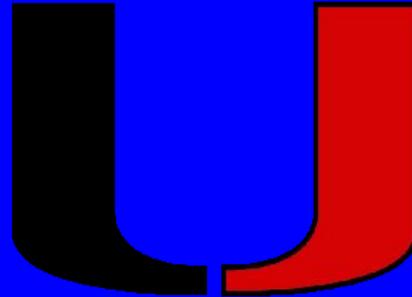
<https://www.youtube.com/watch?v=774HJQ9AdRk>

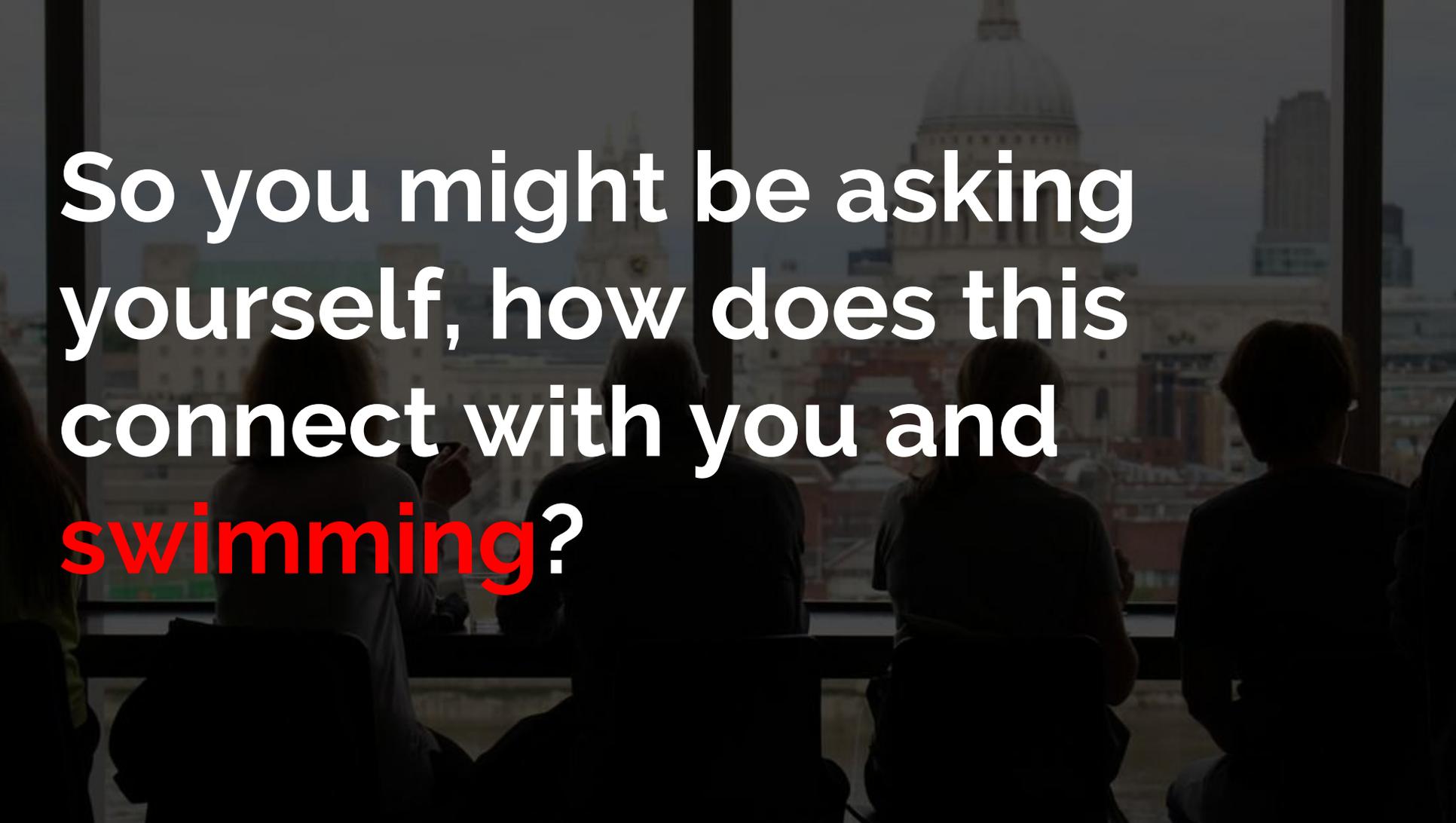
10 major differences between good friends and toxic friends

We all know the phrase 'a friend in need is a friend indeed.' But do you know the difference between good friends and toxic friends? Well, we all have that one friend who is bad tempered, a little jealous, and somewhat conceited. Do you think he or she is a true friend to you? Let us see – today, we've got 10 major differences between good friends and toxic friends that you should consider.

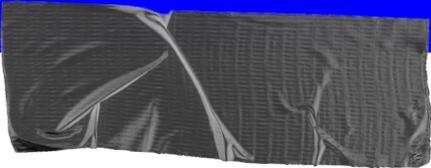
Safe Sport Committee
Athlete Member
Swim Tulsa
Union High School

**KENDRA
VONHARTITZSCH**



The background of the image shows a group of people sitting on a balcony or rooftop, their figures in silhouette against a bright, hazy cityscape. In the distance, a prominent building with a large dome, likely a state capitol, is visible. The overall scene is dimly lit, with the primary light source being the city view, which creates a strong contrast with the dark silhouettes of the people.

So you might be asking
yourself, how does this
connect with you and
swimming?



Swim Family

→ We often spend more time with our swim family than we do with our school and work friends and maybe even our own family.

As a result of spending so much time together, our swimming community tends to be very personal and tight knit.

—

There are many positives to
a close swimming family
like memories and
friendships that last
through adulthood!



Question!!

The relationships you have with the members of your swim club and LSC can personally affect you but it can also greatly affect the community around you

.What types of professional relationships do you see in your swimming community?



Within the aspect of swimming, there are 3 different types of professional relationships:

→ Relationships between adults e.i coaches/parents/volunteers

→ Relationships between coach and athlete

→ Relationships between teammates

Healthy Relationships

Healthy relationships on and off the pool deck are very important to the success of not only every swimmer individually, but also our sport as a whole. Good relationships on the pool deck can lead to major benefits within your swimming community. Healthy relationships create a fun environment which is the perfect setting for fast swimming.



Oklahoma Swimming
Senior Athlete
Representative
2x USAS convention
attendee
Leadership Summit
attendee
Bixby Swim Club
Broken Arrow High School

**ANNIE
KRAMER**



**OKLAHOMA
SWIMMING**



What are words
that describe
healthy
relationships
between coach and
athlete?

Coaches/parents/volunteers?

Teammates?



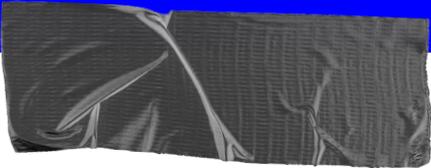


Unhealthy Relationships

The signs of an unhealthy relationship, at times, may be hard to recognize for various reasons.

Listen to this scenario....

- How were the boundary lines blurred in this scenario?
- Did the coach manipulate the swimmers into thinking his actions were just your team's normal?
- What other unhealthy relationship signs did you see in this scenario?



**The actions of
members within
clubs and within
the LSC have a
significant
impact on your
swimming
community.**

—
Optimal training and
productive environments
are met when staying in
bounds of the guidelines
for **healthy, supportive
relationships.**





**Be the best
version of
you that you
can be!**

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Bixby High School

**KAYLEY
HENDERSON**



—
How can you **prevent**
getting involved in an
unhealthy relationship?



Start by understanding
unhealthy behaviors.

**If you feel you or
someone you know
is in an unhealthy
or abusive
relationship, tell
someone you trust.
There are also
resources and
referrals that can
be found at the
website
joinonelove.org**



The myPlan App

Helps people to determine if a friend or loved one is in an unhealthy relationship. :

- **Completely anonymous/private**
- **Series of resources to educate you about a possible harmful relationship**
- **The Assessment tool allows you to answer questions about your relationship- a high score may be a wake-up call**
- **Planning tool- creates action plan based on personal life**

How to stay active in loving better



For more information!

Use the onelove website!

The onelove website has many more educational videos available.

You can also become apart of the onelove team- learn about the issue and take action!

A black and white photograph of a swimmer in a freestyle stroke, wearing a swim cap and goggles, with a thought bubble containing the text 'THANK YOU!!'. The swimmer is in the center of the frame, moving towards the viewer. The water is splashing around them. The thought bubble is in the upper left corner, with a line connecting it to the swimmer's head. The text 'THANK YOU!!' is written in red, bold, capital letters inside the heart-shaped bubble. There are four small circles leading from the bubble to the swimmer's head.

**THANK
YOU!!**