

A THREE-PART SERIES

# MEASURING LOVE

in the Journey to

End Sexual and

Intimate Partner

Violence



# Meet the PreventConnect Team



**Ashleigh Klein-Jimenez**

Director of Prevention

she/her/hers



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she/they



prevent  
connect

## **PreventConnect.org**

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[PreventConnect.org/email](https://PreventConnect.org/email) – **email group**

[Learn.PreventConnect.org](https://Learn.PreventConnect.org) – **eLearning**

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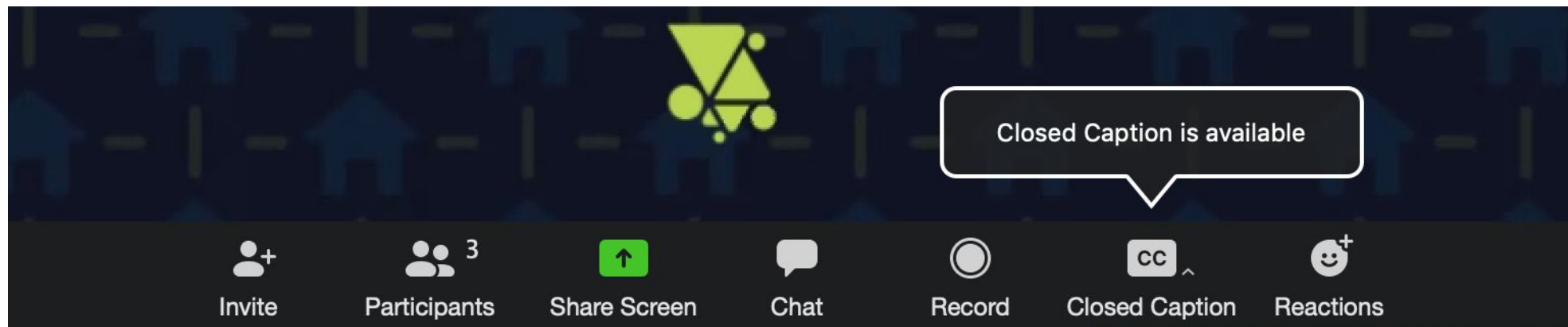
[threads/preventconnect](https://threads/preventconnect)

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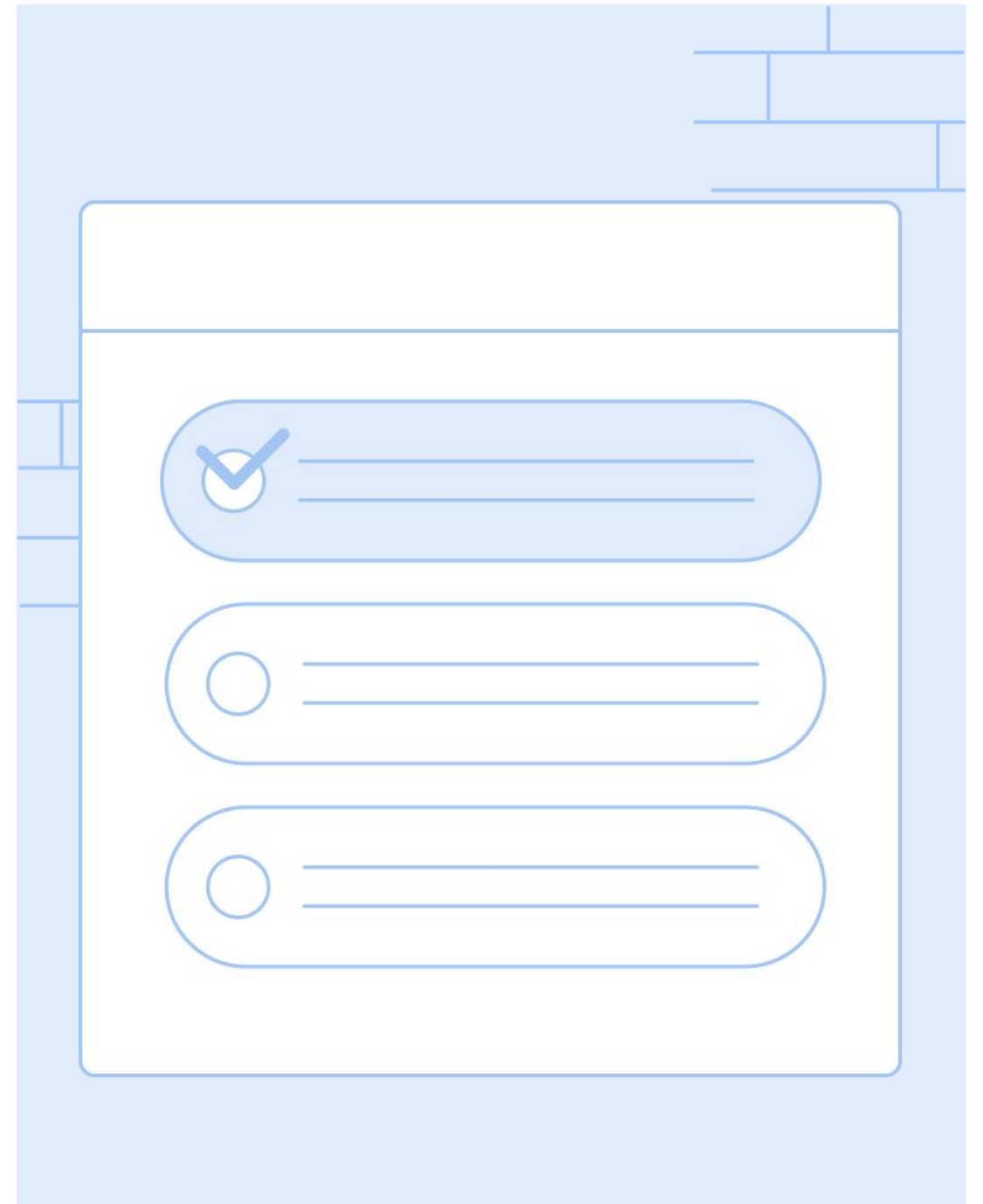
# How to use Zoom

- ▶ Text chat
- ▶ PowerPoint Slides
- ▶ Polling Questions
- ▶ Breakout Rooms
- ▶ Phone
- ▶ Closed Captioning
- ▶ Web Conference Guidelines



Have you attended a  
PreventConnect Web  
Conference before?

Polling Question



The diagram illustrates a polling question interface. It features a white rectangular box with rounded corners, set against a light blue background with a faint grid pattern. The box contains three vertically stacked radio button options. Each option consists of a circular radio button on the left and two horizontal lines representing text on the right. The top option is highlighted with a light blue background and contains a blue checkmark inside the radio button. The middle and bottom options have white backgrounds and empty radio buttons.

# PreventConnect

- ▶ Domestic violence/intimate partner violence
- ▶ Sexual violence
- ▶ Violence across the lifespan, including child sexual abuse
- ▶ Prevent before violence starts
- ▶ Connect to other forms of violence and oppression
- ▶ Connect to other prevention practitioners

# Listen to our podcast!

**DISABILITY JUSTICE HIGHLIGHT REEL PART 1**  
**Disability Justice as a Value and Practice**



Available on  Spotify  



Janae Sargent  
they/she  
Preventconnect



Priscilla Klassen  
she/her  
Valor.Us

## PART 2: COMPOSTING SHAME FOR SELF-LOVE

# MEASURING LOVE

in the Journey to  
End Sexual and  
Intimate Partner  
Violence



PreventConnect is a national project of ValorUS sponsored by the U.S. Centers for Disease Control and Prevention. The views and information provided in this web conference do not necessarily represent the official views of the U.S. government, CDC or VALOR.



# Watch the Recording for Session 1

The screenshot displays a presentation slide with a 4x4 grid of colored circles. The circles are arranged in four columns and four rows. The top row circles are pink, green, blue, and orange. The second row circles are light pink, light green, light blue, and light orange. The third row circles are medium pink, medium green, medium blue, and medium orange. The fourth row circles are dark pink, dark green, dark blue, and dark orange. Each circle contains text, which is mostly illegible due to the image quality. In the top right corner of the video frame, there is a small inset video of a woman with glasses and a dark top. At the bottom right of the slide, there is a logo for 'prevent connect'.

<https://www.preventconnect.org/2024/04/measuring-love-in-the-journey-to-end-sexual-and-intimate-partner-violence/>

# Systems Change When People Change

*“Transforming systems towards justice and equity means supporting people in the system to change in fundamentally consciousness-altering ways. Unless and until then, a system’s structures will continue to produce the same outcomes. Systems, after all, are made up of people. Once we recognise that simple truth, it becomes obvious that we will never catalyse the profound and necessary shifts in people’s beliefs, and behaviours, and relationships while remaining solely in the realm of the rational and the analytical.”*

Collective Change Lab

# Objectives

- ▶ Understand the differences between shame and guilt
- ▶ Discuss composting shame in the context of the Measuring Love framework
- ▶ Explore love practices - starting with self-love - for building love+power
- ▶ Examine a demonstration project based on the Measuring Love framework
- ▶ Consider application of the framework to one's own work

# Meet Our Guests



**Dr. Audrey Jordan**

Founder, ADJ Consulting  
she/her/hers



**Shiree Teng, Strategy**

(she/her/hers)

**Strategy & Learning**  
**le]Valuation Consultant**

# Measuring Love in the Journey for Justice

Excerpts from a brown paper  
by Shiree Teng & Audrey  
Jordan

**"Power, properly understood, is the ability to achieve purpose. It is the strength required to bring about social, political, or economic changes. In this sense power is not only desirable but necessary in order to implement the demands of love and justice. One of the greatest problems of history is that the concepts of love and power are usually contrasted as polar opposites. Love is identified with a resignation of power and power with a denial of love. What is needed is a realization that power without love is reckless and abusive and that love without power is sentimental and anemic. Power at its best is love implementing the demands of justice. Justice at its best is power correcting everything that stands against love."**

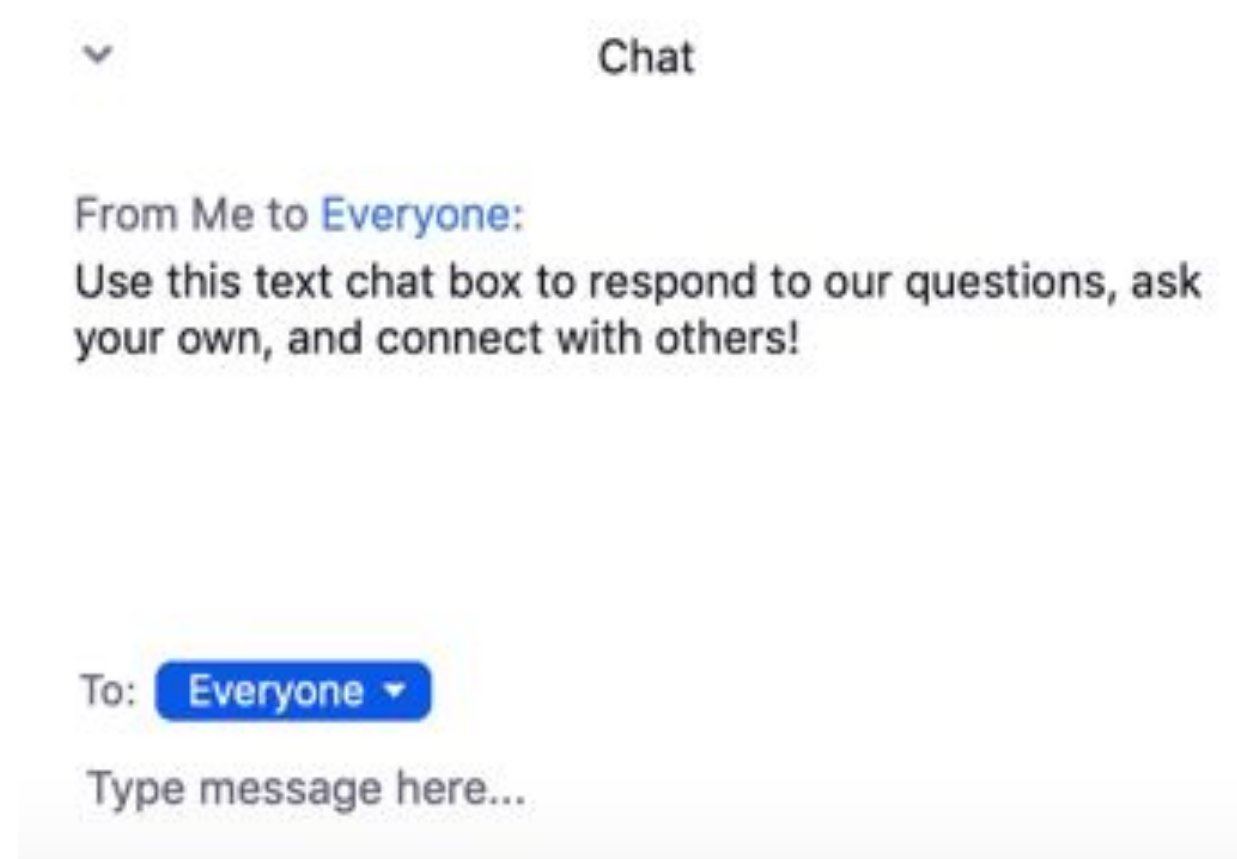
**—Martin Luther King, Jr., from *Where Do We Go From Here: Chaos or Community?* (1967)**

We start with the unapologetic recognition that catalytic love is an intentional decolonizing act.

# In your work, who regularly wields power fused with love?

e.g., welcoming first engagement; truly listens and responds to those “closest to the pain;” emphasizes connection and compassion rather than protocol; makes meaning of data gathered rather than mere extraction; builds self-determination rather than dependence; “power-to” or “power-with” rather than “power-over” stance.

Use the Text Chat feature to answer the question.



Shame:

About identity -

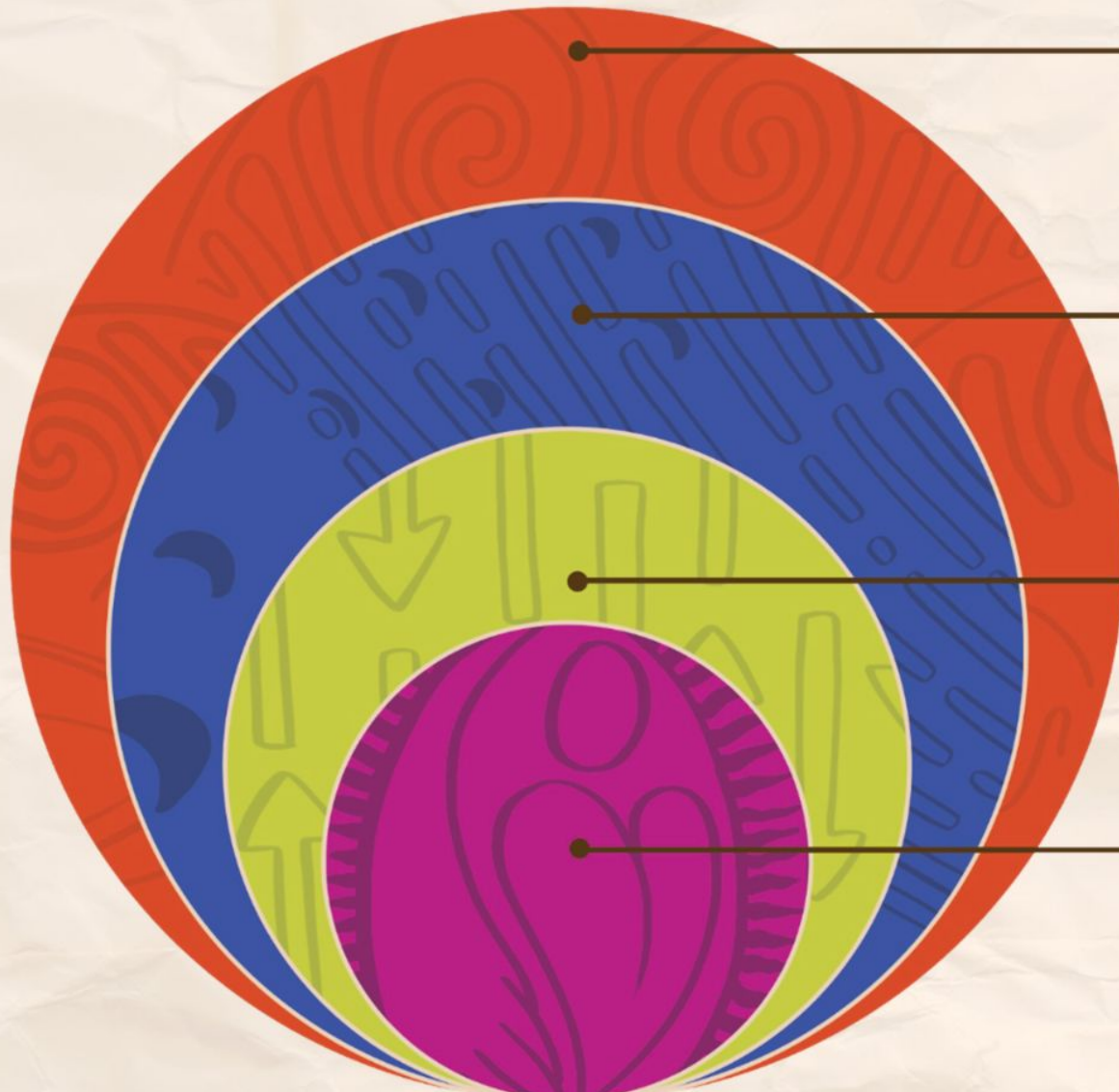
“I’m a bad person.”

Guilt:

About action -

“I did something bad.”

# Emergent, Transformative, Catalytic Love



## LOVE FUSED WITH POWER

- Own and materialize our power
- Share power with
- Build power for collective liberation

## LOVE AS A COMMUNITY PRACTICE

- Organize and develop leaders
- Spread vision and hope
- Fight for material change

## LOVE OTHERS

- Deep listening
- Compassion and understanding
- Forgiveness, chance to do over

## SELF LOVE

- Conscious of how we're in integrity with our own values
- Critical analysis of our own thoughts and behaviors
- Self care as revolutionary acts of resistance



# WAYS OF KNOWING

The original Ways of Knowing framework:



Rational thought,  
analysis, data



Feelings based  
on our senses and  
perceptions



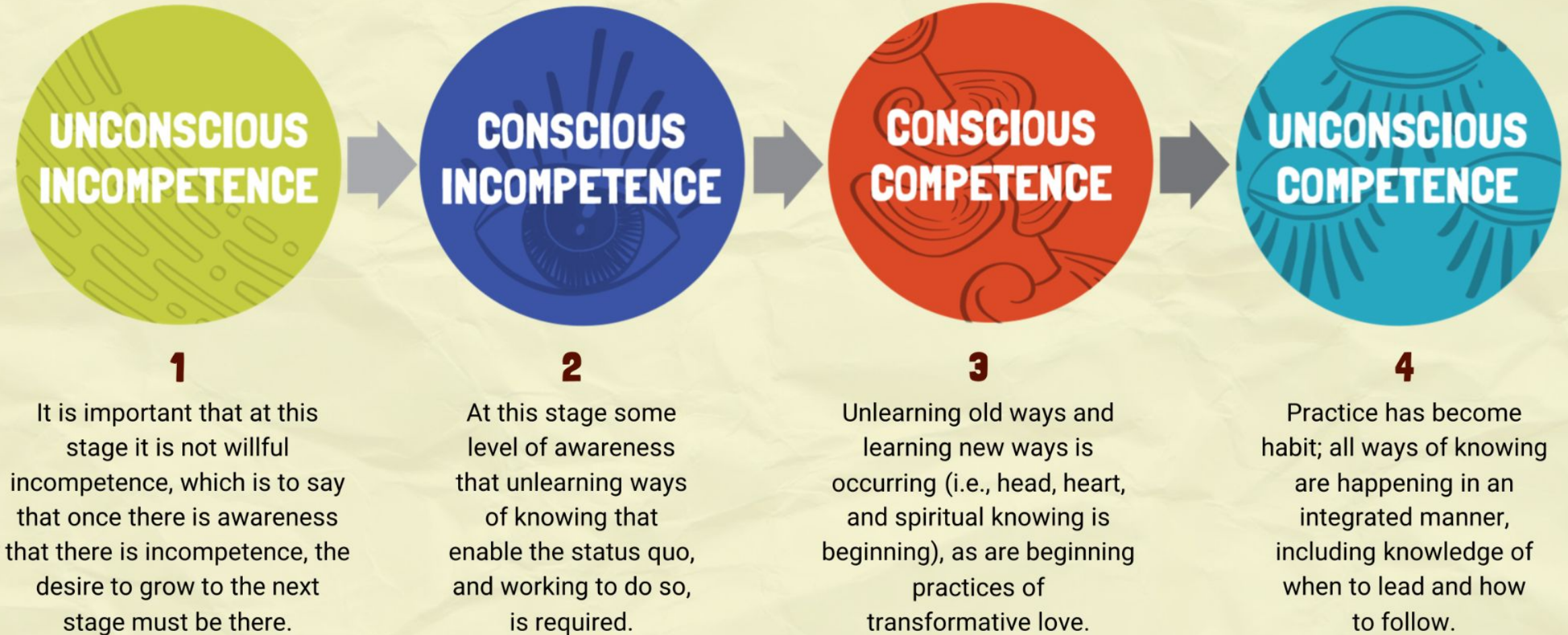
Intuition, gut,  
ways of knowing  
based on ancestral  
wisdom and lineage;  
an internal, spiritual  
knowing



Our body  
gives cues about  
our physical health.  
We ignore them  
at our peril.

During this project we came  
to understand that there  
is another, overarching  
pathway of Knowing:

# Measuring Love Framework

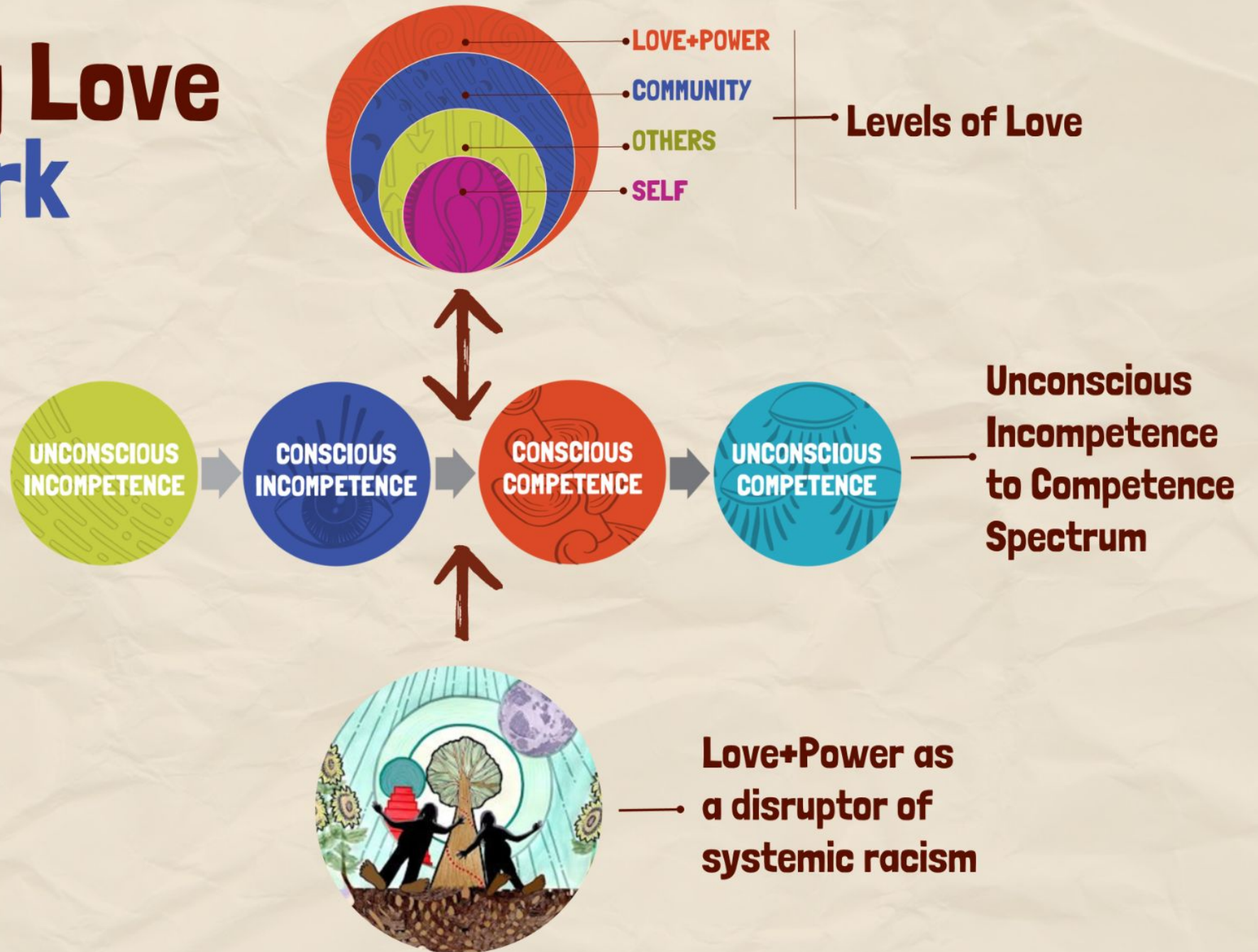


Choosing to be a disrupter of and not complicit with structural racism in our actions, relationships and decisions, transforming ourselves from unconscious incompetence to unconscious competence, and to empower others to do the same.

# Measuring Love Framework

Applicable to a variety of settings where intermediaries (e.g., practitioners, evaluators, funders, service providers)

engage with clients/consumers/ customers/ constituents.

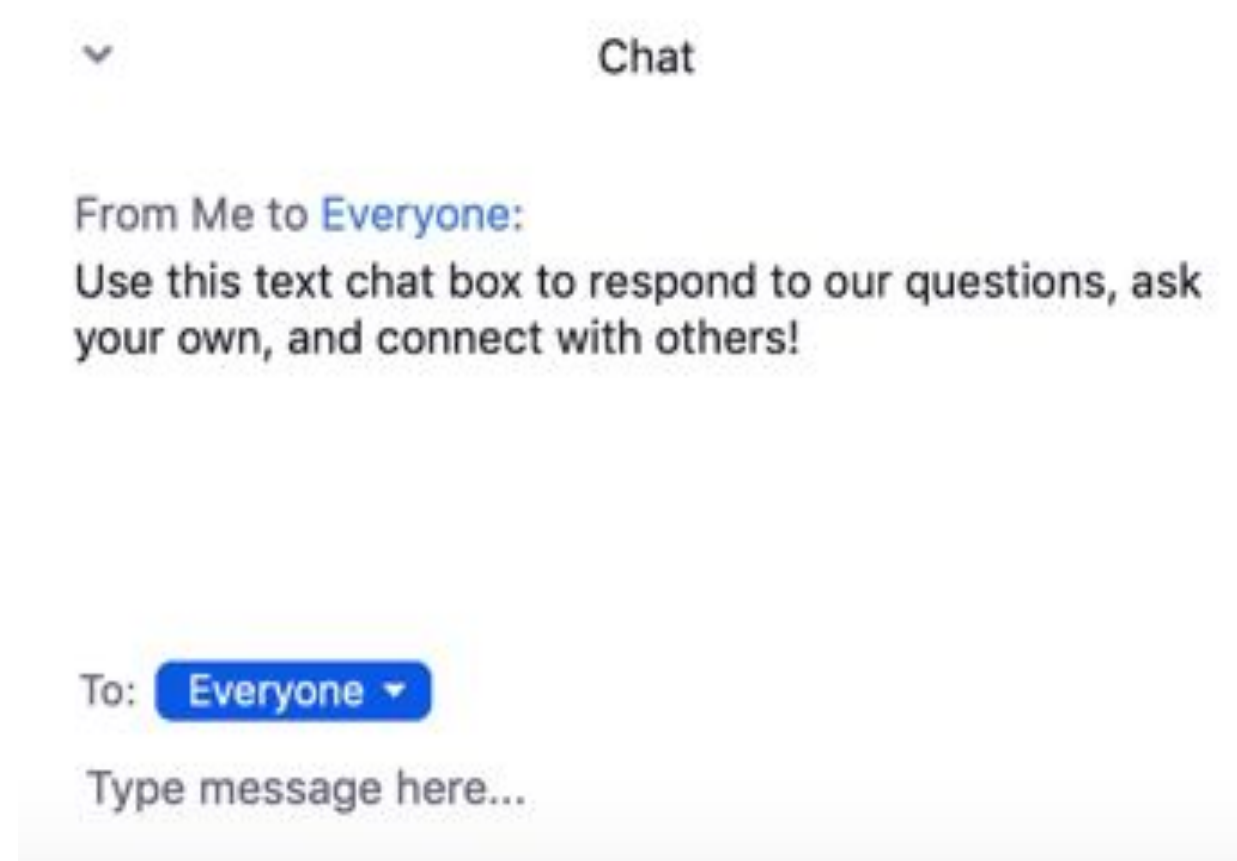


# What came up for you in talking about the Measuring Love Framework?

e.g., Could be a feeling - what came up in your body? Mind? Spirit? What did that feel like?

or - Did that bring up a specific memory or story? If so, share it.

Use the Text Chat feature to answer the question.



Chat

From Me to **Everyone**:

Use this text chat box to respond to our questions, ask your own, and connect with others!

To: **Everyone** ▼

Type message here...

MORE  
**WELLNESS**  
FOR  
MEMPHIS

## UNCONSCIOUS INCOMPETENCE

**Tameka Greer**

Juneteenth Celebration in Park

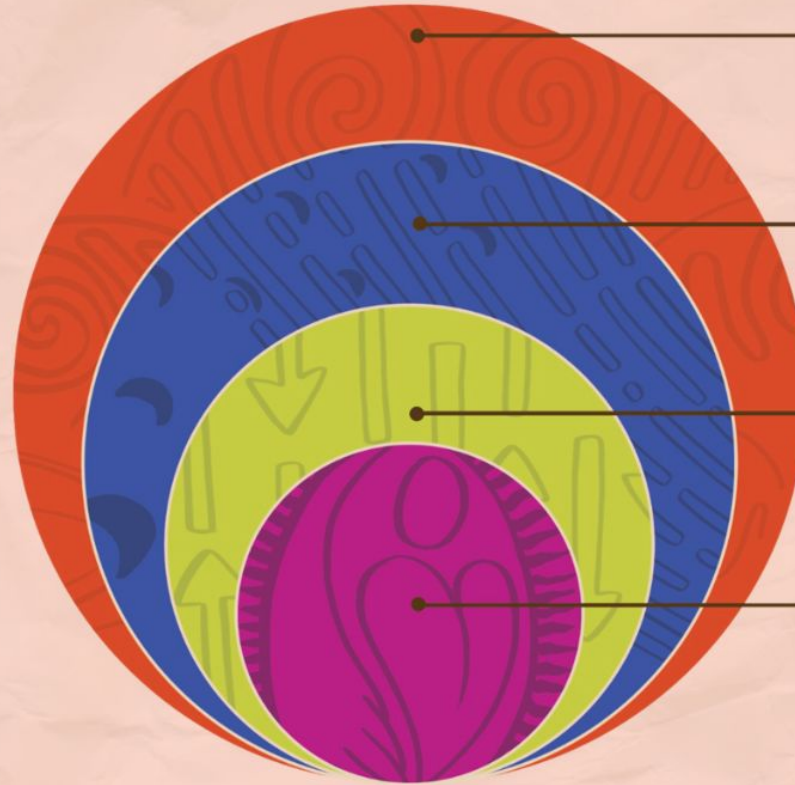
**-18% NPS**

## "Define love from the perspective of those who interact with social systems..."

Random participants were asked questions concerning their involvement with social systems such as Department of Children Services and the criminal justice system. Elevating the voice and power of those most impacted by structural inequity. They were asked:

- Have you ever experienced love when interacting with these various systems. If so, how did it look? If not, how could it have looked?
- Did you have the opportunity to show love in those interactions? If so, did you? If yes, how? If not, how could you have?
- How do you show love in everyday environments?

**Community members expressed showing respect to individuals and their problems is a powerful way of demonstrating love.**



## Measuring Love Dimensions in Action

### LOVE FUSED WITH POWER

Engage the community in open dialog on how institutions can better meet their needs. This collaborative approach can lead to more empathetic policies and practices.

### LOVE AS A COMMUNITY PRACTICE

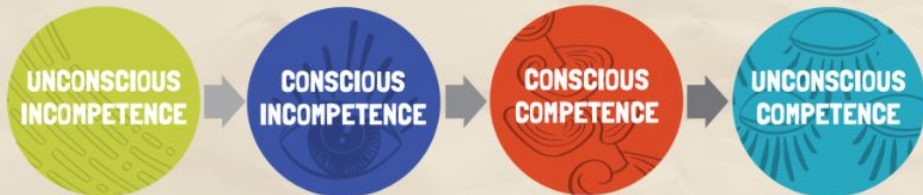
Create a Caring Culture: Training in empathy can help professionals recognize the systemic factors contributing to their client's issues.

### LOVE OTHERS

Prioritizing the welfare and happiness of people seeking help, even when facing challenges within the organizations.

### SELF LOVE

Problems can be resolved with compassion and empathy There is room to express compassion and caring in their professional roles.



“ Making space for people to have problems”

“ Giving People Information”

“ Don't deal with me like I am a criminal”

“ People showing respect and concern ”

“ Show love by doing things from a positive perspective”

“ Show empathy towards people in difficult situations”

MORE  
**WELLNESS**  
FOR  
MEMPHIS



**Brittany Boyd Bullock**

Love as Propaganda & Gentle Reminders

**86% NPS**

**“... a communal art-making project that invites attendees in a community-setting to dialog about love.”.**

Unusual conversations that folk don't usually have, but such a simple and connecting conversation. With an invitation to express through arts/crafts, not necessarily speaking. (using other ways of knowing, making meaning)

Attendees were then invited to create two buttons that remind them of love, one to keep and one to give away. The majority of the feedback came from young kids).

A wearable button to act as a reminder and to inspire hope when participants look at them, we also invite participants to share a button to remind others as well hoping to get the message out far and wide.

## MEASURING LOVE DIMENSIONS IN ACTION

### SELF LOVE

Acceptance and believing in oneself, emphasizing the importance of feeling supported and understood. Importance of supporting this belief in children.

### LOVE OTHERS

Demonstrated the importance of showing love in purest form, encouraging active listening, compassion, and positive interactions with others.

### LOVE AS COMMUNITY PRACTICE

Use art to facilitate open conversations, allowing people to share their experiences and connect with one another.

### LOVE FUSED WITH POWER

Organizations should be willing to adapt their programs and services based on community feedback and changing needs. Demonstrating a willingness to better serve the community.



- “ Don’t be Afraid to Feel Free”
- “ I wish my teacher would just smile at me”
- “ Don’t deal with me like I am a criminal”
- “ Just being nice and talking to me”
- “ Giving away goods when people don’t have the money when shopping”
- “ Teachers should talk to students to understand who they are and what they need”



# There are questions we must ask ourselves first:



1

How am I showing up in **love+power**?

2

What do I know about the **circumstances** of my constituents?

3

In what ways am I **centering constituent experiences** and opportunities?

4

What is my offer and how **does it align** with constituent interests, needs, goals?

5

What are **partnership opportunities** that have mutual benefit?

BREAKOUT GROUPS (5-6 people): Question to discuss – **Which of the five previous questions (in the chat) resonate(s) most with you and why?**

One person agree to put key takeaways in Chat when you return to the main room.

 **Key**



**Takeaways**

# Takeaways

***The Measuring Love framework provides an invitation to be much more conscious of the effects of structural oppression, on ourselves and others; on the ecosystem that reinforces oppression; and on our choices to be complicit or disruptive within it.***

- **Love+Power is the antidote to structural oppression.**
- We all must grow and change, ideally in mutual support, from unconscious incompetence to unconscious competence.
- Three areas of opportunity for transformation toward building love+power:
  - Cultivating love within concentric circles: starting with self-love; out to love of others; then to love in community; and then as a catalytic, collective force for love+power in the surrounding ecosystem.
  - Embrace of truth seeking and expression from all of our experience: head, heart, spirit, and body.
  - Centering those who are most impacted by oppression in our movement toward the “beloved community”

What is one way  
you could shift  
from complicit to  
disruptive to build  
love+power in your  
work?

Use the Text Chat feature to  
answer the question.



Chat

From Me to **Everyone**:

Use this text chat box to respond to our questions, ask  
your own, and connect with others!

To: **Everyone** ▼

Type message here...

# Register for Session 3

**PART 3: LIES AND LIES AND LIES WE TELL**

## **MEASURING LOVE**

in the Journey to  
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