Love should always be safe.
1 in 3 teens experiences violence in a relationship. Day One partners with youth to end dating abuse and domestic violence because love should always be safe.

Domestic violence is not a game, it’s not a hashtag. It’s real life.

And if it can happen to me, then it can happen to you. It can happen to anyone.

The way I heal is through my advocacy work. Day One is my healing partner.”

— Destiny Mabry
A Message from Our Leadership

At a Day One event years ago, a woman spoke personally about her experience with relationship abuse. Having never spoken publicly about it before, her story was raw and unscripted. Yet from that painful place, she also spoke with a resilience that was energizing. In that room full of young people, witnessing her courage and holding that space, we felt the transformative power of her story—a familiar story.

That moment and thousands like them, small and large, witnessed across the country, have brought us to a turning point. This critical time in our culture—in which courageous survivors are speaking out on college campuses, in the workplace, and in courtrooms—has created the opportunity for change. A growing movement against sexual assault and relationship violence has produced the urgency and momentum we need to finally make a generational shift that embraces—no, demands—healthy relationships.

In the past 15 years we have witnessed countless such moments of young people accessing their voices, their power. Working together with youth, we are moving conversations and culture toward healthy relationships. We are proud of what we’ve learned and accomplished as an organization, as part of our New York City community, and as part of the national movement. We are tremendously grateful to those who have joined us with the support that made our rapid growth and increased impact possible.

In the coming year, Day One will use this momentum to expand the reach of our prevention and awareness activities in and out of school and online and increase our advocacy efforts to make systems responsive to young people’s needs. Every year we see more youth becoming advocates for healthy relationships. We see new leaders forming a generation that will end dating violence.

Together, we are fighting for a future where love is safe and, as always, young people are showing us the way.

Stephanie Nilva, Esq.
Executive Director, Day One

Cara D. Edwards
Partner, DLA Piper LLP; Day One Board Chair

Letter from Commissioner Noel

On behalf of the Mayor’s Office to End Domestic and Gender-Based Violence (ENDGBV), I want to congratulate Day One on the organization’s fifteenth anniversary. Day One is a leading voice and advocate in our city's work to respond to and prevent intimate partner violence. As a key partner in our agency’s work, ENDGBV appreciates the opportunity to recognize the organization’s accomplishments.

ENDGBV has partnered with Day One since its inception in 2003, valuing Day One’s specific focus on prevention and intervention services for young New Yorkers. The ENDGBV NYC Healthy Relationship Training Academy regularly collaborates with Day One as fellow youth violence and education providers in New York City, a partnership that has grown since Day One became a city-contracted provider for the Relationship Abuse Prevention Program that operates in high schools and middle schools across the city. Day One has provided significant technical assistance training to the Academy and other ENDGBV staff, particularly around dating violence and technological abuse prevention. In 2015, Day One created and implemented a train the trainer program for ENDGBV staff to enhance our technological abuse training curricula.

We value Day One’s unique perspective as the only youth specific service provider in the city’s intimate partner violence advocacy community. Day One’s commitment to youth empowerment lends a critical youth-centered voice to citywide discussions around our responses to gender-based violence and best practices, policies and programs for survivors and their families.

Congratulations again on this important milestone and best wishes for Day One’s continued growth and success. We look forward to continuing to partner with you in the years to come.

Sincerely,

Cecile Noel, Commissioner, New York City Mayor’s Office to End Domestic and Gender-Based Violence
Day One Strategy

End the Cycle, Create a New Cycle

Day One is committed to generational change to end relationship violence. We know that such a change requires real transformation in people and in relationships, in the systems that affect our lives, and in the cultures that shape them. We need that change to create communities in which healthy relationships are the norm.

To make such a change possible, we focus on four interconnected areas. We stop the cycle with intervention and supportive services. We engage in prevention and awareness activities to lift up behaviors and cultures that embrace healthy relationships. We develop youth leaders to empower their communities and join us in advocacy and organizing to shape systems and policies to be more responsive to the health and well-being of young people. We create a new cycle of healthy relationships and the power to end abuse for the next generation.

And it all starts with a young person.

Day One brings about transformation by creating a ripple effect that begins with youth.
Twenty years ago, my high school boyfriend turned violent for the first time. During an intense argument, he shoved me to the ground and drove off. At the time, I felt like the push came out of nowhere. But now I know the classic warning signs were there.

No one asks you out on a first date and says I am going to hit you in six months. Abusive relationships start the exact same way healthy relationships start. Puppy love. Sweet moments. Flowers, stolen kisses, long phone calls and hand holding.

Abuse builds slowly. It typically starts with jealousy that turns extreme and builds from there. My story is no exception. On one of the hottest days of the year, he told me my shorts were too short and that I was not allowed to wear shorts anymore.

If I went to a friend’s house or to a party without him, I would receive threatening, screaming phone calls filled with verbal assaults. He started to tell me my friends were bad influences, and I must stop seeing them.

He bought me a pager. He wanted to be the only one with the number. When my friend paged me while I was at his house, he threw me out and locked the door. If I didn’t return a page within minutes, he would make public, berating comments towards me.

By the time he laid his hands on me, I should’ve known. But no one in my life had ever explained what the pattern of abuse looks like.

I thought abusive relationships happened in movies or different neighborhoods. My school had no programs about healthy relationships. Not a day goes by that I don’t think about what I went through and wish there was an organization like Day One at my own high school. Day One means love is safer for thousands of teenagers than it was for me.”

— Katie

Supportive Services

Day One’s Direct Services Program provides critical counseling, case management, and legal representation to enable young people to build the courage to leave an abusive relationship with coordinated support services to ensure their safety.

In 2018, we grew our case management capacity and provided over 2,500 services for young people. We increased our attention to immigration barriers, a critical issue that can make survivors hesitant to seek help. We invest countless hours working with our clients through a delicate, traumatic, and dangerous time in their lives to support and move them toward safety and healing.

Last year, our legal services adapted to the ongoing increase in abuse occurring through social media and technology abuse. We advocate for our clients to ensure that law enforcement treats this form of abuse as the crime it is.
I was 20 when I met my husband. I came for one summer to New York from Ecuador. I had no idea how my life would turn out after that summer. I met him, and as most stories go, everything was a fairytale at the beginning. He was always a bundle of joy—helpful, considerate, thoughtful and loving. All these traits got me to fall for him. I decided to stay in New York when he proposed to me late that fall.

Things began to change a few months later when we moved in together. He changed from being happy to angry, from being helpful to not doing anything at all, from being respectful to not being respectful. At first I didn’t notice the leverage he had on me, or the disparity in the power. He isolated me from my life and began to control everything else, who I talked to, what I wore, everything. I would try my hardest to make him happy and to not make him angry.

I remember the day he grabbed me by both wrists. When I escaped, he punched a hole in our wall. I had to leave. Stripped away from my family, friends, culture, I was lost. I did not recognize myself. I left my husband and in the midst of all my confusing feelings, I was given a referral to Day One.

Day One helped me with counseling and legal help. I was hopeless, afraid and desperate, but Day One made me realize I matter and so do my dreams. They reminded me that love should always feel safe.”

— Nicole
Leadership Development

Day One partners with young people to demand safe relationships for themselves and their peers, and engages youth in raising awareness in their communities. Each young person with the skills to advocate for healthy relationships becomes a catalyst for change with exponential impact.

Youth Voices Network

Youth priorities and experiences guide every part of our work. Our Youth Voices Network offers young survivors a forum to share their stories and speak out against dating violence. YVN members advise Day One on media communications and are often interviewed themselves, raising awareness, owning their own messages, and challenging expectations of what a survivor looks and sounds like.

This year, Youth Voices Network members collaborated on an awareness event about current threats to Title IX, the federal law prohibiting sex discrimination, and motivated young people to voice their support of the law. Events like this engage youth in the legislative advocacy process to influence policies that directly affect their lives.

Young people are at the heart of social movement and progress. We need their participation and leadership to end relationship violence and sexual assault.

"Day One does an outstanding job empowering youth about the boundaries and limits needed in a relationship in order to feel safe and respected!"
— Day One Client

"Becoming a Peer Leader last Summer opened my eyes to a new way of thinking about various topics and issues. As a male I never thought about LGBTQ issues, gender identity or pronouns. Day One helped me think about what causes someone to harm another person and how difficult it is to leave someone even if they hurt you. Most of all, I learned how I want to shape my future romantic relationships and friendships."
— Stephon, Peer Leader

"From the moment I added you on Snap several months ago, your stories helped me get out of a terrible, emotionally abusive relationship I didn’t even realize. I just knew I wasn’t happy and now I’m in a completely happy relationship."
— A Commenter on Snapchat
Youth Leadership

Each year, Day One engages over 850 youth in our leadership programs and activities, which now reach students in after-school sessions and over the summer. Youth bring the knowledge, skills, and confidence to engage and educate their communities about healthy relationships and dating abuse.

Youth leaders guide Day One’s work, supporting events and speaking with the media. This past year, youth leaders joined in a “Take Back the Night” march and a rally at City Hall to promote safer schools. They are bold. They are a positive force for change.

You(th) Already Know!

The You(th) Already Know! gathering is a powerful and growing platform for youth leadership. Youth voices take center stage at this annual event created for and by young people to build community and generate shared knowledge among youth and youth-serving professionals on the best strategies to end teen dating abuse.

Attended by almost 200 youth and adults, each gathering is an energizing forum. Adults take a supporting role as youth drive the conversation, leading workshops and performances that examine the intersection of intimate partner violence and other identity-based oppressions.
Day One by the Numbers

Our Impact in New York City and Beyond

1 IN 10 NYC TEENS WILL BE ABUSED THIS YEAR

Media Impact
As the go-to source on preventing relationship abuse among young New Yorkers, Day One has been quoted extensively in national publications reaching hundreds of thousands.

“5 Things Every Young Woman Should Know About Sexual Assault Laws”
March 15, 2016

“What #MeToo Means to Teenagers”
April 19, 2018

“2,500 DIRECT SERVICES DELIVERED
22% LEGAL SERVICES & ADVOCACY INCREASE OVER PREVIOUS YEAR

Viral Video: Over 14 Million Impressions
Our dynamic animated short film shows the subtle escalation of emotional abuse among young people.

ABUSE RATES ARE HIGHEST AMONG WOMEN 16 TO 24

Education Programs

Survivor Support Services
The Years Ahead

At this critical time, we have the opportunity to effect generational change and build a future free of relationship violence.

In the coming years, Day One will dramatically expand our impact. By investing in technology-based tools and projects, we will reach a wider audience—training social workers and teachers through educational webinars and creating viral online awareness videos, games, and exercises to engage hundreds of thousands. By expanding our youth leadership programs, we will see hundreds of teens and young adults each year become the advocates of tomorrow.

What would a future without relationship violence look like? It would look like this:

Parents and caregivers teach young people about personal boundaries and respectful relationships.

Healthy relationships are reflected in the media, in schools, and at home. Teenagers feel represented.

Youth have the language to talk about consent, recognize warning signs of abuse, and treat each other with respect.

Communities invest in healthy relationships, value all young people, and validate their experiences.

It is a future in which love is always safe... from day one.

Join Us in Building a Future Free From Relationship Violence

Dating violence can happen to anyone. It does not discriminate. Everyone has a role in nurturing healthy relationship behaviors and preventing abuse. Our work must be everyone’s work.

The time for bystanders is over. We need upstanders. We need you.

Inform Yourself
Protect your family and young people in your life.

Believe Survivors
Support them and their allies in the movement.

Advocate and Organize
Support policies and programs that enable healthy relationships.

Make a Contribution
Help a young person get critical support services.

Be a Corporate Champion
Help drive impact to end relationship violence.

Engage on Social Media
WE ARE A STRONG COMMUNITY

Day One Champions

“Partnership with Day One is absolutely vital.”
Kirsten Gillibrand
U.S. Senator, New York

“Day One was the first group that allowed me to open up and tell my sister’s story. They do great work.”
Tamron Hall
Broadcast Journalist and Television Host

“Day One plays a powerful role in ending domestic violence by supporting young survivors and teaching children and youth about healthy behaviors.”
Zerlina Maxwell
Political Analyst, Writer, Commentator

WE ARE GRATEFUL FOR YOUR SUPPORT

Prominent Supporters

BBDO New York
Frank and Ruth E. Caruso Foundation
The Jerome A. Chazen Fund
New York City Council
New York City Human Resources Administration
The New York Community Trust
New York State Division of Criminal Justice Services
New York State Office of Victim Services
NoVo Foundation
Pfizer Inc.
The Pinkerton Foundation
U.S. Department of Justice, Office on Violence Against Women
Verizon Foundation
A future free of dating violence will come only when individuals and communities see their roles in being part of that change. We are tremendously grateful for our growing community of supporters and partners in the movement to end dating violence.

Our supporters remind us that the world we want to live in is possible. And together we will make it a reality.

“I have been involved with Day One, as a contributor, board member and chair, since 2006. I’ve watched the organization’s reach grow during a time when the need for the understanding and love that Day One teaches and advocates for is greater than ever. My hope is that Day One will continue to help empower meaningful and just relationships for all.”
— Allen Waxman, Former Board Chair

“I enjoy partnering with Day One to help maintain and develop their digital presence, as I believe they’re an important non-profit, providing valuable services to many of New York’s at-risk young people, who might otherwise have few resources to address their very specific needs.”
— Robert Stribley, Associate Experience Director at Razorfish

“By investing in youth to teach appropriate behavior early, we are building a better future for everyone. Especially given the state of our country today, I am passionate about being a part of the changing narrative moving forward.”
— Michaela, Young Professionals Board Member

“Pfizer’s Legal Division is proud to be a long-term supporter of Day One’s important work. Day One has done an incredible job helping to educate young people on dating violence and offering vital advocacy and legal support to survivors.”
— Maryana Zubok, Senior Corporate Counsel at Pfizer Inc

2018 Financial Overview

Income: $3,052,113

- 59% Government support
- 21% Foundations and Trusts
- 13% Individual & Corporate Support
- 4% In-Kind
- 2% Program Income
- 1% Other

Expenses: $2,649,879

- 82% Program Services
- 13% Management & General
- 5% Fundraising

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Since 2003, Day One has educated over 90,000 people to respond to and prevent dating abuse.

Together, we are building a future in which love is safe from day one.