Healthy Relationships

When You’re Worried About a Friend

If you think a friend is in an unhealthy or violent relationship, try this:

- Focus on your support for your friend and avoid arguing about their choices or behavior.
- Say things like, “I’ve noticed ___ and am concerned for your safety” and “I am here to support you now or in the future”.
- Avoid judgmental statements like, “You should dump them!” or “Can’t you see they don’t treat you well enough?” which might make your friend defensive.
- Focus on your support for your friend and avoid arguing about their choices or behavior.
- Ask what’s wrong (even if they don’t want to share, they know that you care).
- Remember, if a friendship or romantic relationship is unhealthy for you, you have the option to end it or to get support to figure out what to do. Taking care of yourself is no reason to feel guilty.
- Practice showing gratitude to the people you appreciate. It will make both of you feel good!

Stay Positive

Resources to Support Healthy Relationships

Office of the Dean of Students (ODOS) (434) 924-7166 afterhours
Support with relationships, concern for friends, or help resolving potentially unsafe situations

Counseling and Psychological Services (CAPS) (434) 243-5150 weekdays (434) 972-7004 afterhours
Call to see how CAPS can best support you

Madison House HELP Line (434) 295-TALK
Talk about anything, anytime, 24/7

Maxine Platzer Lynn Women’s Center (434) 982-2361
Gender violence and social change support and education, or to become an advocate

Sexual Violence Education & Resources virginia.edu/sexualviolence/
Guidance for addressing relationship violence

Sexual Assault Resource Agency (SARA) (434) 977-7273
Free, 24-hour support for survivors of sexual assault

Healthy relationships vary depending on culture and other factors. This isn’t a checklist – just some examples.