

Healthy Relationships

STALL SEAT JOURNAL

Volume 15 Issue 12

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The people you choose to spend time with have an impact on your well-being. They can **bring out the best in you**, make you feel good about yourself, and support you in becoming the person you want to be.

In turn, you also have an opportunity – and responsibility – to **make the UVa community the safest and most supportive environment possible** by checking in to make sure the people around you are doing okay.

Hoos Looking Out for Each Other
Small acts make a big difference.

HOO KNEW ?

95% of UVa students make sure a friend who is drinking is not left alone with a stranger.*

Conflict is a normal part of all relationships, and even healthy relationships take work.

Causes for Concern



The use of power by one person against the other

When someone is controlling, puts their friend or partner down in front of others, or limits their friend's or partner's relationships with family and friends

When someone makes threats, uses force or violence, or breaks things during fights

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.

Stay Positive

Practice showing gratitude to the people you appreciate. It will make both of you feel good!



If you think a person's health or safety is in immediate danger, call 911 (even if you aren't 100% sure).

Remember, your role is to be a supportive friend, and you can't make problems go away or force people to change. Take care of yourself, and get the support you need if you are feeling down about a friend.

What can healthy friendships and romantic relationships look like?



Mutual support and encouragement

Respecting each other's feelings, opinions, and interests

Accepting each other's strengths and weaknesses

Feeling good about oneself with the other person

Willingness to compromise, because relationships with winners and losers are no fun and don't last

Dealing with change and conflict in constructive ways

Apologizing

Each person pursuing relationships with other friends and family too

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



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.

If you think a friend may have experienced violence, try this:

- Ask what's wrong (even if they don't want to share, they know that you care).
- Listen, believe the person, and assure them they are not alone.
- Avoid minimizing the person's feelings or downplaying the seriousness of a situation.
- Encourage them to get professional support (see Resources below).

Resources to Support Healthy Relationships

* From the Spring 2013 Health Survey with responses from 654 UVa students

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
Call to see how CAPS can best support you (434) 972-7004 afterhours

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