Green Lights

**Mutual Respect:** Supporting each other, listening and being heard, and treating one another with worth

**Healthy Disagreement:** Resolving conflicts respectfully

**Autonomy:** Maintaining independence and supporting one another’s other relationships, goals, and interests

**Quality Time:** Feeling good when you’re together

**Trust:** Being able to rely on, confide in, and feel safe with each other

**Comfort:** Communicating openly and feeling comfortable with the pace of your relationship without feeling pressured or overwhelmed

**Equality:** Contributing an equal amount of effort, support and care

**Encouragement:** Building each other up
Boundaries and expectations are essential to a healthy relationship. Whether it’s a relationship with a friend, roommate, partner, or family member, communicate about your values, what you want out of a relationship, and how the relationship makes you feel.

Being open and honest with yourself and others can help build trust and strengthen bonds.
Expressing your concerns about a relationship can feel intimidating. Try to be solution-focused and open to hearing about what you can also work on.

“STAMP” can help with difficult conversations:

- **S** – State the facts: Start the conversation off by stating the facts that you can mutually agree on.

- **T** – Tell your story: Describe how you interpret the facts and use “I statements” by starting your statements with: “I feel...” instead of “you...”

- **A** – Ask for the other perspective: There can be two sides to a story so try to see it from their view.

- **M** – Meaning: Find mutual understanding and common ground.

- **P** – Propose solution: Offer suggestions for how to move forward.
How Do You Feel?

Your emotions are **valid** so trust them. If something feels uncomfortable, listen to your intuition and consider reevaluating your relationships.

Look out for these warning signs:

**Feeling...**

...**isolated** in a relationship

...**criticized** for your actions and decisions

...**guilty or stressed** when spending time with other friends or alone

...**controlled or manipulated**

...**pressured** into doing things that are outside your comfort zone
Manipulation and abuse – physical or emotional – are **unacceptable**. If a relationship feels unhealthy, it’s okay to express your concerns or stop spending time together. Your well-being and safety come **first**.

If you have a friend showing signs of being in a troubled relationship,

- **Affirm** their worth.
- **Be supportive** and avoid judgement about their choices or actions.
- **Express your concern** by respectfully stating specific things you’ve noticed.
- **Suggest confidential resources** to stay safe and get support. Call 911 if there is immediate danger.
Consider Seeking Help From A Professional:

**Confidential Madison House HELP Line:** (434) 295-TALK
No problem is too big or small – they’re here to listen

**Office of the Dean of Students:** (434) 924-7133
Support for relationship concerns and potentially unsafe situations

**Counseling and Psychological Services (CAPS):** (434) 243-5150
Confidential consultations related to relationships of all types

**Maxine L. Platzer Women’s Center**
Confidential counseling about relationships

**Shelter for Help in Emergency (SHE):** (434) 293-8509
Confidential, 24-hour hotline for relationship violence, plus other support services.
Getting involved can help you connect with people who share your interests. Check out these resources for finding community:

Visit the **UVA Student Engagement** page for an upcoming events calendar, ideas for getting involved, mental well-being support resources and more.

Subscribe to the **Wahoo Weekender**, a weekly newsletter highlighting a wide range of fun weekend events happening around Grounds and Charlottesville.

Visit the **Alumni Events Page** for a calendar of upcoming virtual events.

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