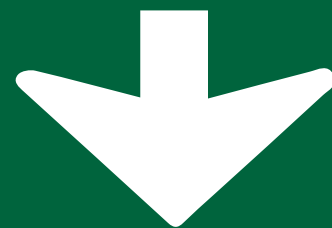




UVA  
Stall Seat Journal

# Healthy Relationships



## 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

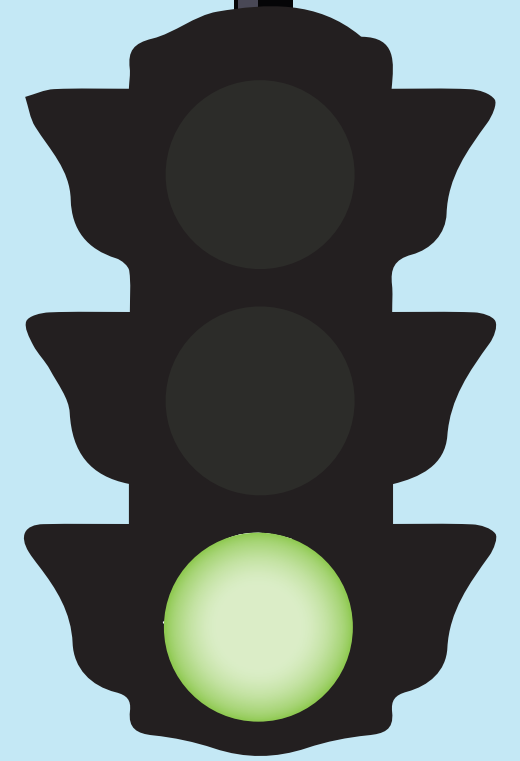
**Quality Time:** Feeling good when you're together

**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



# Communicate!

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

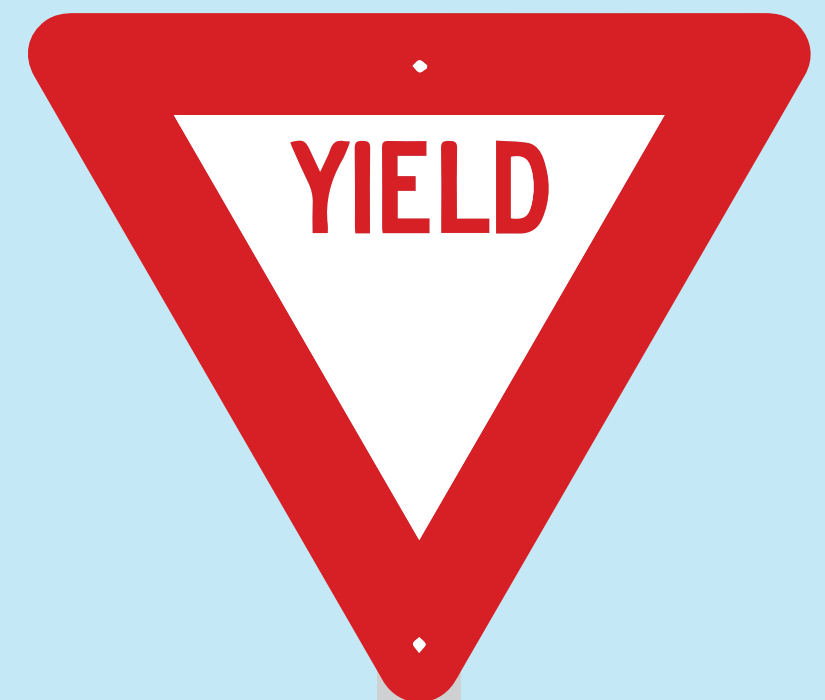
# How Do You Feel?

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



## How To Help

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*.

**HOO?**  
**KNEW!**

\*From the February 2020 NCHA with responses from 904 UVA undergraduates.

91% of UVA undergraduates' social relationships are supportive and rewarding.\*

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.*

# Finding Community

***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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