Healthy Relationships

Healthy relationships can make the good times sweeter and the hard times easier.

College provides greater freedom during which new types of relationships may form. Prioritizing healthy, fulfilling relationships can help you make the most of your time at UVA and beyond.

Ingredients of a Healthy Relationship

- Mutual Trust
- Respect
- Communication
- Feeling Good
- Support
- Honesty

How to Help a Friend

Checking in with a friend who may be experiencing an unhealthy relationship provides care and support.

- Affirm their worth by discussing specific things you have noticed and express your concern for them.
- Be supportive and avoid judgements about your friend’s choices or actions. Judgement is not constructive and could lead someone to avoid seeking help.
- Stay safe and get support by suggesting confidential resources.
- Be aware and call 911 if there is immediate danger.

Communication

It can be difficult to communicate when you need distance from someone. These conversations are necessary to ensure your well-being. Rather than avoiding them, it is best to be honest about how you feel in a relationship. Whether you are asking or being asked for space, listen and speak with an open mind.

Signs a Relationship May Be Unhealthy

- An uncomfortable amount of stress or anxiety caused by the relationship
- A negative “gut” feeling
- Feeling less like yourself
- Neglecting your needs
- Use of coercion or threats
- Repeated, unwanted contact

Resources

- Your RA can provide advice and help connect you to the best and most applicable resources.
- The Office of the Dean of Students (ODOS) Provides support for relationship concerns and helps resolve potentially unsafe situations. (434) 924-7133
- Madison House HELP Line A confidential phone line that operates 24/7. No problem is too big or too small; they’re here to listen. (434) 295-TALK
- Maxine L. Platzer Women’s Center Confidential counseling about all relationships for persons of all genders. (434) 982-2361
- Shelter for Help in Emergency (SHE) Confidential, 24-hour hotline for relationship violence with additional supportive services. (434) 293-8509

* From the February 2019 Health Survey with responses from 808 UVA students.
† From the February 2017 Health Survey with responses from 1,010 UVA students

HOO KNEW?

84% of UVA students build relationships by trusting someone with their private or important thoughts and feelings.†

95% of UVA students intervene when they notice a problem situation. *

Stall Seat Journal is Hiring!

Apply to join our team on Handshake!

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