

Healthy Relationships

STALL SEAT JOURNAL volume 20, issue 13

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



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.



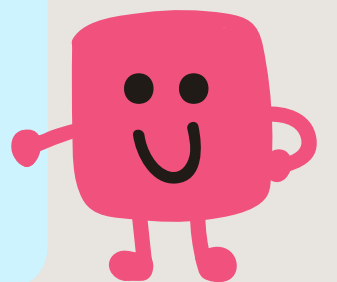
HOO KNEW?

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

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

If you feel a relationship is not healthy or is not one that you value, try setting boundaries that improve the quality of the relationship or consider ending it. **Your well-being and safety are a priority!**



HOO KNEW?

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

Stall Seat Journal is Hiring!
Apply to join our team on Handshake!

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

Want this poster for your room? Feel free to take me home **April 13-17.**

Talk to us at StallSeatJournal@virginia.edu

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