

Healthy Relationships

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Relationships with others make life more fulfilling by making good times sweet and hard times more manageable. College can bring new types of relationships with greater freedom. Relationships are about sharing aspects of life with people and about having fun together. Connecting with friends and family who care about you can be a positive force.

Cultivating Relationships

Relationships involve effort and commitment. Taking time for a friend, even when not convenient, is an important part of building trust. Listening and validating feelings are ways to show you care. Likewise, opening yourself up to others allows them to support you.

Sometimes even great relationships can face challenges. Reaffirming your care or apologizing for a wrongdoing can help restore a strained or overlooked relationship. Your vulnerability can strengthen the bond.

HOO KNEW?

Almost all UVA students (94.5%) do acts of kindness for friends, family, or strangers to build relationships with others.*

Common Green Lights

Common Yellow Lights

- Feeling good while spending time together.
- Trusting one another with authenticity.
- Respecting each other's feelings, priorities, and other relationships.
- Encouraging each other through life's difficulties.
- Working together to resolve challenges with productive solutions.

- Feeling less like oneself around a friend or partner.
- Increased stress rather than increased wellbeing.
- Controlling or manipulating someone's decisions or time.
- Use of threats, force, or violence.
- Repeated, unwanted attempts to contact someone.

If a relationship feels unhealthy, you are free to spend less time with that person, express your concerns to them, or seek help from a professional (see Resources). Your wellbeing and safety are worth protecting.

How to Help a Friend

Checking in with a friend who shows signs of a troubled relationship can let them know you care.

- State what you have noticed, and express your concern for them. Affirm their worth!
- Be supportive, and avoid judgment about your friend's choices or actions.
- Consider suggesting confidential resources (see below) to stay safe and get support. Call 911 if there is immediate danger.

HOO KNEW?

9 out of 10 UVA students build relationships by talking with others about problems.*

*From the February 2017 Health Survey with responses from 1,010 UVA students

Resources for Relationships

- Office of the Dean of Students (ODOS)** - (434) 924-7133
Provides support for relationship concerns and help resolving potentially unsafe situations.
- Madison House HELP Line** - (434) 295-TALK
No problem is too big or too small. They're here to listen. They serve all.
- Counseling and Psychological Services (CAPS)** - (434) 243-5150
Confidential consultations related to relationships of all types.
- 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.

Friendships form across all four years, especially as you develop your activities and studies. It is OK if you don't yet have the friends you hope for at UVA. "Go to something you find interesting, even if you go alone the first time. Try new things!"
- P.S., CLAS 2019

"Healthy relationships are about quality over quantity. Invest in your best relationships!"
- N.K., CLAS 2019

Social media can impact how you view relationships. "Remember to consider how your own profile appears to others. This can help give you perspective."
- N.K., CLAS 2019