Healthy Relationships

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.

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

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

Feeling good while spending time together.
Feeling less like oneself around a friend or partner.
Respecting each other with authenticity.
Increased stress rather than increased wellbeing.
Respecting each other’s feelings, priorities, and other relationships.
Controlling or manipulating someone’s decisions or time.
Encouraging each other through life’s difficulties.
Use of threats, force, or violence.
Working together to resolve challenges with productive solutions.
Repeated, unwanted attempts to contact someone.

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.

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.

Want this poster for your room? Feel free to take me home April 16-20.
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