

# HEALTHY RELATIONSHIPS

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Relationships help make life more fulfilling by making good times sweeter and hard times more manageable. College can bring new types of relationships with greater freedom. Figuring out what your values are and treating people with mutual respect can help you make the most out of relationships.

## HOO KNEW?

**9 / 10** UVA students talk to friends, family, or others for support to feel better.\*

## CULTIVATING HEALTHY RELATIONSHIPS

There are many things a person can do to help cultivate strong relationships.

**COMMUNICATE** with your friend, partner, or family member about what your values are, what you want out of a relationship, and how the relationship makes you feel.

**TAKE TIME FOR SOMEONE** to show you care. Relationships involve effort and commitment.

**BE OPEN WITH OTHERS** to help them support you. Your honesty can strengthen a bond and build trust.

## FACING CHALLENGES

Sometimes even great relationships face challenges.

Reaffirming you care or apologizing for wrongdoing can help restore a strained relationship. Consider some of these tips when resolving conflicts:

- ▶ **Reflect on your values and expectations**, and be prepared to communicate directly about how you feel.
- ▶ Relationships are built on mutual respect, so **consider whether both people's feelings, values, and boundaries are being respected**.
- ▶ **Remember that relationships change a lot in college**. It's okay if what you want has changed since starting the relationship.

*Social media can create unrealistic expectations for relationships. Many people's posts on social media are a highlight reel – they only show that person's best moments. Pay attention to how social media makes you feel, and consider changing your usage if it is not working for you.*

## HOW TO HELP A FRIEND

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

- ▶ State specific things you have noticed, and express your concern for them. **Affirm their worth!**
- ▶ **Be supportive**, and avoid judgment about your friend's choices or actions. Judging someone may lead them to avoid seeking help.
- ▶ Consider suggesting confidential resources to **stay safe and get support**. Call 911 if there is immediate danger.

## COMMON GREEN LIGHTS

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

## COMMON YELLOW LIGHTS

- Feeling less like oneself
- Increased stress rather than increased wellbeing

If a relationship feels unhealthy, it's okay to express your concerns to that person, spend less time with them, stop seeing them altogether, or seek help from a professional (see Resources). Controlling or manipulating someone's decisions, using threats (with and without force or violence), and repeated attempts of unwanted contact are all not acceptable. **Your wellbeing and safety are a priority!**

## RESOURCES

### Your RA

Can provide advice and connect you to the best resources.

**Office of the Dean of Students (ODOS)** – (434) 924-7133.

Provides support for relationship concerns and help resolves potentially unsafe situations.

**Madison House HELP Line** – (434) 295-TALK.

**Confidential.** 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. Located at Student Health.

**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.

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

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Want this poster for your room? **Feel free to take me home April 15-19.**