

Healthy Relationships

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Healthy relationships make people's lives better! Choosing to spend time with people who make you the best version of yourself is a great way to take care of yourself. People often find that quality matters more than quantity, so it's okay to focus on relationships that are most rewarding.



Want this poster for your room? Feel free to take me home April 17 – 21.

Some common signs of healthy friendships and romantic relationships:

- ▶ **Prioritizing** open, honest communication.
- ▶ **Sharing** mutual encouragement and support.
- ▶ **Feeling good** about oneself with the other person.
- ▶ **Dealing with change** and conflict in constructive ways.
- ▶ **Respecting** each other's feelings, thoughts, and interests.
- ▶ **Balancing** other priorities, including relationships with other people.



Even **healthy relationships take work**, and no one is perfect. Relationships usually involve some apologizing and some forgiving.

Some causes for concern:

- Feeling less confident or **liking oneself less** with the other person.
- **Controlling** a friend or partner, putting them down, or limiting their relationships with family and friends.
- Making threats, **using force or violence**, or breaking things.
- Making repeated, **unwanted attempts** to contact someone else.

**HOO
KNEW ?**

*From the February 2015 Health Survey with responses from 931 UVA students

95.7% of UVA students like when friends come to them to talk about their problems or concerns.*

92.5% of UVA students intervene when they notice a problem situation.*



Trust your feelings – they matter! If one of your relationships feels unhealthy, you are free to choose not to pursue the relationship any further. Your safety and wellbeing are worth it. Sometimes it can be helpful to seek advice from others, like a trusted mentor or one of the Resources below.

Worried about a friend?

If you feel concerned for a friend's relationship, checking in with them can offer a new perspective and let them know you care.

- 1 State what you've noticed (like this: I see ____) and express your care and concern for them.
- 2 Focus on supporting your friend.
- 3 Avoid judgmental statements and criticism of your friend's choices or actions, which can lead to your friend feeling unheard or becoming defensive.



Resources

Office of the Dean of Students (ODOS): Support with relationship concerns (you or a friend), including help resolving potentially unsafe situations. Afterhours help available.

Counseling and Psychological Services (CAPS): Consultations related to relationships of all types.

Women's Center: Counseling about relationships. Now located in Emmet House.

Madison House HELP Line: (434) 295-TALK No problem is too big or too small. They're here to talk. They serve all.

UVA's Sexual Violence Education and Resources Website: virginia.edu/sexualviolence/ Guidance for identifying and addressing power-based personal violence. In urgent situations, select 'Confidential Resources' to locate several 24-hour support services that can help determine next steps.

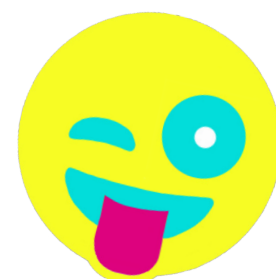
Remember, your role is to be a **supportive friend**. That can include both connecting them to other sources of care (see Resources below) and taking care of yourself.

If a friend is hurt by another person, consider seeking **confidential advice** (see Resources below) about how to help your friend stay safe.



Designed by Brittany Duquay, Class of 2017
Talk to us at [StallSeatJournal@virginia.edu!](mailto:StallSeatJournal@virginia.edu)

Feeling lonely at times is a normal part of life, and relationships take time. Fortunately, there are always new people to meet here! Plus, friendships aren't confined by location. You can befriend anyone, anywhere!



Social media driving you nuts? Remember, using it is optional.

Keep in mind that your friendships will probably grow and change over your time at UVA. I wish I had known that I would continue to **make new friends each semester.** – I.W., CLAS 2018