

# Healthy Relationships



Healthy relationships can make good times sweeter and hard times easier. Look out for these components to find and foster fulfilling relationships:

**Mutual Trust and Respect:** feeling safe with each other, building each other up, & treating each other with worth

**Autonomy:** supporting one another's other relationships, goals, & interests

**Reciprocity:** mutually contributing effort, support, & care

**Communication:** actively listening, being open and honest, & feeling heard

At the end of the day, make sure you're doing what makes you feel good!  
Re-evaluate your relationship(s) if you feel stressed, criticized, or pressured at any point.

## HOO? KNEW!

2 out of 3 UVA undergraduates use protective barrier methods, like internal or external condoms, when engaging in sexual activity.\*

## Safer Sex



Having sex isn't the only way to be intimate in a romantic relationship. It's your personal choice to decide whether, how, and when to express sexuality. If choosing to have sex, communicate consent and use safe strategies to prevent STIs and unplanned pregnancies.

Most people with a sexually transmitted infection (STI) don't have symptoms. You can do a standard STI screening at Student Health and Wellness, which will be charged to your student account as an unspecified service.

Birth control reduces risk of unplanned pregnancy. Consult with a provider to choose the best option for you. Remember that purchasing emergency contraception at a pharmacy is available to you if needed.

**Collaborative Consent** is an ongoing dialogue between partners that is built on mutual trust, respect, and transparent verbal and nonverbal communications. Communicating consent is a part of everyday life and is essential for building healthy relationships and engaging in any sexual activity. What does consent look like?

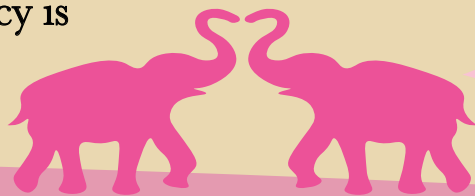
### Do a VIBES check!

- **Voluntary** – communicate without pressure, coercion, manipulation, or force
- **Informed** – communicate relevant sexual health information, boundaries, and desires
- **Being of sound mind** – everyone can clearly make, communicate, and understand decisions
- **Enthusiastic and engaged** – communicate actively and with interest so everyone is able to explore and experience pleasure
- **Specific and continuous** – an ongoing dialogue that involves paying attention to body language, active listening, and checking in with every change in activity

"What do you want to do right now?"

"I want to kiss you."

"I'd like that."



## Resources

### CavCare

To access sexual harm prevention and response resources at UVA visit [cavcare.virginia.edu](http://cavcare.virginia.edu)

### Gender Affirming Care at Student Health & Wellness

Provides care and support for all students through consultation, assessment, medical and therapeutic care, and other services in collaboration with students

### Counseling & Psychological Services (CAPS)

Individual therapy, group therapy, care management, emergency, crisis support, and psychiatric services

### Sexual Respect in the Office of Health Promotion

Healthy relationships, collaborative consent, and sexual health workshops available at [studenthealth.virginia.edu/OHP](http://studenthealth.virginia.edu/OHP)



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\*From the February 2022 NCHA with responses from 1040 UVA undergraduates.