HEALTHY RELATIONSHIPS

Swipe to learn more about what that means.
WHAT ARE COMMON TRAITS OF HEALTHY RELATIONSHIPS?

Safety  Trust  Communication
Respect  Honesty  Comfort
Independence  Boundaries
WHAT IS HEALTHY COMMUNICATION IN A RELATIONSHIP?

🌟 Feeling comfortable expressing your emotions, desires, and boundaries

🌟 Trusting that your partner will listen to you and respect what you say

Open communication is an essential part of building and nurturing healthy relationships.
Check out this quiz on the 5 Love Languages to learn more about how you communicate love to a partner.
**BUT WHAT IF WE FIGHT?**

- All relationships involve some amount of conflict! It's okay to disagree with your partner.
- Not all relationships handle conflict in a healthy way, though.
HEALTHY CONFLICT RESOLUTION INVOLVES:

- Staying relatively calm so you can stay open to communication
- Managing your emotions and behavior to appropriately express your needs
- Paying attention to the feelings your partner is expressing
- Respecting that you and your partner may have different opinions or feel differently about the situation
Check out these tips from the Sexual Misconduct Prevention and Response office on what to do after an argument.
TIPS FOR BETTER COMMUNICATION IN YOUR RELATIONSHIP
- **Share your feelings**: Expressing feelings and needs, verbally or written
  - Use “I feel…” statements as opposed to “You are…”

- **Build trust**: Being there for and supporting each other

- **Listen deeply**: Keeping an open mind and giving your full attention

- **Be vulnerable**: Opening up to others and reaching out for support

- **Manage conflict**: Committing to a resolution that meets everyone's needs
On Campus:

- Talk with counselors at SHAC about your relationship or what you see missing in it
- Contact the Sexual Misconduct Prevention and Response (SMPR) office
- Speak with a Chaplain (confidential resource)

Online:

- Guide to sexccessful communication
- Healthy relationships quiz
- Overcommitment Bulletin Board
ARE YOU IN A HEALTHY RELATIONSHIP?

WHAT ARE COMMON TRAITS OF HEALTHY RELATIONSHIPS?
- Safety
- Trust
- Communication
- Honesty
- Respect
- Independence
- Comfort
- Support
- Boundaries

WHAT IS HEALTHY COMMUNICATION IN A RELATIONSHIP?
- Feeling comfortable expressing your emotions, desires, and boundaries
- Trusting that your partner will listen to you and respect what you say
- Open communication is an essential part of building and nurturing healthy relationships.

RESOURCES
On Campus:
- Talk with counselors at SHAQ about your relationship or what you see missing in it
- Contact the Sexual Misconduct Prevention and Response (SMTPR) office
- Speak with a Chaplain (confidential resource)

Online:
- Guide to successful communication
- Healthy relationships quiz
- Overcommitment Bulletin Board

HEALTHY CONFLICT RESOLUTION INVOLVES:
- Staying relatively calm so you can stay open to communication
- Controlling your emotions and behavior to appropriately express your needs
- Paying attention to the feelings your partner is expressing
- Respecting that you and your partner may have different opinions or feel differently about the situation

TIPS FOR BETTER COMMUNICATION IN YOUR RELATIONSHIP
- Share your feelings: Expressing feelings and needs, verbally or written
  - Use "I feel..." statements as opposed to "You are..."
- Build trust: Being there for and supporting each other
- Listen deeply: Keeping an open mind and giving your full attention
- Be vulnerable: Opening up to others and reaching out for support
- Manage conflict: Committing to a resolution that meets everyone's needs

BUT WHAT IF WE FIGHT?
- All relationships involve some amount of conflict; it’s okay to disagree with your partner
- Not all relationships handle conflict in a healthy way, though

HEALTH PROMOTION

Check out these fun SHAQ activities! Special activities for students, faculty, and staff on campus and online.