



THE STALL SEAT JOURNAL

Love is in the Air ~ Healthy Relationships 101

1. Communication – Be open to good dialogue and listen.
2. Respect the decisions and boundaries of your partner without compromising your own.
3. Honesty – Be truthful, lies soon catch up with you.
4. Trust maximizes happiness, security, and fulfillment.
5. Healthy self-esteem – No one is perfect, but you are loved just the way you are.
6. Be independent – Get alone time, meet with friends or enjoy hobbies.
7. Fight fair – No winners, no losers, the relationship is always the winner.
8. Equality – Compromise and make decisions together.
9. Take it slow – Healthy relationships take time.
10. Commitment – Value each other and make each other happy.

Don't be afraid to STEP UP!

If you see signs of an unhealthy relationship among your friends or family, it is time for you to step up and help.

Alcohol matters

Alcohol lowers the inhibition threshold. Therefore, people tend to take risks that they may not usually take because their judgment is impaired. According to the 2008 VCU survey of randomly selected students (n=1,268), most (73%) of VCU students didn't take risks that they later regretted after drinking alcohol.

Remember healthy relationships are based on communication, respect, honesty, and trust. Give your partner the opportunity to be fully present with you. Know your limits before you drink!

About this issue

Thanks to Elisa Kuehnel, VCU Volleyball, for writing this issue. For more information on relationships, check out these websites:

- www.redflagcampaign.org
- www.plannedparenthood.org/health-topics

Is there a health topic that you as a student athlete would like to read about in a future issue of Stall Seat Journal? Contact **The Well**, 828-WELL, with your ideas.

Is this LOVE that I am feeling?
Take the Relationship Quiz

Your partner...

1. treats you as an equal yes no
2. often acts jealous yes no
3. always decides what to do yes no
4. makes you feel comfortable yes no
5. respects your friends and family yes no
6. is often angry about something yes no
7. really listens to you yes no
8. does not like activities you enjoy, so you stopped doing them yes no
9. values your opinions and ideas yes no
10. often says things that hurt your feelings ... yes no

Add it up:
For each "yes" to 1, 4, 5, 7 or 9, give yourself 10 points.
For each "no" to 2, 3, 6, 8 or 10, give yourself 10 points.

If your total is 100:
Good work! You and your partner have built a strong relationship. Keep the relationship strategies in mind to help keep your relationship strong.

If your total is less than 100:
It is important that you and your partner work to strengthen your relationship by practicing the health relationship skills in "Healthy Relationships 101" above.
Try to talk with a family member or a close friend.
Also consider setting up a free individual or couples appointment with the University Counseling Service, 828-6200 or visit the website at www.students.vcu.edu/counseling.

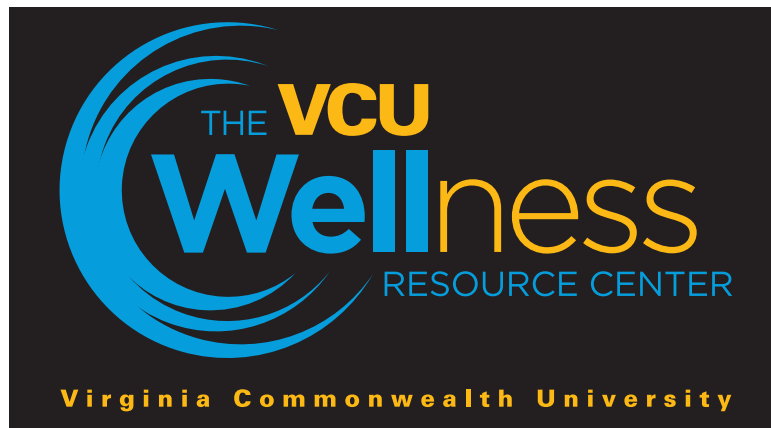
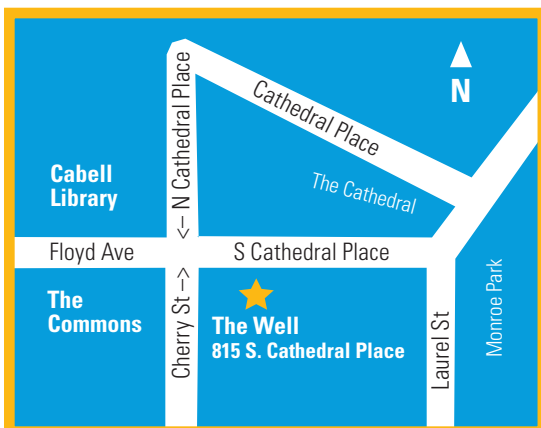
If your total is less than 70:
And if you do not feel secure in your relationship or your partner abuses you, contact Tammy McKeown, 828-2085, coordinator for Sexual Assault & Domestic Violence Services, VCU Wellness Resource Center, or stop by The Well, 815 S. Cathedral Place. All appointments and accompaniment services are confidential, and all is available at no charge to all VCU students, regardless of age, gender, sexual orientation, race/ethnicity, and religion.

Tips for Long Distance Relationships

Being a college athlete can take a toll on your time and therefore your long distance relationship. Follow these important reminders about your relationship:

- Love and commitment are important.
- Trust in your partner to give you the opportunity to focus on your life.
- Communication by phone, messengers, or email gives you the ability to participate in your partner's life.
- Schedule times to talk, especially for existing time differences.
- Always work at and take time for the relationship, try to spice it up from time to time.
- Show interest in your partner's life by sharing your everyday life, e.g. game schedules.
- Address problems right away, do not wait for when it becomes a mountain out of a molehill.
- Plan a visit for something to look forward to.
- Add a little romantic flair by sending a letter or card.

By following these tips, your long distance relationship is on the right track. Remember that seeing your partner again is like starting a new relationship with all the excitement and butterflies in your stomach.... well worth the wait!



The Stall Seat Journal is published by The Well

Division of Student Affairs and Enrollment Services
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For strategies, history, research:
www.YourStrategy.org

