Relationships with others make life more fulfilling by making good times sweet and hard times more manageable. College can bring new types of relationships with greater freedom. Relationships are about sharing aspects of life with people and about having fun together. Connecting with friends and family who care about you can be a positive force.

Cultivating Relationships

**Goals:**
- **Green Lights:**
  - Feeling good while spending time together.
  - Trusting one another with authenticity.
  - Respecting each other’s feelings, priorities, and other relationships.
  - Encouraging each other through life’s difficulties.
  - Working together to resolve challenges with productive solutions.

- **Yellow Lights:**
  - Feeling less like oneself around a friend or partner.
  - Increased stress rather than increased wellbeing.
  - Controlling or manipulating someone’s decisions or time.
  - Use of threats, force, or violence.
  - Repeated, unwanted attempts to contact someone.

- **Red Lights:**
  - Trusting too much.
  - Feeling less like oneself.
  - Increased stress.
  - Controlling or manipulating.
  - Use of threats, force, or violence.
  - Repeated, unwanted attempts to contact someone.

If a relationship feels unhealthy, you are free to spend less time with that person, express your concerns to them, or seek help from a professional (see Resources). Your wellbeing and safety are worth protecting.

How to Help a Friend

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

- State what you have noticed, and express your concern for them. Affirm their worth!
- Be supportive, and avoid judgment about your friend’s choices or actions.
- Consider suggesting confidential resources (see below) to stay safe and get support. Call 911 if there is immediate danger.

Resources for Relationships

- **Office of the Dean of Students (ODOS):** (434) 924-7133
  - Provides support for relationship concerns and help resolving potentially unsafe situations.

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

- **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.

- **Madison House HELP Line:** (434) 295-TALK
  - Confidential counseling about relationships.

- **Counseling and Psychological Services (CAPS):** (434) 243-5150
  - Confidential consultations related to relationships of all types.

- **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.

- **Office of the Dean of Students (ODOS):** (434) 924-7133
  - Provides support for relationship concerns and help resolving potentially unsafe situations.

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

- **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.

- **Office of the Dean of Students (ODOS):** (434) 924-7133
  - Provides support for relationship concerns and help resolving potentially unsafe situations.

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

- **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.