

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!

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 safer strategies to prevent sexually transmitted infections (STIs) and unplanned pregnancies.

Most people with a (STI) don't have symptoms. You can do a **standard STI screening** at Student Health and Wellness for \$42, which will be charged to your student account as an unspecified service.

Birth control

Birth control reduces the risk of unplanned pregnancy. Consult with a SHW provider to choose the best option for you. Remember that purchasing emergency contraception is available at the SHW pharmacy (located on the first floor) and other local pharmacies is available if needed.

Collaborative Consent is an ongoing dialogue between partners built on mutual trust, respect, and transparent verbal and nonverbal communication. 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!

- ♥ **V**oluntary – communicate without pressure, coercion, manipulation, or force
- ♥ **I**nformed – communicate relevant sexual health information, boundaries, and desires
- ♥ **B**eing of sound mind – everyone can clearly make, communicate, and understand decisions
- ♥ **E**nthusiastic and engaged – communicate actively and with interest so everyone can explore and experience pleasure
- ♥ **S**pecific 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"

Most UVA undergraduates use protective barriers, like condoms, when engaging in sexual activity.*

**HOO
KNEW?**



91% of UVA undergraduates' social relationships are supportive and rewarding.*

**HOO
KNEW?**

Reevaluate your relationship(s) if you feel stressed, criticized, or pressured at any point.

Resources

- ♥ **Gender Affirming Care at SHW** - Provides care and support for all students through consultation, assessment, medical and therapeutic care, and other services in collaboration with students
- ♥ **Mental Health Care and SHW** - Individual therapy, group therapy, care management, 24/7 crisis support, and psychiatric services
- ♥ **PHE** - SexFest explores sexual health messages, debunks common myths, and teaches about safer sex strategies. SexFest can be requested by student organizations, including Fraternities or Sororities, and dorms.
- ♥ **Planned Parenthood** - Sex education, birth control, and other reproductive health care: plannedparenthood.org
- ♥ **Shelter for Help in Emergency (SHE)** - Confidential, 24-hour hotline for empowering those impacted by relationship violence, plus other support services: (434) 293-8509
- ♥ **CavCare** - To access sexual harm prevention and response resources at UVA: <https://cavcare.virginia.edu/>

*From the February 2024 NCHA with responses from 785 UVA undergraduates.