Healthy Relationships
Center for Student Wellness
February 2019

IN THE MONTH OF FEBRUARY the snow makes a home on the mountains, roads, and the windshields of our cars. A groundhog hops out of the ground to predict the coming weather. Sports fans from around the country watch the biggest football game of the year while gathered around chips and salsa galore. Lovers clear out chocolate and flowers from the store shelves to show their affections. We recognize and celebrate Black History Month.

There’s also a lot going on in February here on campus. This month, the Center for Student Wellness wants to promote the importance of healthy relationships. Through this newsletter, events during the month, our social media pages, and projects on campus, we will emphasize empathetic communication, mutual respect, acknowledge the harmful social norms of relationships, and highlight the amazing resources available on campus. We also want to educate on red flags of an unhealthy relationship and what to do if you find yourself in one.

Healthy relationships extend beyond romantic partnerships. Relationships with your friends, coworkers, peers, and yourself are just as important! Throughout this month, our office wants to highlight and discuss all these topics, and more!

In this newsletter you will find contributions from our Peer Health Educators (PHEs), information on events happening this month, how to find your love language, how to be a part of an art installation on campus, and date ideas (with your sweetie, your friends, and yourself)!

Recognizing the aspects of healthy relationships should not stop on March 1st. Establishing healthy relationships is an-ongoing process and is just one piece of your own unique wellness puzzle.
YOU CAN BE A PART OF AN ART PROJECT!

Throughout this month, the University Counseling Center will be conducting a Valentine’s communal art project. You can fill out a heart with a word or phrase that represents healthy relationships at our table during "Let’s Talk About Love" on 2/12 and at our STI Clinic on 2/13. These hearts will be on display outside the Union.

DATE IDEAS!

WITH YOUR SWEETIE:
- Stroll around Red Butte Garden.
- Head to a thrift store to pick out an outfit for each other. Wear your selected outfits to dinner.
- Watch the sunset at a look-out in the Upper Avenues.

WITH YOUR FRIEND(S):
- Spend an afternoon at the UMFA.
- Support your peers at a sporting event on campus.
- Grab some paint and canvases and paint along to Bob Ross videos, or attend Campus Rec’s paint night on 2/11 from 5:30-7p for $10 in ESLC.

WITH YOURSELF:
- Bring a book and read in the corner of your favorite coffee shop.
- Find a spot in a park to write in a journal. Reflect on your day.
- Have a spa day at home. Get some nice candles, face-masks, and body scrubs at the store.
DO YOU KNOW YOUR LOVE LANGUAGE?

There are five different love languages, which describe how you connect with others. Knowing your own and others' love language helps you understand how to better show your love and appreciation for the people in your life. You can take a quick test online to find out yours!

WORDS OF AFFIRMATION
ACTS OF SERVICE
RECEIVING GIFTS
QUALITY TIME
PHYSICAL TOUCH

FOLLOW US!

@UofUWellness

Here's what's happening on our social media accounts this month:
- Self-Appreciation Challenges
- Event Reminders
- Communication Tips
and more!
HOW TO SUPPORT OTHERS IN A HEALTHY, POSITIVE WAY

BY CATHLEEN ZHANG AND KIRSTEN GORSKI

HARM REDUCTION PHEs

While romantic love seems to be the fever pitch of the month of February, the Harm Reduction PHE team believes that it’s possible to show everyone in your life a little compassion. Whether it’s for yourself, your friends, a parent, or a partner, there are steps that anybody can take to promote healthier lifestyles and safer decisions.

While there are many forms of harm reduction- from wearing a seatbelt when you get into a car, to pacing yourself between drinks- the focus of our team is centered around alcohol and other drugs. Healthy relationships mean checking on our friends and make sure they’re safe when partying.

Alcohol and other drugs are often deemed taboo subjects, but we believe that approaching these topics with compassion and care is the only way to address them. Talking about alcohol, drugs, and even addiction, can be tough. Our goal is to provide resources, self-care practices, and compassionate language in order to acknowledge and support anyone going through something difficult. Love yourself and love others.
LET'S TALK ABOUT CONSENT
BY MARISSA CASTILLO AND NENE MARUTA
VIOLENCE PREVENTION PHES

One of the most ambiguous definitions of the millennial language is consent. It seems as though there are multiple definitions of what consent looks and sounds like, but no one has agreed on one universally. The definition of consent can cause disagreements in any relationship, but finding ways to have open communication is a great start to clearing up any misconceptions.

Communicating with your partner about consent may not sound like a sexy or romantic conversation to have, especially if the relationship is casual or new, but it’s a great moment for both partners to express what they are looking for. It’s important to remember that while this conversation is opening each other up to what you are wanting out of the relationship, it is not consent for future acts or any other acts that may have not been talked about. Maintaining respect and boundaries for each other prevents any inappropriate or uncomfortable situations from arising.

Whether the relationship is long-term, new, or casual, each partner should feel empowered to say no at any moment. Your relationship does not mean automatic consent. Remember that a relationship is an equal partnership with respect for each other’s boundaries. The more communication there is between partners the more comfortable and open you may feel about sharing your experiences. Openness to the idea of consent keeps partners feeling safe and more comfortable to enjoy each other’s company. With that in mind, think back to those mistakes from the past, and learn from them. Relationships are always progressing. As humans we are bound to make mistakes, but it’s what we take from them that truly matters. We can apologize for those mistakes we’ve made, and actively work to prevent them in the future.
HOT AND READY
BY LEXY NESTEL AND LINDA DERHAK
SEXUAL WELLNESS PHES

Think about your favorite kind of pizza. What does it have on it? What does it smell like? What does it taste like? Is the crust crunchy or chewy? Are there breadsticks on the side?

Regardless of preference there is one thing *most* people can agree on, pizza is good, especially, when it’s hot AND ready. The same goes for sex! Everyone has a different opinion of what “good sex” is. And some people take longer to get “hot and ready.” And just like with pizza, it’s okay to have different sexual preferences! Some people may stick to pepperoni their whole life while others may prefer to switch it up. Some may have one slice and call it good while others might have multiple in one sitting. No matter your sex (or pizza) preferences, there’s not one way to do it.

Wanting pizza is one thing, but the key is relishing in every bite. Nothing is wrong with you if you do or don’t want pizza. If you don’t want it, make it clear. Nobody should ever force-feed you pizza. If you do want pizza, go for the kind that makes your mouth water. It’s important to know what good pizza is for you. It’s less about craving pizza, and more about loving every bite of that scrumptious, steamy, slice of heaven. The same goes for sex. Everyone experiences different frequencies of desire. What matters is that we feel safe, comfortable, and enjoy the sex that we are having. Open communication with your partner(s) is crucial to having that pleasurable “hot and ready” experience.
Events

EVERY MONDAY THE SPACE BETWEEN US (ALL GENDER INTERPERSONAL PROCESS GROUP)
1-2:30P @ SSB 426 - UCC

FEB. 6TH WELLNESS ADVOCATE TRAINING, 2-4P @ ESLC HUB* - CSW

FEB. 12TH LET’S TALK ABOUT LOVE, 7-8:30P @ LASSONDE - HRE

FEB. 12TH FREE BODY POSITIVITY WORKSHOP, 7:30P @ ESLC HUB - CAMPUS REC

FEB. 13TH STI TESTING CLINIC, 11A-1P @ UNION W BALLROOM - CSW

FEB. 13TH GEM SERIES: INTIMACY W. SELF & OTHERS, 12:30-1:30P @ UNION ROOM 312 - WEI

FEB. 13TH SELF-LOVE MEDITATION, 6:45P @ ESLC SPIRIT STUDIO BY CAMPUS REC

FEB. 14TH VALENTINE’S EVENING, 6-8:30P @ UMFA

FEB. 15TH QUEER MEMORY MAPPING, 12-1P @ UNION ROOM 312 - LGBT RC

FEB. 19TH HEALTH AND WELLNESS FAIR, 10A-2P @ CAMPUS STORE

FEB. 21ST BYSTANDER INTERVENTION TRAINING FOR STUDENTS, 5-7P @ UNION 312* - CSW

FEB. 28TH YOGA AND YOU, 1:15-2P @ CSC 206 - COS

*Email wellness@sa.utah.edu to register