



STALL STREET JOURNAL

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The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

Healthy Relationships

Types of Relationships



Family

- ♥ Connected through kinship
- ♥ Comes in many forms (single-parent households, step families, LGBTQIA+ parents, etc.)
- ♥ Should feel unconditional love and closeness

Friends

- ♥ Who you choose to interact with
- ♥ Built on honesty, support, and loyalty
- ♥ Both people must see each other as a friend

Acquaintances

- ♥ People you regularly encounter who are not friends or relatives
- ♥ Group members on a project, coworkers, neighbors, etc.
- ♥ Demonstrate politeness and respect (cordiality)

Romantic Partners

- ♥ Having a strong attraction to the other person (personally, emotionally, and/or physically)
- ♥ You notice the bond is different compared to friendships
- ♥ Dating, commitment, casual or serious, etc.

Healthy Habits

- ♥ Checking in on them; take time out of your day
- ♥ When you realize how busy you've been, try to reconnect!
- ♥ Finding ways to show your appreciation
- ♥ Sending a text, putting a sticky note in their work stuff, filling up their gas tank, making him or her lunch/dinner, bring them their favorite drink or breakfast snack, etc.
- ♥ Find easy, creative, inexpensive ways to spend time together (zoom calls, watch parties, picnics, school events, etc.). All you need is time and effort.
- ♥ (For romantic partners) Spend quality time together
- ♥ (For roommates) Cook and clean for them
- ♥ Doing little favors like this can demonstrate that...
 - You want to make their work load a little lighter
 - You want to spend time with them

Characteristics of Healthy Relationships

Sharing

to talk about one's thoughts, feelings, or experiences with others; to have in common; to partake of, use, experience, occupy, or enjoy with others

Respect

showing concern or consideration; holding or expressing someone in high regard; to refrain from interfering with; understanding boundaries; apologizing when there is a misunderstanding and correcting the behavior

Open Communication

all parties are able to express ideas to one another, such as in a conversation or debate; demonstrating anger control, problem solving, and fairness during arguments or discussions

Support

to promote the interests or cause of; to keep (something) going; providing this in every way possible even if it means you might separate

Trust

relying or placing confidence in the character, ability, or truth of someone or something; depending on something in the future; to rely on the truthfulness or accuracy of (believe); knowing you can be yourself

Mindfulness

being interested in one another; wanting to spend time with them; accepting and even appreciating your differences

Equality

giving and taking equally; everything is mutual and/or you can find a compromise

Boundaries

- Rules or limits that someone establishes to protect their security and wellbeing around others.
- How we express to others how they should behave around us so we feel safe.
- Breaking these boundaries looks like a friend or partner disrespecting, ignoring, or being unaware of your needs and principles.

How do we set boundaries?

- **Give Yourself Permission** – sometimes we feel guilt and fear when setting or enforcing boundaries, so we stretch and even ignore the ones we set. Boundaries will empower you with self-respect and demonstrate confidence.
- **Practice Self-Awareness** – learn what makes you feel safe and comfortable and what does not.
- **Name your limits** – define what you need physically, emotionally, and mentally. Is the boundary flexible or rigid? Long-term or short-term?
- **Be Consistent** – Openly communicate when your boundaries have been crossed.

Setting Boundaries

Where do I start?

- Use "I" statements – statements that start with "I" can help you clearly express your thoughts, feelings, and opinions. You could phrase it like this: "I feel _____ when _____ because _____. What I need is _____."
- **Start Small** – you may feel anxiety or discomfort when doing this, and that is okay! You can start small or offer an alternative. Slowly work your way to more impactful boundaries. You deserve to feel okay saying "no", so keep practicing.
- **Be Direct, Clear, and Simple** – say what you need clearly and calmly.
- You do not need to justify, defend, or apologize for saying what makes you feel safe.
- Be aware of your emotional state, tone, and manner.
- You get to decide how assertive you want to be.

Get Support

Sometimes the circumstances of setting these boundaries require another person to help you get your point across. This person can help you go over what you need to say or they may need to be present when the conversation happens. Never hesitate to reach out to a trusted friend, family member, or even the WKU Counseling Center!

Digital Boundaries

- ♥ Putting a relationship online can blur the lines between what is and is not acceptable. A digital relationship looks different from a realistic one in the same way texting "I like you" feels different from actually saying "I like you".
- ♥ Discussing what you're comfortable with optimizes the positive effects and minimizes the negative effects of using technology.

Signs of an Unhealthy Relationship



Everything is one-sided

- ♥ Only going to places the other person likes
- ♥ Only talking about the other person's interests, feelings, etc.

General uneasiness

- ♥ Not feeling good about the relationship (feeling sad, hurt, or upset)
- ♥ Hanging out with the person feels forced
- ♥ Being uncomfortable with what your friend says or does

Disrespecting you or your boundaries

- ♥ The person invades your privacy
- ♥ The person gossips about you behind your back (basic disrespectful comments or complaining about you to their friends)
- ♥ They act differently around you than they do with other people
- ♥ Unnecessary sarcasm, rude jokes about your interests or appearance, exposing your secrets to others, etc.

The Danger Zone

- ♥ Feeling possessive and/or jealous when you are with other people
- ♥ Only spending time with that person, poisoning your relationships with others, attempting to isolate you
- ♥ Damaging or not returning your belongings
- ♥ Causing physical or emotional harm

Ask yourself...

... (Questions you can ask if you're unsure about the person)

- ♥ Do I feel good about myself when I am with them?
- ♥ Do we do things that we both want to do?
- ♥ Can I trust them with my secrets or to give me solid advice?
- ♥ Do I feel like I can be myself around them?

- Do not compromise your individuality

- Your values, morals, and opinions could change depending on who you are surrounded by. This can be okay! However, be cautious that the parts of yourself you enjoyed are maintained in the relationship.

Emotional Boundaries

- how you recognize and honor your feelings and how much energy you are able to provide in relationships at any given time

- ♥ Dictating your feelings
- ♥ Finding identity outside your relationship
- ♥ Expecting respect
- ♥ Asking for space

Physical Boundaries

- these encompass touch, your personal space, and your physical needs. Consent and respecting someone's preferences or expressions is another part of this.

- ♥ Allowing time to rest, eat, and take care of yourself with them
- ♥ Saying "no" to things that displease or hurt you
- ♥ Asking for consent
- ♥ Respecting personal space
- ♥ Asking for things first
- ♥ Valuing privacy

Ask yourself...

- ♥ Is it okay to tag you in posts or check-in places together?
- ♥ Do we post our relationship status publicly?
- ♥ Is it okay to follow or friend other people in my life?
- ♥ What are the expectations for communication through texting or social media?
- ♥ Is it okay to use each other's devices, and when if so?
- ♥ Is it okay to post about our relationship publicly?

Once you've answered these questions, talk to your partner to negotiate and compromise on a "Digital Dating Terms and Conditions" list.

- ♥ You should... feel confident and secure with the digital boundaries you've set together and be mindful of what you text, post, and publish.
- ♥ You should NOT... feel like you are giving up control over yourself or your digital privacy.
 - It is toxic to demand or steal access to passwords, photo albums, or accounts on any platform.
 - You're entitled to digital privacy, and giving your partner access to your accounts gives them the ability to do or post anything without your permission.

Boundary Rules of Thumb

- ♥ Take one another's feelings into account.
- ♥ Sit with the other person's communication of emotion.
- ♥ Show respect for differences in opinion, perspective, and feelings.
- ♥ Give space for autonomy and avoid codependence.
 - ♥ Show gratitude.
 - ♥ Ask permission.
 - ♥ Be honest.

Upcoming Events



- Grocery Bingo -
October 27th 5:30 pm - 6:30 pm

- HIV Testing -

October 19th 9:00 am - 12:00 pm

- Pride Month all month long!

