

Let's Talk:

HEALTHY RELATIONSHIPS



WASHINGTON STATE UNIVERSITY

Office of the Dean of Students

Tips for getting started

- Choose a space that is comfy and safe
- Come to the conversation with an open-mind and genuine curiosity
- Actively listen without judgement
- Ask a couple questions to get the ball rolling and then go with the flow

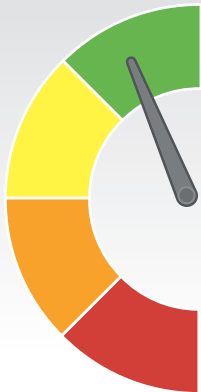
Check the “Resources” and “FAQ” cards for more help!

Defining Trust

Defining Trust: It Adds Up!

Trust (*n*): firm belief in the reliability, truth, ability, or strength of someone or something

- Are they reliable?
- Do they say what they mean?
- Do they make you feel safe?
- Do they contribute to mutual benefit?



Setting Boundaries

- Boundaries are unique to you and your lived experience
- They can change over time and should ALWAYS be respected
- Be clear & direct in communicating boundaries to others

Want - Will - Won't

Search for a list of boundary examples for the following categories and identify what you would **want** to do enthusiastically, what you **will** do if someone else wanted it, and **won't** be okay with no matter what.

- Emotional Boundaries
- Digital Boundaries
- Physical Boundaries
- Financial Boundaries

Defining Healthy vs Not-So-Healthy Relationships

- **Healthy:** You make decisions together and can openly discuss whatever you're dealing with. You enjoy spending time together but can be happy apart.
- **Unhealthy:** One person tries to make most of the decisions. They may pressure the other(s) about different actions (sex, paying for things, etc.) and/or refuse to see how their actions can be hurtful. You feel like you should only spend time with your partner/friend/family member.
- **Abusive:** One person is making all the decisions— about sexual choices, friend groups, boundaries, perceived reality of things (gaslighting). You spend all of your time together and feel you can't talk to other people especially about what's really happening.

Friendships

- What does being a good friend look like to you?
- How do you feel when you are around your friends?
- How do you resolve conflict with your friends?
- What boundaries do you set with friends?
- What does trust look like in a friendship?

Reality TV Debrief Activity:

Put on your favorite reality TV series with your friends and identify the dynamics and behaviors that are healthy and not-so-healthy. Chat about what could be changed to support healthy friendships.

Romantic Relationships

- What does being a good partner look like to you?
- How do you feel when you are around your partner(s)?
- How do you resolve conflict with your partner(s)?
- What does trust look like in a romantic relationship?

The “Newlywed” Game:

This could be a solo date or a group date option! Put together some question prompts and see if you and your partner are on the same page about what makes a healthy partnership. Throw in some silly questions to add to the fun.

Relationships in General

- How are your relationships right now?
- Are you concerned about any of your friends' relationships?
- What do healthy arguments look like to you?
- What is currently working well in your relationships?
- What do you wish would improve/change in your relationships?

Bonding Time:

Whether it's a craft, a game, or a project, surround yourself with the folk who make you happy. Use the activity picked to cultivate teamwork and good communication. Fostering healthy relationships is always better with fun involved.

Don't know the answer? That's okay! Just be honest and offer to lookup the answer together if you are both stumped.

Conversation going nowhere? Take a break and come back to the conversation at a later date. You can't force someone to talk.

Worried you'll say the wrong thing? Remember to use "I" statements and focus on your observations. Be open to others sharing their perspectives.

How do you handle a disclosure? Thank them for putting their trust in you, believe and validate their experience, and ask how you can support them. If they want to get connected to resources, you can help refer them. Remember to respect whatever decision they make even if you don't agree with it.

WSU Resources

Counseling and

Psychological Services: (509) 335-4511

Compliance & Civil Rights: (509) 335-8288

Student Care Network: studentcare.wsu.edu

Local & National Resources

Alternatives to

Violence on the Palouse: (877) 334-2887

Love is Respect: (866) 331-9474 / loveisrespect.org

Rape, Abuse, & Incest

National Network (RAINN): (800) 656-4673 / rainn.org