

Safe Dating Tips

When meeting with someone for the first few times, consider taking the following precautions -

your safety comes first!

- Tell someone **where you are, who you're with, and when you're expected to be back** - keep in touch with them throughout the date!
- Meet in a **busy, public place**.
- **Don't get a ride with your date** - drive yourself or have someone you trust take you and pick you up!

Why Not?

While it is polite to offer to drive, understand that for everyone, safety is the first priority. Don't be offended if someone prefers to meet up, and don't be afraid to say no to a ride!

- **Don't give out your address right away** - This ensures that you do not have to see the person you are meeting again if you don't want to!
- If you are uncomfortable, tell your date or excuse yourself -
- **You do not have to be polite if you feel unsafe**
- If you feel unsafe at any time, notify an employee or a bystander -
- **Do not be afraid to ask for help**

On-Campus Resources

Title IX Office
(801) 863-7999
TitleIX@uvu.edu

Student Health Services
(801) 863-8876

UVU Police
(801) 863-5555
uvucampuspd@uvu.edu

**UVU Crisis Therapist/
Victim's Navigator**
(801) 863-8397

University Ombuds
(801) 863-7237
talatoua@uvu.edu

Community Resources

Utah Domestic Violence Coalition
(800) 897-5465

Planned Parenthood Orem
(801) 226-5246

Orem Victim's Advocate
(801) 229-7128

The Refuge
(801) 227-5038

National Sexual Assault Hotline
(800) 656-4673

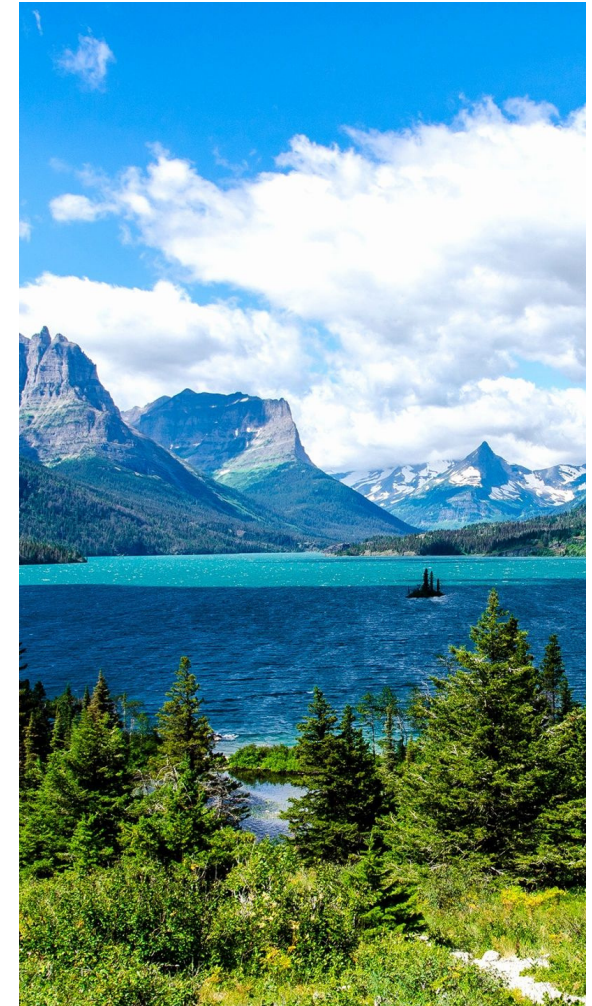
24 hour Rape Crisis Line
(801) 356-2511

Utah HIV/AIDS Hotline
(800) 366-2437

Utah County Health Department
(801) 851-7000

For more information, visit
www.uvu.edu/equalopportunity.

Healthy Relationships and Safe Dating



UVU UTAH VALLEY
UNIVERSITY.

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Signs of a Healthy Relationship

A relationship is defined as how two people or things are connected. The following information applies to all relationships you share with others, not just the romantic ones.

A healthy relationship will have most or all of the following qualities:

- Mutual respect
- Trust
- Support
- Equality
- Separate identities
- Good, open communication
- A sense of fondness and playfulness

Remember

A healthy relationship is one that brings both parties more happiness and relief than stress or anxiety.

If your relationship is not making you happy, it may need to be reassessed.

Self-Care

Self-care means taking time to assess your needs and take action on the findings.

In relationships, you must remember that **you come first**. Setting aside time and activities to maintain your own happiness and wellness will benefit your relationships in the long run.

These are some self-care practices that can benefit you and those you maintain relationships with:

- Take care of your physical health
- Spend time with your friends and family
- Nurture personal hobbies and interests
- Be honest with yourself and others
- Set healthy boundaries
- Express gratitude
- Give yourself credit, forgiveness, and patience

Signs of an Unhealthy Relationship

An unhealthy relationship of any kind can be draining and destructive to your personal well-being.

It is important for you to take time to look at the relationships you have with others.

Your relationship should not contain any of the following behaviors:

- Control
- Manipulation
- Humiliation
- Unpredictability
- Pressure
- Emotional or Physical Abuse

If your relationship has any of the qualities listed above, **it needs to be reassessed promptly**.

Unhealthy relationships can lead to violent and dangerous situations.

Do not tolerate an unhealthy relationship.

You can receive support and resources from any of the contacts listed on the Resources page.