Healthy Relationships and Safe Dating

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**

- **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

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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

Unhealthy relationships 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.