

Develop A Healthy Relationship

Talk to someone

Want to talk to someone individually about your sexual wellness, relationship, or consent? [Contact Us](#) [1].

Learn more about healthy relationships online

Student Wellness has collaborated with the LGBTQ Center to develop an online module on healthy dating and relationships. It centers the experiences of LGBTQ individuals, and has information relevant to all types of relationships, including same-sex relationships, different-sex relationships, and relationships where one or more partner identifies as transgender.

Additionally, the [EverFi Haven: Understanding Sexual Assault](#) [2] online module includes healthy relationship information. This module is available to anyone with an onyen.

Host a workshop with your organization or community

Student Wellness can provide healthy relationships workshops. [Contact Us](#) [1] for details.

In your own personal relationships

1. Know your individual rights
2. Believe and act as if your needs are important.
3. Respect yourself and your partner. Know what you want in a relationship.
4. Know what you want in a partner.

5. View each person in the relationship as a uniquely equal individual.
6. Think about what you really want in a relationship or sexual encounter.
7. ASK your partner what he or she wants, and ask for permission before doing anything sexual.
8. Ask for clear, verbal, and sober consent before initiating sexual contact of any kind.

Being attentive to your partner's needs and wishes is sexy to most partners!

- Be aware of social pressures and stereotypes that prevent you from acting as you would like.
- Know that you have the right to feel good about yourself and to get help if you choose.
- If you have been the victim of sexual violence, seek the support that you need.
- Act on your needs and wants while making sure you're not using or exploiting others.
- Know which actions and behaviors constitute rape and sexual assault.
- Know how alcohol and drug consumption impacts your own and others' behavior and how altered judgment can affect your intimate relationships.
- Know basic personal safety information and victim prevention techniques. Pay attention to what is happening around you. When possible, avoid potentially dangerous situations.
- Develop personal intimacy communication skills and communicate what you really want and what you are really thinking. Passivity may be misinterpreted as permission. Be direct and firm with someone who is pressuring you sexually. Assert yourself.
- Know your sexual desires and limits. Believe in your right to set those limits. Communicate your limits clearly. If you are uncomfortable, STOP and talk about it.
- Listen and pay attention to the verbal and non-verbal cues you or your partner may be sending. Be aware that nonverbal actions send a message. Be aware of possible misunderstanding.
- Trust your intuitions. If you feel you are being pressured into unwanted sex by your partner or peers, you probably are.
- Feel good about yourself. If you don't feel good about yourself, get involved in activities and with people who will help you feel better.
- Drink responsibly. Most acquaintance sexual assaults happen when one or both people are drunk or high.

**Be aware that you have the right and the ability to stop sexual activity at anytime.
Be aware that you have the right to say no to sexual activity regardless of**

whether or not you have had sex before.

Source URL: <https://studentwellness.unc.edu/programs/relationship-wellness/develop-healthy-relationship>

Links

[1] <https://studentwellness.unc.edu/about-us/contact-us>

[2] <https://studentwellness.unc.edu/programs/share/sexual-assault-prevention/everfi-sapu-online-module-required>