Cultivating Healthy Relationships
SHARE: Education Team
Sexual Harassment/Assault Response & Education Title IX Office
share.stanford.edu

Vision: We believe in communities where everyone is empowered to express themselves and have caring relationships.

Our Mission Today

To learn more about identifying healthy behaviors and build skills for cultivating healthy relationships within our community.
We will do this by:

01 Awareness
Learning the signs of a healthy relationship

02 Addressing Your Needs
How can you communicate your needs in a relationship?

03 Cultivating Trust & Respect
What does respect look like in a healthy relationship? How can you build trust?

04 Building Healthy Communication
What are love languages? What does healthy communication look like online?
Awareness
Why are healthy relationships important?
One Love: Ten Signs of a Healthy Relationship
Comfortable Pace

Honesty

Respect

Kindness

Healthy Conflict
Relationships Exist on a Spectrum
Addressing Your Needs
What do we want out of our relationships?
Describe
Describe your wants & needs.

Express
Be intentional with your non-verbal communication.

Assert
Avoid passive-aggressiveness and aggression.

Reinforce
Communicate the why behind your request.

Stay Mindful
Engage in mindfulness breathing and radical acceptance.

Appear Confident
Strive to see yourself as confident. You deserve to have your needs met.

Negotiate
Ask for your partner’s needs, willingness, and limits.

https://www.loveisrespect.org/resources/getting-what-you-want-need-from-your-relationship/
Cultivating Trust & Respect
What does respect look like?
Respect Might Look Like…

• Partners are “equals”
• Partners are free to live their own life
• Partners trust each other’s judgment
• Partners communicate openly and honestly
• Partners build each other up
• Partners value each other’s feelings and needs
• Partners honor each other’s boundaries

https://www.loveisrespect.org/resources/what-is-respect-in-a-healthy-relationship/
Building Trust

Consider Trying...

• Giving your partner space when you have the urge to check-in.
• Talk for 5 minutes about anything while the other partner stays quiet, and switch.
• Look up couples challenges online/on YouTube to try out.
• Share personal songs with your partner or make them a playlist.
• Have a weekly 30-minute meeting to cover appreciation and successes/challenges.
Building Healthy Communication
Love Languages

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

https://www.loveisrespect.org/resources/applying-the-5-love-languages-to-healthy-relationships/
What does healthy digital communication look like?
THANKS FOR LISTENING AND LEARNING

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