

RESOURCES AND REFERENCES

Healthy Relationships

<http://www.loveisrespect.org/healthy-relationships/>

Am I in a Healthy Relationship?

<http://teenshealth.org/en/teens/healthy-relationship.html>

Expect Respect: Healthy Relationships

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Expect-Respect-Healthy-Relationships.aspx>

Psychology Today

<https://www.psychologytoday.com/blog/the-squeaky-wheel/201508/10-common-relationship-myths-and-why-theyre-all-wrong>

ABOUT US

Donnelly College Counseling Center specializes in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers and mental health counseling graduate students under direct clinical supervision.

CONTACT US

The Counseling Center is located on the 7th floor of the main building in room 710.

FALL/SPRING HOURS

Monday – Friday
8:30 a.m. – 4:30 p.m.

SUMMER HOURS

Monday – Thursday
8:00 a.m. – 5:00 p.m.

APPOINTMENTS

If you wish to make an appointment, call 913-621-8781 or email counseling@donnelly.edu.

VISIT OUR WEBSITE FOR:

Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

www.donnelly.edu/counseling



DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | donnelly.edu | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; www.ncahlc.org. Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.

WELLNESS FOR LIFE

RELATIONSHIPS IN TEENS AND COLLEGE STUDENTS



donnelly.edu/counseling

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RELATIONSHIPS

RELATIONSHIP MYTH: If the relationship is “meant to be,” it will work itself out.

FACT: Relationships require work. Often in movies and pop culture, relationships are seen as easy. If there are issues in a relationship then they simply aren’t “meant to be.” However, in relationships, both partners must work to create a healthy and loving relationship. It doesn’t just happen.

RELATIONSHIP MYTH: If you are happy with your partner, you shouldn’t need anyone else.

FACT: Romantic relationships should add to your life, not take away. If your partner encourages you to cut ties with your friends or family, then the relationship may be heading in an unhealthy direction. A positive romantic relationship is good but is not the only relationship in your life.

WHAT ARE SIGNS OF A HEALTHY RELATIONSHIP?

Healthy relationships are built on respect. Partners should acknowledge each other’s feelings and wishes. In healthy relationships, individuals can talk about uncomfortable topics in a safe and supportive place. Relationships are also built upon mutual support and encouragement. Your partner should work to build you up and support your goals, and you should do the same for your partner. Trust is also a sign of a healthy relationship. When partners trust one another they form a more secure foundation.

HOW CAN MY SIGNIFICANT OTHER AND I BE PARTNERS?

Partners support one another in a non-controlling way. They allow each other to develop their own unique identity and grow in a healthy way. If a partner is dictating what you can and cannot do, then the partnership is not equal. Having a life outside of the relationship is healthy. Exploring interests and goals is important for personal growth.

WHAT ARE SIGNS OF AN UNHEALTHY RELATIONSHIP?

Some warning signs of an unhealthy relationship are your partner restricting you from hanging out with friends and family or restricting you from participating in activities and hobbies you like to do. Other signs include monitoring your social media use or controlling access to your phone. If a partner becomes easily jealous or angry these may be signs of an unhealthy relationship.

IS ARGUING HEALTHY?

Arguing and disagreements are healthy parts of any relationship. You may not always see eye to eye with your partner. However, how you argue matters. If you and your partner swear at each other or are physically aggressive, then the way you are arguing is not healthy. If you are able to share your concerns with your partner without fear of retaliation, then you are in a healthy relationship.

CAN MY PARTNER AND I GET HELP?

Individual and couples therapy is available at Donnelly College at no charge to students, faculty, and staff (see the Counseling Center disclosure statement for details). Therapists can help with all types of relationship issues. You may also seek therapy on your own to discuss relationship concerns. Call the Counseling Center at 913-621-8781 or stop by Room 710 to determine if counseling can help you evaluate your relationship.

WHAT IF I AM IN AN UNHEALTHY/DANGEROUS RELATIONSHIP AND NEED HELP NOW?

Sometimes it is difficult to break away from an unhealthy partner, but if it has become abusive or harmful, there is help. If you or someone you know needs help now, area agencies offer information, support and resources for domestic violence survivors in the Kansas City area. SAFEHOME (24 Hour Hotline: 913-262-2868) and Rose Brooks Center (24 Hour Hotline: 816-861-6100) offer confidential and free services. Their websites offer additional information and details about their services.

FAMILY AND FRIENDSHIPS

HOW CAN I HAVE A HEALTHY RELATIONSHIP WITH MY FRIENDS?

Just as with a romantic partner, friendships should be based on mutual respect and healthy communication. A friend who tries to cut you off from other friends or family members is not a healthy friend. Arguing with friends is also very normal. You will not always see eye to eye with your friend. However, there are healthy ways to argue. An argument with a friend should never become physical. You might need to set healthy boundaries or learn how to argue in a healthier way. The Counseling Center can help.

HOW DO I HAVE A HEALTHY RELATIONSHIP WITH MY FAMILY MEMBERS?

College can be a time of change in family roles. You may be away from family for the first time. There may be some disagreements about what you do or how you spend your time. Navigating family relationships can be difficult and different than navigating a friendship or a romantic relationship. You are becoming an adult, but your parents may still see you as a child. During this time of transition, it can be good to look at your family relationships and work on healthy communication and respect. You are now a student with increased responsibilities and commitments; therefore, finding a balance is essential in maintaining good relationships of all types.

WHAT IF I HAVE MORE QUESTIONS ABOUT RELATIONSHIPS?

You are welcome to come to the Counseling Center for a consultation to determine if you would like to discuss relationship issues with a counselor. You can also read more about relationships in the Resources section in this brochure.

HEALTHY RELATIONSHIP SIGNS

TRUST

RESPECT

EQUALITY

LISTENS

SUPPORTIVE

ENCOURAGING

ACCEPTING

TRUTHFUL

GIVES ME SPACE

VALUES MY OPINION

GOOD COMMUNICATION

