

UOL STANDING TOGETHER'S

GUIDE TO HEALTHY RELATIONSHIPS



**Standing
Together**

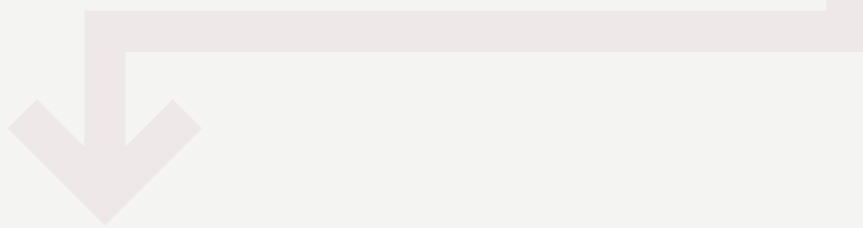
OUR RELATIONSHIPS



A relationship is an emotional connection between you and other people.



It can be a bond defined by blood (Family members) or people we choose in our life (Friends, romantic partner)



Each of these relationships has some effect on our well being, growth, learning and our life experiences



The closer we are to people, the more our relationships with them impact us. These impacts can be positive or negative, depending on what the relationship is like.

Positive

Negative

Less stress
Greater self-esteem
Healthier Behaviours
Personal Growth
Better health
Longer Life

More stress
Decreased self-esteem
Unhealthy Behaviours
Feeling stuck
Ill-Health
Decreased quality of life



RELATIONSHIP RED FLAGS



Use of
Physical
Violence



Emotional
Manipulation



Controlling
Behaviour



Isolation



Sexual
Coercion



Financial
Control



Excessive
Jealousy or
Possesiveness



Lack of
Respect of
Boundaries

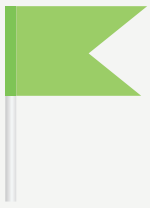


Constant
Criticism or
Belittling

Got any other red flags that we missed? Pop them down below!

A large, empty rectangular box with a thick black border, intended for users to write down any additional relationship red flags they identify.

RELATIONSHIP GREEN FLAGS



**Mutual
Respect**



**Healthy
Boundaries**



**Independence
and Personal
Space**



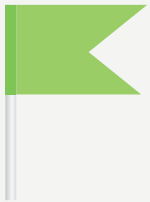
**Constructive
Conflict
Resolution**



**Emotionally
Supportive**



**Open and
Honest
Communication**



**Respect for
consent**



**Trust and
Transparency**



**Respect for
values and life
goals**

What are your relationship green flags? Write them here!

HEALTHY RELATIONSHIPS INVOLVE:

SETTING BOUNDARIES

Personal boundaries are the guidelines and limits we establish in relationships. Boundaries should reflect your personal values and what matters most to you.

Knowing your boundaries is like having your own personal force field! By defining, protecting, respecting, and empowering yourself, you're the superhero of your own story. Before diving into any relationship, knowing your boundaries is key. It's your secret weapon to dodge discomfort and keep your well-being on top!

Join the Boundaries Bingo fun to kickstart your Boundaries journey!

I can say NO	I say 'yes' too often	I respect my friend/partner's alone time
I set socialization limits to focus on work/study	I feel guilty when I have to say no to a friend	I set limits on social media use
I make time for my interests	I feel rejected when someone sets a boundary with me	I ask for help when needed
I take time to identify my needs	It's difficult to say no to others	I am overwhelmed when my boundaries are not respected
I leave when a conversation makes me uncomfortable	I leave when a conversation makes me uncomfortable	I share my feelings openly with people close to me

BRAINSTORM TO CREATE YOUR OWN RELATIONAL BOUNDARIES

There are many different types of boundaries, and these will help you reflect on your own, personal and unique boundaries:

What makes you emotionally supported in a relationship?

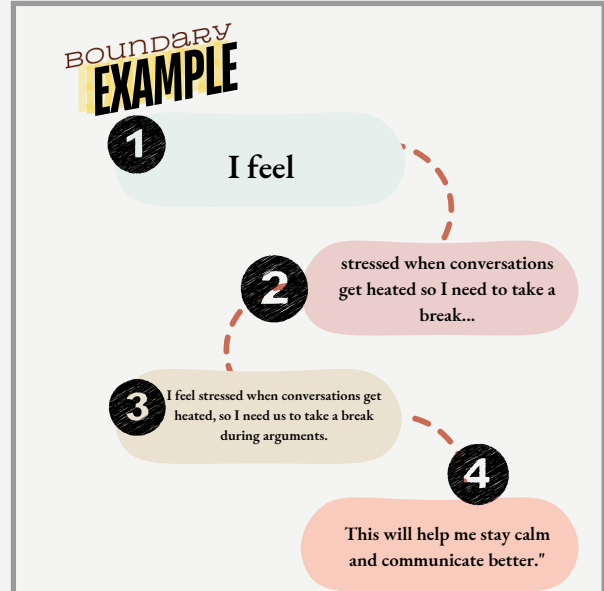
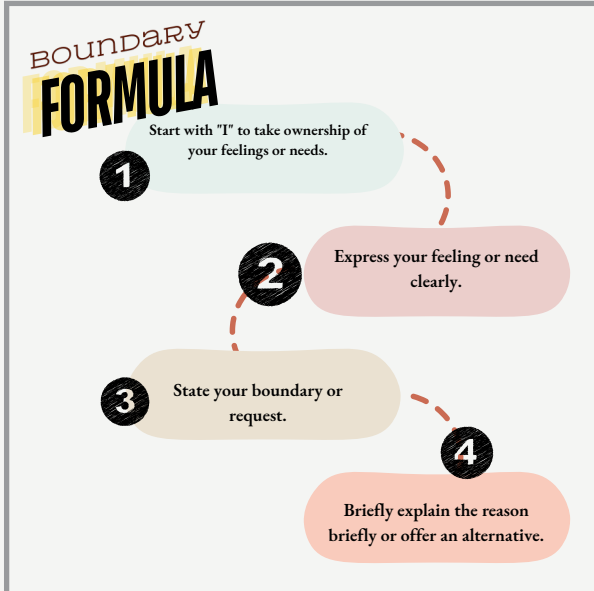
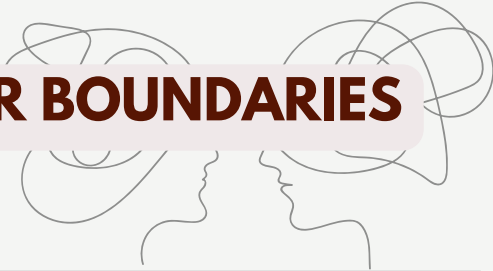
What ensures your physical safety in a relationship?

What supports your sexual desires and safety?

What does financial safety mean to you in a relationship?

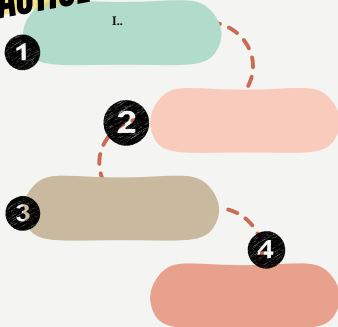


COMMUNICATING YOUR BOUNDARIES

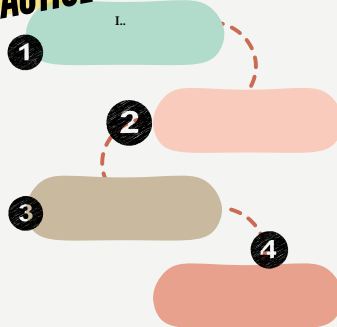


Try and practice some of the boundaries that you want to communicate!

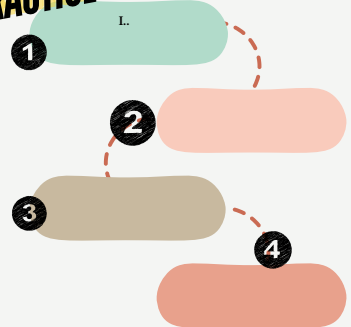
BOUNDARY PRACTICE



BOUNDARY PRACTICE



BOUNDARY PRACTICE



QUICK TIPS

- Be consistent in upholding your boundaries and expect potential pushback.
- Practice active listening and respect your partner's boundaries.
- Set boundaries early to build mutual respect and trust.
- Be patient and kind to yourself, this process is challenging and take time!
- Surround yourself with supportive relationships who understand your boundaries and attempt to uphold these.



You are only responsible for communicating your boundary respectfully, not for how the other person reacts to it.

TAKING CARE OF YOURSELF

To foster strong bonds with others, start by building a solid connection with numero uno - yourself! Shower yourself with love, pamper your mind and body, and watch your well-being bloom.

Self Care Planner

Things that make me happy

My Interests and Hobbies

People who are supportive

Health:

Things that make my body happy

Find Calm:

What can I do to feel calm?

Scheduling time with people who make me feel safe

Scheduling time with my interests, hobbies and things that make me happy



RESOURCES FOR SUPPORT AT UNIVERSITY OF LEICESTER

Standing Together

Our team offers practical support and guidance in relation to unacceptable behaviours by providing students with their reporting and support options. The team is made up of specialist Case Workers who are trained in receiving disclosures and offering support.

Contact: Standingtogether@le.ac.uk

A disclosure can be made using our online disclosure tool:



Student Wellbeing Service

The support service is a free, confidential and professional service which offers wellbeing support for registered students at the University of Leicester

Contact: 0116 223 1780 or wellbeing@le.ac.uk

Online Sharepoint Page



Security Team

Security services are responsible for the security of all University sites, including residences 24/7 365 days.

Contact: 0116 252 2023 or 0116 252 2888 (emergencies only) or by activating your safezone app (First aid or for emergencies) or attending the Security lodge on campus which is located near Entrance 1.

Download Safezone:



Welfare Team

Student Welfare Officers provide specialist advice on issues including Finances and budgeting, Student Finance, Benefits and Personal circumstances.

Contact: welfare@leicester.ac.uk or call +44 (0)116 223 1185

Learn more about the team:





EXTERNAL RESOURCES FOR SUPPORT AT LEICESTERSHIRE

Spectrum

Spectrum is a Student Assistance and Wellbeing Platform that our University's Student Support Service has teamed with. The platform provides free, confidential counselling and wellbeing support service available to all students 24/7, 365 days a year.

Contact: 0800 0318227 (Freephone UK)
00353 1518 0277 (International) or text 'Hi' to +44 7418 360 780

Student Registration Link:



Juniper Lodge: Sexual Assault Referral Centre

Juniper Lodge offers discrete medical, emotional, and practical support to anyone that has been subject to sexual assault. If you would like support travelling here, you can reach out to the University Security team.

Contact: 0116 273 3330

Website:



Jasmine House: Rape Crisis Service

Jasmine House is a safe space where women and girls can access free and confidential services following any form of sexual violence either recently or in the past.

Contact: 0116 255 5962

Website:



First Step

A free confidential service for male rape and sexual abuse survivors & their supporters living in Leicester, Leicestershire and Rutland.

Contact: 01162548535 or 07581568144 (Call/Text)
or contact@firststepleicester.org.uk

Website:

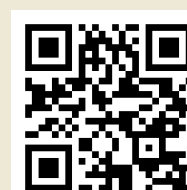


Victim First

This service offers emotional support, practical support in terms of crime prevention and safety and journey of recovery.

Contact: 0800 953 9595 or their webchat option on their website

Website:





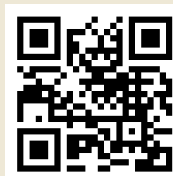
EXTERNAL RESOURCES FOR SUPPORT AT LEICESTERSHIRE

Freeva

Freeva is a sexual and domestic violence services across Leicester, Leicestershire and Rutland.

Contact: 0808 80 200 28

Website:



LGBT Centre

The Centre provides accessible services and a range of support to combat the social isolation, exclusion and discrimination that LGBT+ people face, and to promote a positive environment, empowering people who are LGBT+ and educating the wider community.

Contact: 0116 254 7412

Website:



The Zinthiya Trust

The charity provides information, advice and practical support to alleviate poverty and abuse to people living in Leicester and Leicestershire.

This service is open to everyone.

Contact: 0116 254 5168

Website:



Follow this QR to find more resources:



**SCAN
ME!**



Standing Together



standingtogether@le.ac.uk

