



October Can Be Scary; Your Relationships Shouldn't Be.

In every relationship, you deserve to be respected and have your boundaries and needs met. All relationships exist on a spectrum:

In healthy relationships, partners are communicating, respectful, trusting, honest, and equal. Healthy partners enjoy taking time away from each other and respect each other's boundaries. Healthy relationships are founded on safety. Remember that healthy conflict is normal, and you should discuss disagreements respectfully. Healthy relationships should be fun! You deserve to enjoy time spent with others.

In unhealthy relationships, there is a lack of communication, respect, honesty, and/or trust. One or more partners may try to take control, or someone may be pressured into activities.

In abusive relationships, one or more partners attempt to gain or maintain power and control over others. Abuse might be physical, sexual, emotional, verbal, financial, or digital.

Typical warning signs of abusive behavior from your partner(s) include:

- o Checking your phone, email, or social media accounts without your permission.
- o Putting you down frequently, especially in front of others.

- o Isolating you from friends or family.
- o Extreme jealousy or insecurity.
- o Explosive outbursts, temper, or mood swings.
- o Any form of physical harm.
- o Possessiveness or controlling behavior.
- o Pressuring you or forcing you to have sex.

SAPHE RESOURCES

Creating a Safety Plan
(hotline.org)



"Is Your Relationship Healthy?" Quiz
(loveisrespect.org)



Check the SAPHE Instagram **@tusaphe** for events and other resources during **Healthy Relationships Week! (Oct. 16-20)**

Breaking Up in a Healthy Way

Breakups are almost always difficult. Even when the breakup is amicable, feelings of loneliness, anxiety, or missing your partner(s) are valid.

Know when it's time to break up. Trust your instincts. If you feel nervous around your partner, feel like they are draining your energy rather than replenishing it, and/or trusted friends/family reach out worrying about your relationship, it might be time to break up.

When you break up, speaking with your partner in-person in a place where you both are comfortable is ideal. Be honest about your reasons for breaking up, without sugar-coating or being offensive. Using "I" statements is useful

here. Be ready to listen. Planning ahead of time can make this conversation smoother. If you feel overwhelmed, it's alright to ask for space to continue the conversation later.

After you break up, communicate your boundaries, and ensure that everyone understands them. Taking space from each other can allow everyone to come to terms with the end of the relationship and work through their emotions. It's normal to try to be friends after, but also you're allowed to request to not be friends for whatever reason.

The most knowledgeable person about your breakup will always be you! Trust yourself.

TUPHE FEATURE

How to Reduce Exam Stress



Midterms are coming up, and preparing for exams can be difficult and stress-inducing. Excessive stress, however, can negatively affect your body, leading to trouble concentrating, excessive worrying, changes in sleeping habits, or even head and muscle aches. To reduce this, here are some strategies for stress relief this midterm season:

- **Take deep breaths.** Just a few deep breaths can help your body relax.
- **Limit your alcohol and caffeine intake;** opt for non-caffeinated tea or flavored water more often.
- **Exercise!** Any form of exercise can improve your mood.
- **Prioritize your sleep.** Adequate sleep is important for well-being and academic performance.
- **Seek help when needed.** Call the Counseling Center at 504-314-2277, or call/text The Line (504-264-6074), a 24/7 crisis support hotline.

GET TUPHE!

Tulane Peer Health Educators (TUPHE, pronounced "tough") is recruiting for the Fall semester! We are a part of The Well for Health Promotion dedicated to educating about our focus areas: sexual violence prevention, sexual health, alcohol and other drug harm reduction, and mental wellbeing. There are many opportunities to get involved, and we would love for you to join us! **For more info, scan the QR code to see our application:**



Follow us on Instagram **@tulanetuphes** for more updates!

BODY RESPECT WEEK

Body Respect Week is coming! October 30th – November 3rd we will bring the Tulane community comprehensive, queer-inclusive, culturally specific, body-positive health events. Join us throughout the week as we promote **#bodyrespect** for all. Scan the QR code to visit our website and stay up to date with Body Respect Week's events!

