

# Wellness InSTALLments

February 2018 — Volume 5, Issue 8

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## Break the Cycle, Start a New!



Most of us can think of at least one person who seems to be in a great relationship; one built on mutual respect and genuine care of each other. Unfortunately, it seems the opposite is true as well. Most of us can think of at least one person who is in a relationship that seems to be built on guilt,

power, and control. **According to [breakthecycle.org](http://breakthecycle.org), 57% of college students who report having been in an abusive dating relationship said it occurred in college.**

College is a time to meet new people and build connections. Knowing the signs of a healthy relationship can help you build relationships that can last forever!

## The Ingredients for Two Peas in a Pod

We can define four building blocks for intimacy that any relationship needs to be healthy. All four are interwoven and dependent on each other for success!

### Respect

Reflects the value, validation, & the worth of another person

### Trust

In our partners and feeling that we can count on them to be there

### Communication

That allows us to speak openly and honestly without fear

### Honesty

About our thoughts, feelings, & what we want to happen in the relationship



### Sexual Health Responsibility Week

**2/12 Cash Cab: Sexual Health**  
1-3pm; Main Campus

**2/13 Tips Tuesday: Valentine's  
Box of Chocolates**  
11am-1pm; Near Griffin Hall

**2/14 Healthy Hump Day: Be My  
Valentine**  
12-3pm; Outside P&W

**2/15 Prize Team: SHRW**  
3:30-5:30pm; Main Campus

### Programs & Events

**2/7 Love Yo' Self**  
6:20pm-7:20pm; TBD

**2/15 Healthy Hump Day: Safe  
Spring Break**  
12-3pm; Outside P&W

*Please see our online calendar for  
a full, updated schedule*



### WELLNESS TIP

Be yourself & do things you love. You will meet people who enjoy the real you & what you enjoy doing!

### Question of the Month

What are the four building blocks for a healthy relationship?

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for 10 Eagle Dollars!

