Condom Casino!

Saturday February 20th 9pm-12am
College Union

Free condoms, candy and prizes!

-All students may receive **FREE** counseling sessions at Counseling Services

-Check out **health.geneseo.edu** or call (585)-245-5716

-Reproductive Health Center in Lauderdale

Mondays & Tuesdays 9am-5pm

Volume 8

Feb. 2010

Healthy Happenings from the Healthguards

The Relationship Issue

Tips for Healthy Relationships:

- *Keep expectations realistic*--don't expect your partner to fill every need in your life
- *Be flexible*
- *Be dependable*
- *Be honest*
- *Be respectful*
- *Compromise!*
- *Talk openly about sex*
- *Take care of **YOU!***
- *Keep your life balanced*
- *Be yourself!*
- *Good communication & fight fair*

How to Tell if a Relationship is Unhealthy:

- Either partner is made to feel badly about themselves.
- Ridicule and name-calling is the norm.
- One person dictates how to think and feel.
- Partners feel a need to control one another.
- Fear of the other partner's temper.
- Physical, verbal, or emotional harm is used to force cooperation and obedience.

Encourage Good Communication:

- Genuinely listen
- Ask questions
- Share information

Fight Fair

- Don't criticize—use "I" statements
- Say "I'm sorry" when you are wrong
- Don't hold grudges

Tips for Long Distance Relationships

- Establish trust
- Make time for each other
- Communicate regularly
- Send care packages
- Never make assumptions
- Skype calls

Valentine's Day Ideas:

- Make dinner together
- Rent a movie
- Go away for the weekend
- Go ice-skating

All the Single Ladies (& Men)

- Make desserts for your friends
- Watch Sex and the City
- Treat yourself to a day at the spa
- Get a pick up game going with your friends
- Have all your single friends over for dinner!

What Should You Do if Your Relationship is Unhealthy?

- Seek help. Talk to someone you trust.
- Make an appointment at the Counseling Center.
- If you feel comfortable, talk to your Residence Advisor.
- In an emergency, call University Police (on-campus x5222).

10 Ways to Build Self-Esteem!

1. Focus on your achievements.
2. Focus on the positive aspects of your life.
3. Do what you love!
4. Help others! Volunteer
5. Don't put up with negativity.
6. Join a new club on campus
7. Have realistic expectations
8. Pay attention to your own needs and wants
9. Exercise!
10. Reward yourself