

Hanging out or hooking up? Friends with benefits or just friend-zoned? College relationships are often complex, confusing and are further complicated by social media and a lack of communication.

If you are spending time with someone and wonder where the relationship is going—don't be afraid to ask! It is better to be on the same page than to have different expectations and be disappointed later on.

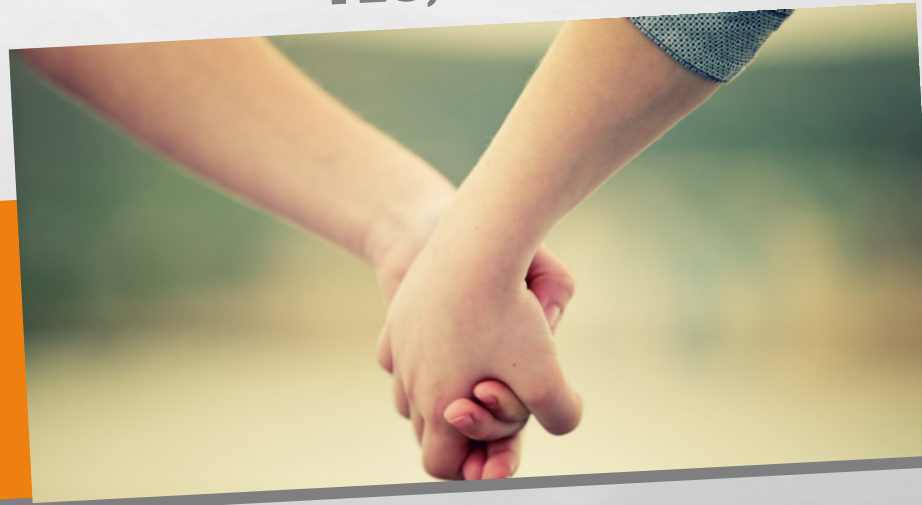
DO NOT spend all your time with your partner. Other friendships are important, and will become necessary if the relationship ends!

Have discussions about sex, whether or not you're monogamous, expectations for texting or calling, and how much time you plan to spend together during the week. All of these things can make or break a relationship, especially if you have drastically different ideas about each topic.



HEALTHY RELATIONSHIPS IN COLLEGE

YES, THEY ARE POSSIBLE!



WHEN TO LEAVE...

Unhealthy relationships can affect many students, especially if they feel trapped or are afraid to leave a familiar relationship—even if they know they're not happy. Here are a few signs that a relationship is unhealthy....

- Try to control or manipulate the other
- Make the other feel bad about her/himself
- Ridicule, call names or dictate how the other dresses
- Do not make time for each other
- Criticize the other's friends
- Are afraid of the other's temper
- Discourage the other from being close with anyone else
- Are overly possessive or get jealous about ordinary behavior
- Push, grab, hit, punch, or throw objects
- Use physical force or threats to prevent the other from leaving



Campus Resources: ECU Counseling Center: 252-328-6661
ECU Police Department: 252-328-6787

ECU Victim Advocate: 252-737-1466
ECU Dean of Students: 252-328-9297