If you’re just getting to know someone, don’t be afraid to ask questions that actually matter. Try to go below the surface, especially if you want more than just sex. If you do this early on, you might develop a long list of mutual interests and opportunities to develop and strengthen a relationship. A good first date should make you think of great second dates.
If you enter a relationship, it’s easy to fall back onto routine habits—which aren’t always bad things! But if you fall into habits that aren’t healthy—like doing things for the sake of doing them, or doing things when one of you wants to and the other doesn’t—your relationship might suffer. Try to be creative! Think of ways that might help your partner keep seeing you in a different but positive light.
It’s easy to get wrapped up in ourselves and demand that the other partner be there for us, OR think that our moments of suffering are worse than our partner’s, etc.

But if you really want to support your partner, think about ways to balance your wants and needs with your partner’s. It takes a lot of work to be in a good relationship, and part of that is always being aware of where your partner is coming from.
Good relationships take a good amount of compromise, meaning you’re probably not always going to get what you want. Rather than throwing a fit or acting passive aggressively, be lenient and understanding with one another. If you really care about each other, you’re going to find a win-win situation so that you’re both happy. But again, it’s important that you communicate honestly so you know what negotiations and compromises are going to work.
People change, especially if you invest a lot of time into a relationship. What you felt at the beginning of the relationship might be different as you progress farther into the relationship. If you are aware of this change from the get-go, it’ll make the acceptance of the change much easier.

Make sure you’re always asking yourself how much change you’re willing to take in the other person. A lot of relationships end because a change occurred, but nobody talked directly about what happened, and therefore couldn’t think of how to work it out. Knowing changes will happen in the beginning and that you need to consistently communicate should make for a good relationship.
In a healthy relationship, communication is always there. Rather than playing guessing games with one another, set aside moments where you both say what’s on your mind; and be sure to actively listen and consider what your partner is saying and feeling. Different people communicate differently: some like direct talking, others struggle with it. Be cognizant of your partner’s mode of communication and do your best to understand.
Both partners understand that they are responsible for their own individual happiness. Each person takes time to care for themselves. You have to take care of yourself in order to give love to your partner. Both people understand that they are not going to agree on everything. Having these differences in opinion doesn’t have to be a deal breaker. Conflicts are dealt with head-on and then dropped. Grudges never make for a healthy relationship.
For some reason, when people have sex, they think communication ends. This is NOT the case! If anything, sex is possibly when the most communication is necessary. You continually need consent from your partner, even if you are in a relationship (consent might take on different forms as you move farther along, but initially, it should always be verbal). Plus, it’s helpful to let your partner know what you like and don’t like in sex. Sex is something both people should enjoy, and the more you talk about it, the better sex you’ll probably have. That’s not to say you have to sit down with one another before sex and brainstorm on pieces of paper, sign contracts, etc. and kill the mood. Communication can be sexy, too. You just gotta be creative.
Bae Goals

Respect Change

Creativity

Support

Consent

Exploration

Communicate

Compromise

Happiness
This bulletin board resources was prepared on behalf of the Sexual Assault Response and Prevention Office of Butler University.

If you have any questions or concerns, please reach out to the Sexual Assault Response and Prevention Specialist.

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