



THE UNIVERSITY OF KANSAS  
Sexual Assault Prevention  
& Education Center

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**Sexual Assault Prevention and**  
**Education Center**  
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**[sapec@ku.edu](mailto:sapec@ku.edu)**

NAVIGATING ROMANTIC  
RELATIONSHIPS IN  
COLLEGE

# LEARNING OBJECTIVES

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Identify components to healthy and unhealthy relationships

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Identify helpful strategies to start and end relationships

Discuss ways to communicate and approach healthy conflict in relationships

Essentials



Tolerables



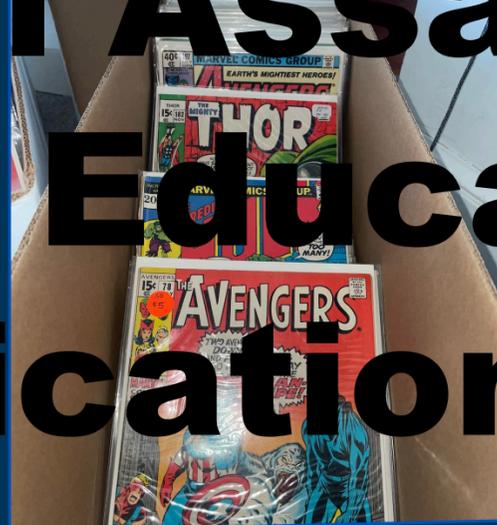
WHAT DO WE WANT? WHERE DO WE FIND IT?

IDEAL PARTNER!!!!

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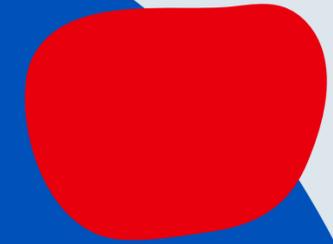
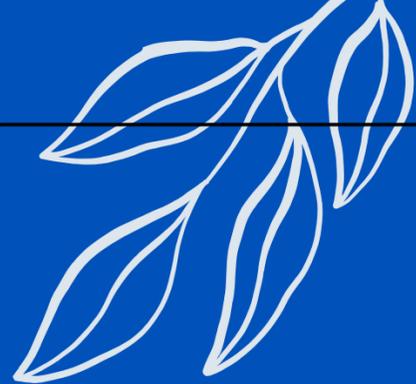
Dealbreakers



Bonuses

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Being in relationship (romantic, friendship, etc.) can be wonderful and tricky at the same time.. We spend much of our lives discovering what our interests and goals are- just for them to change! Getting into relationships with other people who also change provides a unique challenge in finding the right match.



**EXPLORING A NEW BEGINNING**

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**TIMING AND PACE**

**SEPARATE INTERESTS AND SOCIAL GROUPS**

**LIKING THE PERSON VS. BEING IN A RELATIONSHIP**

**CONSENT AND IDENTIFYING CURIOSITY**

**WHAT ELSE?**

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**How are digital and long distance relationships affected in this?**



**RED FLAGS IN RELATIONSHIPS**

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**FOUR HORSEMEN OF THE APOCALYPSE  
OF RELATIONSHIPS**

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**IS THERE AN ANTIDOTE?**



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Think of an issue that would be worth addressing in a relationship. We can almost immediately create a conversation when we talk about the other person and they may shut down because they are feeling attacked.

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How can we address it without criticizing the other person?

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# WIBS ACTIVITY

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I don't get texts back or I wait

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I feel abandoned, afraid, sad

**Education Center**  
I value communication and have a hard time focusing or thinking things are okay

**Because**

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So, can we talk about it?  
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# Accepting Influence

Let's say someone has feedback or a critique for us.

How can we respond without shutting the other person down?

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Yes, that makes sense

I agree that...

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I can feel myself getting defensive about this. Thank  
you for telling me, let me take a second

What do you think about this?

**BIDS FOR CONNECTION**

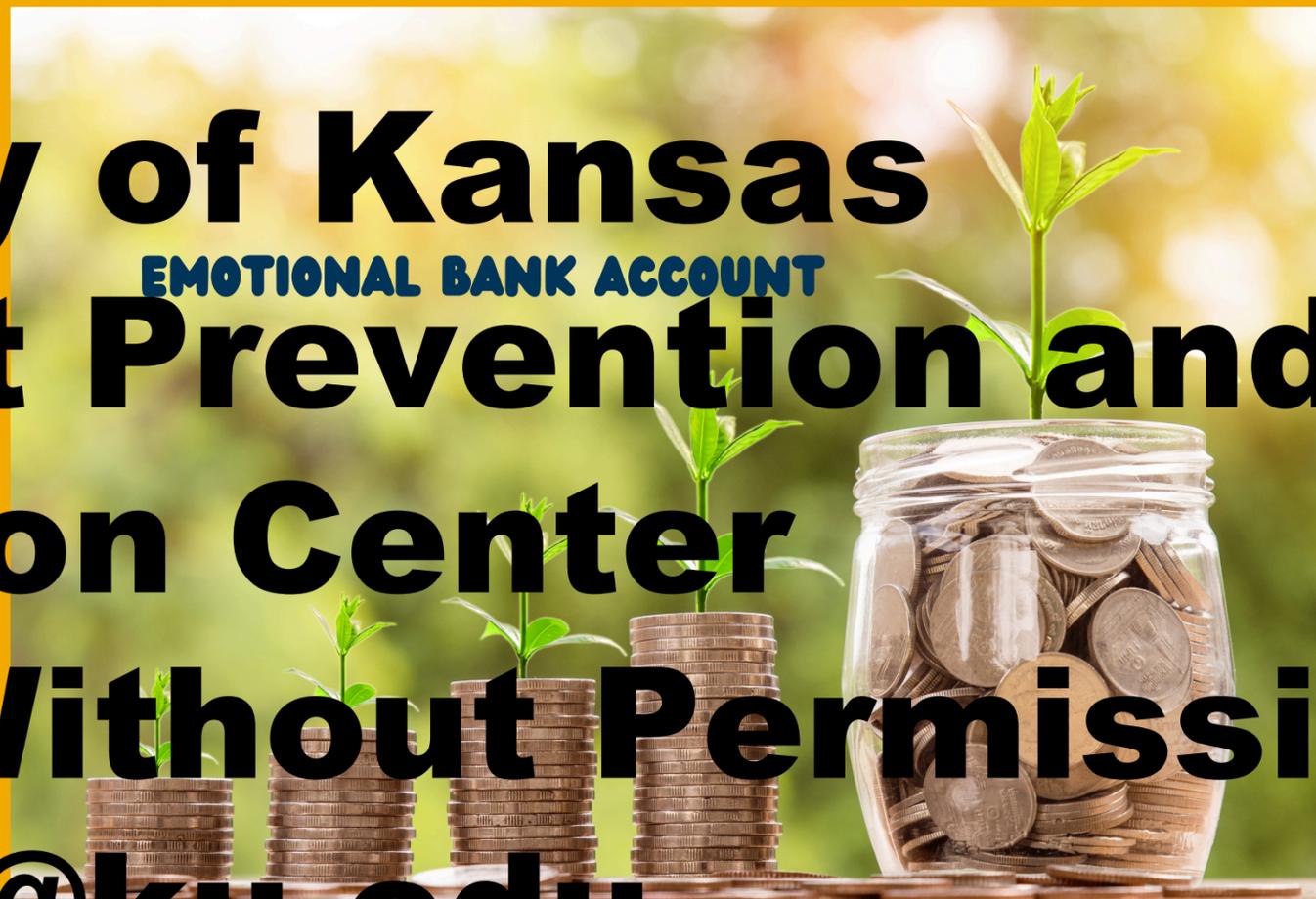
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We have the option

to

- Turn Toward
- Turn Away

Turn Against



EMOTIONAL BANK ACCOUNT

RELATIONSHIP  
GREEN FLAGS



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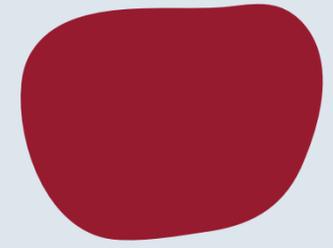
Reflection &  
Expression

Taking  
Responsibility

Gentle Startup

Fun

# EMOTIONAL HOOKS



1.

Lack of Individual Identity

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2.

Scarcity Principle

3.

Guilt

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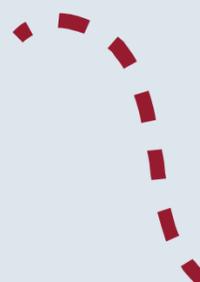
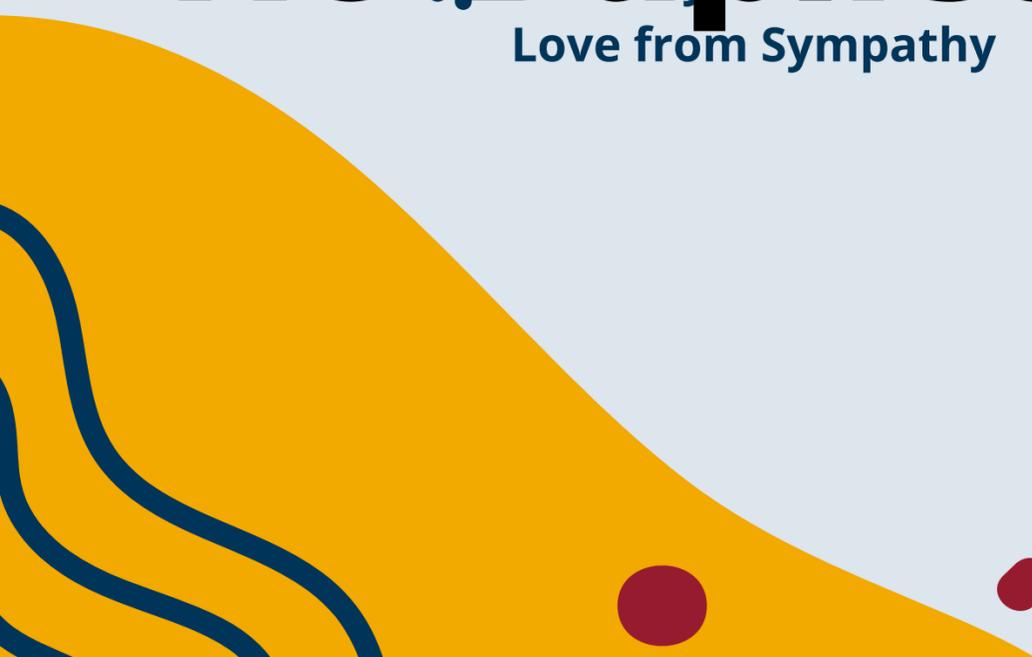
4.

Tranquility, Differentiate Love from Sympathy

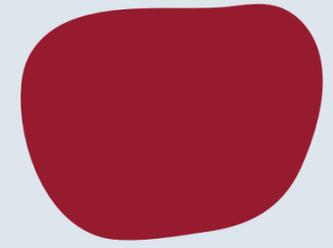
5.

Helplessness and Neediness of Relationship Partner

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# EMOTIONAL HOOKS



6

Need to be Needed

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Belief in Personal Fault

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Make it Better

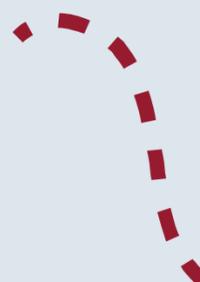
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Fear of Negative Outcomes of Relationship Partners

Idealism or Fantasy Thinking

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WHAT ARE THINGS WE  
CONSIDER BEFORE  
DISCUSSING A BREAKUP?



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WHAT IS RISKY ABOUT  
BREAKING UP OVER THE  
PHONE?

WHEN EXPERIENCING A BREAKUP...

WE ARE WORTHY OF

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BOUNDARIES

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COMPASSION

TOUCH

HONESTY

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SEX

AFTER A BREAKUP...

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WE CAN FEEL

WE ARE NOT ENTITLED TO

RELIEVED

WE HAVE COME HERE

POST ABOUT SOMEONE ELSE

A RAIN

WE CAN HEATS

HURT

GRATITUDE

BETRAYED

RELATIONSHIP

LONELY

TOUCH

SEX

**WE DESERVE SAFE**

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**Education Center**

**ARE CAPABLE OF**

**PROVIDING THAT AS**

**WELL**

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