

## FEBRUARY: HEALTHY RELATIONSHIPS

If you are concerned that a friend may be in an unhealthy relationship, the way you approach it can either further isolate that friend or it can have great power. The One Love Foundation lists a few tips and comments from people who have experienced relationship abuse that may be helpful:

1. **Listen without inserting your opinion.** Your friend will value your opinion more if they feel heard. When you listen compassionately, you are telling this person their feelings and thoughts are valid.
2. **Express concern instead of criticizing your friend for staying in the relationship.** Someone who is in a tough spot is more likely to reach out to those who don't make them feel judged.
3. **Validate your friend's feelings and focus on the behaviors.** By talking about the behaviors instead of the person, you will be helping your friend come to his or her own conclusions about leaving the relationship.
4. **Focus on your friend's good traits.** By pointing out their positive traits, you may remind them of their worth and that they should feel appreciated by their partner.
5. **Be patient and supportive.** Look for ways you can empower your friend. Even if they don't remember the exact words you use, they will remember how you made them feel.

Source: "5 Ways Your Word Can Empower Your Friend"  
- One Love Foundation



*We are all deserving of relationships that uplift us and make us feel worthy and valued.*

Lunch & Learn:  
February 8th  
12:00 to 1:00 pm

### Healthy Relationships and Boundaries

SAFE (Services to Abused Families) will teach us about signs of healthy and unhealthy relationships, and scenarios for guiding youth on this topic using curriculum from the One Love Foundation.



### Resources

- **One Love Foundation** provides signs and symptoms of healthy and unhealthy, real stories, and guidance for helping friends, breakups, and self love. Go to [joinonelove.org](http://joinonelove.org).
- **Services to Abused Families** ([safejourneys.org](http://safejourneys.org)) in Culpeper is for victims/survivors of domestic violence and sexual assault who need someone safe to talk to or need immediate help. The hotline is available 24 hours a day, seven days a week, 365 days a year at [800.825.8876](tel:800.825.8876).
- The **Fauquier County Department of Social Services Domestic Violence and Sexual Assault Advocacy Program's** hotline can be reached at [540-422-8460](tel:540-422-8460).
- The **National Domestic Violence Hotline** is a 24/7 support and chat line. You can also search their Get Help section for a directory of shelters and providers. Go to [thehotline.org](http://thehotline.org) to chat or call [1-800-799-SAFE \(7233\)](tel:1-800-799-SAFE).