Relationships & Dating during COVID-19

Challenges while Sheltering-In-Place
Common obstacles faced by partners, whether you're sheltering-in-place together or separately may include:
- Miscommunication
- Maintaining healthy communication
- Drifting apart
- Jealousy or trust issues
- Lack of alone time
- Over-reliance on partner

Spend Meaningful Time Together
One way to manage these common quarantine challenges is to spend meaningful time together.

If you're quarantined together, seeing each other 24/7 might be too much! Make deliberate and intentional plans to spend time together.

- Date night - make it fun and creative! Bring some excitement (e.g. virtual museum visit, playing board games or online games, cooking a fancy meal)
- Introduce variety into your routine to avoid sinking into the negativity effect
- Tackling a new hobby together

Virtual Intimacy
Like sex but with tech.

Sex over video
- Touching/pleasuring yourself while on video with a partner(s)
- May include verbal descriptions

Sex over the phone
- Verbally describing sexual interactions over the phone
- Moans and heavy breathing recommended

Sexting (sex over text)
- Describing sexual interactions via text message
- Can be super detailed
- Has no real-world boundaries, great method for fictional sexual fantasies
Social Distance Dating

- Meet up and keep face masks on
- Maintain appropriate physical distance (6ft)
- Grab food, art/mask supplies, etc.
- Go to a non-restricted, outdoor location
- Blow goodnight kisses

Conversation Tips

Sexy affirmatives are a great go-to!

Sometimes switching from regular conversation to being intimate and sexy remotely can be challenging (don’t forget to practice your sexy voice)

Here are some conversation starters...
- “If I was there I’d want to...”
- “I would love to...”
- “I’d like that”
- “That would feel really good”

Remember to still think about consent!
- “Can I send you nudes?”
- “Is this okay?”

Resources

University Health Services (UHS) Resources at the Tang Center

Healthy Sexuality Coaching
- Up to 45-minute individual appointment with a professional Health Coach.
- Virtual and phone appointments offered
- Email Robinmills@berkeley.edu for a free appointment

Medical Appointments
- For all medical concerns please call first at (510) 643-7197. This will allow medical staff to assess your needs and best direct you.
- You are encouraged to contact the 24/7 Advice Nurse if you have symptoms of cough, fever, shortness of breath, or if you’ve had close sustained contact with a known positive COVID-19 case.

Off-Campus

Planned Parenthood
- Center’s open for in-person, online, and phone appointments
- Plannedparenthood.org

Primary Care Provider
Given the unique situation that continues to evolve around the coronavirus, effective March 16, students with SHIP (Student Health Insurance Plan) are no longer required to seek a referral from University Health Services before accessing care. The referral exception will remain in place until further notice. See uhs.berkeley.edu/ship for more information.

Social Media
Follow us on social media for more tips. Handles at uhs.berkeley.edu/social
#safersexyhealthycampus #bewellcal