

Relationships & Dating during COVID-19

Brought to you by the Sexual Health Education Program (SHEP)



Relationships are already tricky to navigate. Add a pandemic to the situation makes it even more complicated. There are likely to be some challenges during this time. With honest, open, and healthy communication you and your partner(s) can make it through the pandemic and possibly even strengthen your relationship!

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 on-line 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



Sexual Health Education Program



UNIVERSITY HEALTH SERVICES

07.24.20.1

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

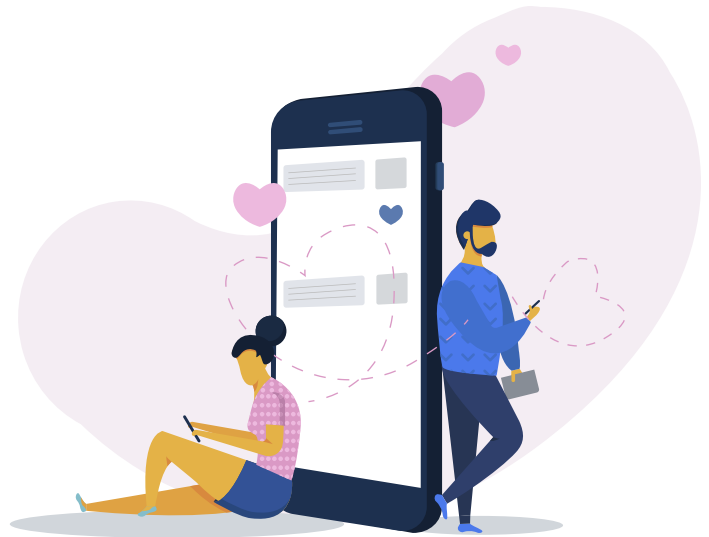
University Health Services (UHS) Resources at the Tang Center

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.



What you can say over video

- "I love this"
- "You look so good"
- "Omg yes"

Off-Campus

Planned Parenthood

- Center's open for in-person, online, and phone appointments
- [Plannedparenthood.org](https://www.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](https://twitter.com/safersexyhealthycampus) [#bewellcal](https://twitter.com/bewellcal)

Sexual Health Education Program



University of California, Berkeley



UNIVERSITY HEALTH SERVICES