DO YOU! I'M SINGLE AND LOVING IT!

MY EXPERIENCES: MY CHOICES.

Maybe I'm single right now because...

- I want to do me for a while.
- It's less drama.
- I want to spend more time with my friends/family.
- There's nobody I want to date.
- Way too much stuff on my plate already.
- I like flying solo.
- I need to save money - dating can get expensive.
- Just got out of a relationship and I want to take it easy.

WHATEVER YOUR REASONS, THEY'RE YOURS... OWN 'EM!

Did you know...

- About 50% of college students in the United States are not in a relationship. (NCHA, 2011)
- Single people still have intimate relationships - research shows that single people have about the same number of "attachment figures" (people we like to be around in times of stress or need) as people in couples. (Schachner, 2008)
- Remember, even if you're single, you can still have a satisfying sex life - solo or with someone else.

Being single doesn't mean being alone, keep emotional intimacy in your life

Your relationships with others

- Make time for the people close to you - your friends and/or family. Set dates for regular phone chats if they live far away.
- Plan a day to hang out with people you haven't seen in a while - you could cook together, play a game in a park, or just hang out and watch your favorite TV show together.
- Make time for yourself too - time alone represents you for time with others.
- Take time to relax and do things you love to do alone - sit in the sun, re-read your favorite book, take a bubble bath, go for a hike, take yourself to a movie.
- Catch up on your sleep.
- Make yourself nice dinners. You deserve it!

NOT RIGHT NOW. I'M DOING ME.

BE YOURSELF: DO YOU!

What's out there for all East Bay public colleges? Whatever your relationship status, there's support and services for you. To find out more about support, counseling options and volunteer opportunities at any of the East Bay colleges, visit: http://uh.s.berkeley.edu/doyou

For more information about DO YOU! contact Health Promotion at University Health Services, Tang Center at UC Berkeley: (510) 642-7232 or check out our website at: http://uh.s.berkeley.edu/students/healthpromotion
Maybe I’m dating/in a relationship because . . .

- It makes life more fun and interesting.
- There are amazing folks at my school and I enjoy exploring possibilities.
- I want more than friends or casual hook ups in my life.

Let’s face it: putting yourself out there can be awkward and even scary sometimes. Here’s what other folks have tried for meeting new people:

- Mix social circles. Friends can help you relax or be your “wing person” so you can be yourself.
- Online dating: can be a great option if you’re shy, super busy, or want to see who’s out there.
- Social occasions: you’re at the same event, so you have at least 1 thing in common!

Best game = be confident, smile, and introduce yourself.

Whatever your reasons, they’re yours . . . own ‘em!

You’ve met someone you’re attracted to. Now what?

- Go out (just the two of you) and get to know each other better. If you’re nervous, start with some small talk – movies, favorite places to chill, or what you’re doing on the weekend.
- Limit dates to public spaces until you feel more comfortable with each other.
- Try to stay open-minded, especially about appearances, you might be surprised! But know what you want in a partner as well as for yourself and relationships.

Tips for making the first move

- Be respectful of yourself and the other person.
- Pay attention to body language (e.g. eye contact, arms folded) – what signals are they sending? If you don’t know, just ask.
- Get consent before trying anything sexual. Remember “no” is a complete sentence.

Recognize that dates may not always work out and that’s okay.

Taking the next step/maintaining a relationship

Questions to consider:

- What level of commitment are you both looking for?
- Are you having fun?
- Do you both get time to yourself?
- If you’re getting sexual, have you talked about your sexual histories?
- What’s your plan to prevent STIs/pregnancy?
- How do you handle disagreements?
- Do you check in about how it’s going, and work on making things better?

Remember: relationships work best when people feel their needs are being met and also have room to grow.

Hey, can we talk about where this is going?

YEAH, I’D LIKE THAT.

BE YOURSELF: DO YOU!

Card 3 of 3. Collect them all!

I may be drinking tonight - I am not drinking tonight - and -
I may be having sex tonight - I am not having sex tonight