

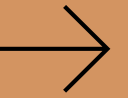
# Black Students Talk:

# RELATIONSHIPS



@wautingtocreate x @bptwellbeing





# Types of Relationships

01 PLATONIC

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02 PROFESSIONAL

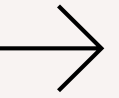
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03 ROMANTIC

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04 SELF

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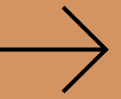


# platonic relationships

A decorative graphic on the right side of the slide. It features a large, light brown, irregularly shaped background. Overlaid on this is a thin, orange circular line. A solid orange circle is positioned at the bottom of this line, where it crosses itself.

The word 'platonic' is derived from the definition of 'platonic love' - a type of love or close relationship between [people] in which sexual desire is non-existent or has been suppressed.

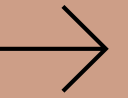
**Family and Friendships** are types of platonic relationships we may have in our lives. They can bring out the best in us, as **they can teach us how to love and how to receive love**. It's also important to note that **friends can be chosen family**. They can also teach us how to love and **how we want to be loved**, alongside or away from familial relationships.



# professional relationships

'Professional' means to **engage in a specified activity as one's main paid occupation rather than as a pastime**. Our work relationships and student-staff relationships at university are examples of this.

There are **professional boundaries** and **power dynamics** in these relationships, depending on the role that the staff or colleague may have in that person's life. **How these relationships are navigated** and our interactions with university staff (lecturers, professors, supervisors, tutors, counselling services, caterers etc.) can **influence how a Black student approaches that environment and university as a whole**.



# romantic relationships

The dictionary defines 'romantic' as being '**conducive to or characterised by the expression of love OR relating to love or to sexual relationships**'. Romantic relationships, like any other relationship, can be **life changing and have an effect on us**, especially during university. Relationships that start at university can be influential and have **the potential to shape who we are and our experiences** whilst studying.

Within this **#BlackLove** is a type of love ascribed to Black people (by our own community). This type of love is '**rooted in resilience and hope... to love your [person] and to unapologetically be Black... [it's] a special kind of love due to the Black experience, and comes with its own unique aspects.**'

#BlackStudentsTalk

"One of the best guides to how to be self-loving is to give ourselves the love we are often dreaming about receiving from others."



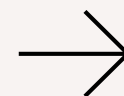
**BELL HOOKS**

AUTHOR, PROFESSOR, FEMINIST  
& SOCIAL ACTIVIST

@bptwellbeing

**BPT**

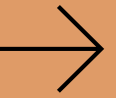




# self-love

Self-love is defined as a '**regard for one's own well-being and happiness.**' Self-love is a word that has defined our generation.

Learning to **love yourself as you are** has become a priority, and has helped us, as individuals, **understand the importance of self-care, self-acceptance, and love.** Self-love **liberates** us from comparison, gives us more confidence, allows us to maintain healthy relationships, and discover who we are as individuals on a **deeper level.**



# useful services



STUDENT MINDS (RESOURCES): [WWW.STUDENTMINDS.ORG.UK](http://WWW.STUDENTMINDS.ORG.UK)

STUDENT SPACE (RESOURCES, TEXT, EMAIL AND PHONE SUPPORT):

[WWW.STUDENTSPACE.ORG.UK](http://WWW.STUDENTSPACE.ORG.UK)

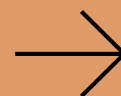
TOGETHERALL (ONLINE PEER SUPPORT): [WWW.TOGETHERALL.COM](http://WWW.TOGETHERALL.COM)

PAPYRUS (SUICIDE HOPELINE): 0800 068 4141 / [WWW.PAPYRUS-UK.ORG](http://WWW.PAPYRUS-UK.ORG)

MERMAIDS (FOR THE TRANS & NON-BINARY COMMUNITY): [MERMAIDSUK.ORG.UK](http://MERMAIDSUK.ORG.UK)

STONEWALL (FOR THE LGBTQ+ COMMUNITY): [STONEWALL.ORG.UK](http://STONEWALL.ORG.UK)





# useful services



THE BLACK, AFRICAN AND ASIAN THERAPY NETWORK (BAATN):

[WWW.BAATN.ORG.UK](http://WWW.BAATN.ORG.UK)

SHOUT (TEXT SUPPORT): TEXT 'SHOUT' TO 85258

ADHD BABES (SUPPORT GROUP): [HTTPS://LINKTR.EE/ADHDBABES](https://linktr.ee/adhdbabes)

BOUNCE BLACK (TRAUMA-INFORMED COACHING): [HTTPS://BOUNCEBLACK.ORG](https://bounceblack.org)

VOICE COLLECTIVE (FOR PEOPLE THAT HEAR VOICES): [VOICECOLLECTIVE.CO.UK](http://VOICECOLLECTIVE.CO.UK)

EXIST LOUDLY (FOR LGBTQ+ YOUTH): @EXISTLOUDLY

# references:

We've done our research alongside what was discussed in our conversations during our sessions. This mainly to affirm ourselves but, please remember to check your own sources/references alongside ours and exercise sound judgement.

## REFERENCES

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