

Changing the cover — and the culture: Rebranding and accountability in student media

The Statesman

Stony Brook University's
independent student-led newspaper

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SEX and RELATIONSHIPS 2025

special
issue



FEBRUARY 2026

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What is a red flag that you overlooked in a previous relationship?

HA HA

Ambition Gap

What factors most affect your sense of self-worth?

Academic Performance

Define self love. ❤️

!!

Doing what's best for you

What do you look for in a healthy relationship? 🧡

Communication, gestures, kindness

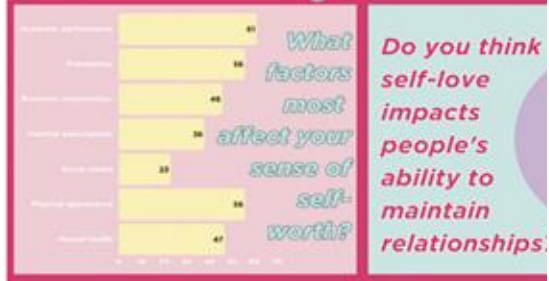
FOR SELF LOVE REVISION BY

ORDER OPEN CONVERSATIONS THE STATESMAN

DATE 2026

INT EXT DAY NITE SYNC MOB

THE RESULTS ARE IN...
OPEN CONVERSATIONS
 2026 SURVEY
Self-Love



42.1%
 How do you define self-love?

THE STATESMAN

OPINIONS: Self-love requires a village

By Samiha Bhuiyan



NEGATIVES BEHIND IN THE PAST
 IF YOU LIKE BEING WHO YOU ARE



A photo of two women, a sister and a sister friend, smiling.

Seawolf Sweethearts: How students navigate love and worth in their relationships

By Michelle Grissles

For the state's Open Conversations special issue, *Seawolf Sweethearts* explores how love and relationships, the former by taking a closer look at how State Beach University students approach relationships through the lens of self-love, healthy boundaries and personal growth.

From *Single* season 10 to the "Seawolf" song "Sweethearts," these couples prove that relationships can impact as much as they just shared water and watching videos.

First, we sat down with Ella Allen, a senior studying in psychology, and her boyfriend Andrew Taylor, a former Seawolf swimmer who graduated in the 2020 with a degree in biology. What started as a fling match has turned into a love story about healthy boundaries, mutual growth and keeping traditions alive.

Then, we sat down with Adina Shah, a doctoral student in the computer science and engineering program, and her partner, Carlo Hernandez, who is enrolled in State Beach's speech language pathology program. Adina's demanding coursework and late nights, the two shared how research and experimentation are key to keeping their relationship strong.



Allen has met each other on *Single*, and we've been together for two years and four months. I think for both of us it was such a relief to meet.

Relationships: We've been dating exclusively for 12 months, and we met when I had just a job as a grad. Then, I saw him on *Single*. I'd already got through all my options - I had already swapped out my boyfriend and had been propped up... We started and I want to see how it develops. That's not to blame it.

A photo of Ella Allen, a senior studying in psychology in the 2020 with a degree in biology. I had the approach relationship with someone. I started to like him.

Allen is the beginning of our relationship. I had like I was very attracted to him, and then we started when I moved back here. But I had like I'm a mean competing person and a mean person.

Hernandez: I had that since I started here in a relationship, I have a little bit of confidence now, and I can be more vocal and address issues a little bit more clearly and I can be more confident and not be afraid.

Shah: I had that since I started here in a relationship, I have a little bit of confidence now, and I can be more vocal and address issues a little bit more clearly and I can be more confident and not be afraid.

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Films that are love-letters to self-love

By Sarah Chaudhry



A group of young women holding signs with phrases like "Rangers Fan", "Control Misery", "Ambition gap", "Always being weird", "Kerching Hairline", and "BENCHED ATHLETE".

Letter to the Editor: SBU must close the gap in campus reproductive health care

By Gianna Montante



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is missing?



The
solution.

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