

# 'Hills' Alum Lauren Conrad and Kyle Howard Split



Reality star Lauren Conrad has officially split from actor Kyle Howard. According to [People](#), unlike the rest of Conrad's former relationships, this Hollywood romance was not highly publicized. Though the former couple have been seen out together since 2008, cameras were usually kept far away from this romance. On Valentine's Day, Conrad gushed about Howard, saying, "I don't think you need a specific day to celebrate your love for someone. I think it can be a Tuesday. It's an everyday thing." It looks like this *Hills* alum is on the prowl again!

**What are the benefits of keeping your relationship private?**

**Cupid's Advice:**

Though having your relationship out in the open is usually the

healthiest route, if you're in the public eye or just got out of a serious relationship, keeping a relationship private may be the way to go. Here are some of the benefits:

**1. It keeps the romance alive:** When you don't have to worry about third parties interfering with your relationship, you can focus more on each other.

**2. Less pressure:** If the relationship doesn't work out, very few people will ask you to talk about the gory details, because they didn't know you were seeing anyone in the first place.

**3. Excitement:** It can be exciting to have a special secret between you and your partner. It keeps things interesting!

**How would you go about keeping your relationship a secret? Share your ideas below.**