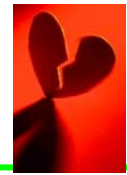




Potty Talk

Brought to you by the Wellness Center

The Rundown on Relationships



Dating Rights: I have the right. . .

- To be treated as an equal and with respect—always
- To my own body, thoughts, opinions, and property
- To choose and keep my own friends
- To change my mind—at any time
- To not be abused physically, emotionally, verbally or sexually
- To leave a relationship
- To say no or disagree with my partner
- To live without fear or confusion about my partner's anger



STALKING

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. The vast majority of stalking victims are ordinary people. Furthermore, most stalkers are not strangers, but are known by their victim.

Stalking can include:

- Knowing your schedule
- Showing up at places you go
- Sending unwanted gifts
- Stealing things that belong to you
- Calling or texting you repeatedly



Cyber-Stalking:

- Facebook or MySpace
- Spy Cameras, Camera Phones
- Instant Messenger
- Chat rooms
- Sending unwanted e-mails, pictures

Report ANY stalking behavior to Campus Safety 554-4441



Ask Queer Abby!! (QAbby@scu.edu)

Whether your attractions and relationships are same-sex, opposite-sex, both, or unclear, Queer Abby is ALL ABOUT helping you make sense of your sexual health, relationship and intimacy needs.

Get Free, Fabulous, and CONFIDENTIAL answers!



INTIMACY QUIZ

While it may seem easy to understand healthy intimacy in theory, it can be challenging to make emotionally, physically, and spiritually healthy choices. The following questions may be useful in helping you explore your values around intimacy and sex.

- How well does your decision line up with your personal values?
- How well does your decision reflect who you are?
- Does your decision show respect for yourself and others?
- How will your decision affect you or others?

HOW DO YOU DEFINE SEXUAL INTIMACY?

Below are characteristics that may help you define healthy sexual intimacy.

- You understand yourself.
- You have a positive self-image and you respect yourself.
- You communicate openly and honestly with your partner.
- The relationship is one of love, trust, respect, caring, and commitment.
- You understand what you and your partner get out of being sexually intimate.
- Sexual intercourse is an expression of love or commitment.

Being sexually intimate is an individual choice that should be in line with your values and self-knowledge.

If you choose to have sexual contact with someone, be sure to reduce the risk of transmitting or acquiring an STI (sexually transmitted infection) by practicing safer sex (i.e., using a condom, latex glove, dental dam). REMEMBER, abstinence is the only 100% guaranteed protection against STIs and pregnancy! For more information, visit the Wellness Center or Cowell Health Center.

Sexuality and Gender Spectrum

Lesbians: Women who have significant sexual or romantic attractions primarily to members of the same gender or sex.

Gay men: Men who have significant sexual or romantic attractions primarily to members of the same gender or sex.

Bisexual: People who have significant sexual or romantic attractions to both members of the same and opposite gender or sex.

Straight/Heterosexual: People who have significant sexual or romantic attractions primarily to members of the opposite gender or sex.

Transgender: People whose gender identity or gender expression contrast with traditional social norms and expectations for their physical sex. This is a general term that includes the next two terms.

Transvestites: Men who dress in women's clothing. They see themselves as men, not women, and they may be gay, bi, or straight.

Transsexuals: People who feel they are a different sex than that of the body they were born into. They may be straight or gay, and some choose to have a sex-change operation while others don't.

Queer: In the past, this term was a derogatory word for gays and lesbians. It was reclaimed by many activists during the 1980s and has become part of common vernacular.



Considered a more inclusive term than gay, queer is an umbrella term for all sexualities/sexual identities that are not strictly heterosexual and/or do not fit traditional definitions of gender or sex.

Questioning: Anyone who is uncertain about their sexual orientation. That is, anyone who is unsure whether they are heterosexual, lesbian/gay, or bisexual.

Intersex: A general term used for several conditions that result in a person having partially or fully developed sex organs of both genders.

Ally: A heterosexual person who supports LGBTQI people.

WE WANT YOU!! (to tell us what you think!)

The Wellness Center and Healthy Campus Committee want to know:

What are the top 5 health/wellness issues facing SCU students?

We want to know what YOU care about and want to be addressed!

E-mail Dr. Alison Bateman (abateman@scu.edu), stop by the Wellness Center (in Malley), call the Wellness Center (408-554-4409)

SPECTRUM: Drop-in Discussion Group

A safe and confidential space for LGBTQI students at SCU Meetings are Tuesdays, 5-6 p.m. in the Cowell Health Center Conference Room (side entrance across from Casa)

Friends with Benefits??

Ethics Center Facebook Group wants to hear from you!! Sarah and Ben have been "friends with benefits" for the last month. Sarah told Ben she didn't want to be friends with benefits anymore, so the two decided to go to a party Friday night, as friends. While they were at the party, Sarah and Ben got drunk and ended up hooking up and having sex. The next day Sarah realized that she and Ben had had sex even though she had told him she didn't want to do that anymore. She was furious with Ben, but he reminded her that she was the one who got drunk. Who is at fault? Why?

Put in your 2 cents!

Respond by going to the Ethics Center Facebook Group (search "Ethics"), or by contacting David DeCosse.



"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:

Alison Bateman, Ph.D., Health Educator

ABateman@scu.edu; 408-554-4409

