



Potty Talk

Brought to you by the Wellness Center



October is Dating Violence Awareness Month!

Dating violence and relationship abuse can happen to people of all ages, ethnicities, socio-economic levels, genders, and sexual orientations. Remember: You have the right to be treated with respect and to not be harmed physically, emotionally, or psychologically by another person. Violence and abuse are not acceptable in any relationship.

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Wed, Oct. 19 at 5:30 p.m. in Casa Commons

Dr. Regina Davis-Sowers presents "Power and Control: Domestic Violence in America," a documentary examining the deepest causes of domestic violence and the solutions that have evolved to stop it.

Mon, Oct. 24 from 1 - 4 p.m.

Learn more about dating violence, sexual assault, and Every 2 Minutes and I in 4 at our table at ASG's Safety Fair.



Scan me with your Smart Phone and check out our Facebook page for more information on the following events:

Tues, Nov. 1

Join Every 2 Minutes and I in 4 in a discussion revolving around relationships and the dating culture at SCU.

The week of Oct. 24

Volunteer with Home Safe! Support women and children who are survivors of domestic violence.

No background check or TB test required. Please contact e2mand1in4@gmail.com if you are interested in participating.

(Find us on Facebook by searching "Every 2 Minutes and I in 4")



WHAT IS DATING VIOLENCE??

Dating violence is an *act* or *threat* of violence by an individual against his/her dating partner.

It is also a pattern of abusive behaviors that are used to gain power and control over a *current* or *former* dating partner. Dating violence can be a precursor for domestic violence.

Ask yourself: Does my boyfriend or girlfriend...

- Call or text constantly to find out where I am, who I'm with, or what I'm doing?
- Tell me what to wear, how to act, and who I can (and can't) hang out with?
- Have to be with me all the time? Says I "don't love" them or "am selfish" if I want to hang out with others?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling? Accuse me of things I didn't do?
- Give me orders or make all the decisions?
- Get angry very quickly, or fight a lot?
- Threaten to hurt me or someone I love if I don't do what they want?
- Threaten to hurt or kill myself if I don't do what they want?
- Follow me or track where I go? Show up uninvited at my home or work?
- Check up on me all the time? Make me call them to say where I am?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, slap, pinch, or kick me? Pull my hair? Strangle or choke me?
- Touch/kiss me when I don't want to? Force me to have sex? Not let me practice safer sex?
- Use alcohol or drugs and pressure me to do it too?
- Refuse to accept that the relationship isn't working or is over?

If you said YES to any of these questions, you may be in an abusive relationship & you deserve better. THIS IS NOT LOVE! Visit Counseling & Psychological Services (554-4172) or the Wellness Center (554-4409) for help & support.

Interested in joining the Peer Health Educators, 1 in 4 or Every 2 Minutes?

Peer Health Educators

PHEs are student volunteers who obtain specialized training about various health and wellness topics, allowing them to facilitate discussions and deliver presentations and workshops for SCU students.

Every 2 Minutes/ 1 in 4

E2M and 1 in 4 are the women's and men's peer-based sexual assault outreach and prevention programs. The emphasis of both groups is to educate students about bystander intervention, ways to prevent sexual assault, what to do in case of sexual assault and how to help a friend or someone you know who has been affected by sexual assault.

Applications for both groups are due Monday, November 7 and can be found on each group's page on the Wellness Center website (www.scu.edu/wellness).



Breaking Up

Ending an unhealthy or abusive relationship is not like ending a healthy one. Your abusive partner may not accept the break up or respect your boundaries.

They may try to control you through guilt trips, threats, or insults. Just remember that as long as YOU are ok with the decision, it's ok if your partner is not.

- If you don't feel safe, don't break up in-person. It may seem cruel to break up over the phone or by email, but it may be the safest way.
- Don't try to explain your reasons for ending the relationship more than once. There is nothing you can say that will make your ex happy.
- If you break up in person, do it in a public place. Have friends wait nearby. Have your phone with you.
- Let people you care about know you are ending your relationship, especially if you think your ex will come to where you live or confront you when you're alone.
- Trust yourself. If you feel afraid, you probably have a good reason.

<http://www.loveisrespect.org/get-help/should-we-break-up>



October is LGBTQ History Month!

GASPED is hosting a panel on Thur, Oct. 27 in the California Mission Room at 7pm engaging professors and students in dialogue about FAIR Education Act's impact on education.

Love Potty Talk and wellness tips?

Become a fan of the Wellness Center on Facebook and have them delivered straight to your computer!

Search "SCU Wellness Center"

"Potty Talk" is brought to you by the Wellness Center!

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Located in Malley; 408-554-4409; www.scu.edu/wellness

Party with a Plan!

If you choose to drink:

- Drink only when you're in a good mood or situations you feel comfortable in.
- Drink only occasionally. Regular drinking may quickly become a routine and/or habit that will later be difficult to break.
- Set your drinking limit before entering a social, drinking occasion.
- Keep track of how much you drink.
- Space your drinks. One per hour is a good rule.
- Alternate alcoholic drinks with non-alcoholic beverages.
- Sip your drinks. Don't pound, shotgun or take straight shots.
- Measure the alcohol. Pay attention to the size of the container and the proof of the alcohol.
- Avoid drinking games. It's easy to lose track of how much you're drinking, AND many drinking games are prime methods for spreading germs (e.g., cold/flu). The alcohol you're drinking *will not* kill off the viruses and bacteria that lead to illness.
- Eat before and while drinking. With food in your stomach (especially food with high-fat content), alcohol is absorbed into your bloodstream more slowly.

Responsible alcohol use means you won't be sorry in the morning.

