

SPECIAL EDITION!

Potty Talk

Brought to you by the Wellness Center

Relationship Rundown



What is a healthy relationship?

- **Keep expectations realistic.** Having a healthy relationship means accepting people as they are and not trying to change them.
- **Communicate and fight fair.** Take the time to genuinely listen to your partner without planning what you are going to say next. If you are unclear, ask if you understood correctly or if you missed the point.
- **Be flexible.** Many of us like to keep people and situations the way we like them, change making us feel apprehensive. Change and growth can foster a healthier and stronger relationship.
- **Take care of you.** Though a big part of relationships is wanting the other person to be happy, this doesn't mean you should ignore your needs. Don't forget to take care of yourself!
- **Be dependable.** Healthy relationships are built on trust.
- **Show your warmth.** Studies say emotional warmth is highly valued by most people in relationships.
- **Keep your life balanced.** Though being in a relationship might be satisfying, it can't create satisfaction entirely. Allow yourself time to do things you enjoy and try new things.
- **It's a process.** It takes time to meet people and get to know them. Healthy relationships can be learned and practiced.
- **Be yourself!**

Adapted from: http://www.k-state.edu/counseling/topics/relationships/rel_atn.html

Sexuality and Gender Spectrum (to define just a few terms...)



- Lesbian:** A woman who has significant sexual or romantic attractions primarily to members of the same gender or sex.
- Gay man:** A man who has 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 opposite gender or sex.
- Transgender/Trans:** 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.
- Transvestite:** Men who dress in women's clothing. They see themselves as men, not women, and they may be gay, bi, or straight.
- Transsexual:** A person who feels they are different sex than that of the body they were born into. They may be straight, gay, or bi, 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 sexes.
- Ally:** A non-trans/heterosexual person who supports LGBTQQI people.

SPECTRUM: Drop-in Discussion Group

A safe and confidential space for **LGBTQQI** students at SCU. Meetings are **Tuesdays, 5:15-6 p.m.** in the Cowell Health Center Conference Room (side entrance across from Casa)

Dating Rights: I have the right...

- To be treated as 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, MySpace, or Twitter
- Spy Cameras, Camera Phones
- Instant Messenger
- Chat rooms
- Sending unwanted e-mails, pictures

Report ANY stalking behavior to Campus Safety (408) 554-4441

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 (408-554-4409) or Cowell Health Center (408-554-4501).

Relationship Warning Signs

Relationship dynamics often form slowly over time, which causes many to fall into traps which become hard to escape. If any of the signs below are occurring in your relationship, take notice: You may be involved in an unhealthy or abusive relationship.

- **Temper outbursts:** Does your partner have outbursts, not necessarily directed towards you, but towards anybody or anything? Is he/she physically or verbally abusive to others?
 - **Insults:** Does your partner put you down for your opinions or laugh at what you believe in?
 - **Psychological abuse:** Does your partner make you feel like you can't do anything right or can't get along in the world without his/her help? Does he/she ridicule you?
 - **Rage for past relationships:** Notice how your partner talks about past partners.
 - **Blaming others:** Does your partner have a habit of blaming others for what he/she does or what happens to him/her?
 - **Excessively critical of your family:** Does your partner say negative things about you or your family?
 - **Possessive behavior:** Is your partner moody when you spend time with your friends/family? Are they controlling when it comes to being around other people?
 - **Checking and tracking:** Does your partner keep track of where you went, who you met, and how much time you spend somewhere?
 - **Use of force/coercion:** Has your partner threatened to actually hit you, or coerced you for sexual acts even though he/she apologized profusely and made it up to you?
- If you or a friend feels you may be in an abusive or damaging relationship, help is available. **Contact Counseling and Psychological Services (CAPS) (408-554-4172) or Wellness Center (408-554-4409) to speak with a professional.**

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

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

Visit Queer Abby at <http://www.scu.edu/wellness/queerabby/queerabby.cfm>

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

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<http://www.scu.edu/wellness>