

OCTOBER ISSUE  
2016

# CAMPUS WELLNESS AT PACIFIC UNIVERSITY

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WANT TO WIN A \$10 STARBUCKS  
GIFT CARD?

TAKE OUR QUIZ ON PAGE 8!



Research indicates that **1 in 5 college students** experience dating violence (2011 College Dating Violence and Abuse Poll by Knowledge Networks for Liz Claiborne Inc. (June 2011)).

## UPCOMING EVENTS

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October 14: Wear Purple to support survivors of relationship violence

October 15: Party Smart Booth for Homecoming

October 23: Welly Scripts Are Due! (see p.5)

October 27: One Love Workshop 6-7:30 Taylor Auditorium (Marsh)

### **Ongoing:**

Let's Talk About Sex and Pizza Workshops

Tuesday and Wednesday Nights 7:30-9, Sunday 2:00-3:30 by Residence Hall

Campus Wellness Weekly Meetings: Tuesdays 11:30-12:30 in Clark 124

Weekly Wellness Booth: Thursdays 11:00-1:00 in the UC

Boxer Breather: Thursdays 4-5 in Clark 124

Body Project: Tuesdays 4-5

### **Other Campus Events:**

Lee Mun Wah Oct. 6

## WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?

In all healthy relationships, communication is essential. It is the first step to knowing what you both want and expect from the relationship. Tips to create and maintain a healthy relationship include:

- Speak up if something is bothering you.
- Respect your partner; their wishes and feelings have value. Mutual respect is essential.
- Compromise. Disagreements are a natural part of healthy relationships, but it's important to compromise in a fair and rational way if you disagree on something.
- Be supportive of one another.
- Respect each other's privacy. Healthy relationships require space.
- Create boundaries: It's not a sign of secrecy or distrust, it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship. Healthy boundaries shouldn't restrict your ability to:



- Go out with your friends without your partner.

- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.

# LOVE IS NOT ABUSE

## WHAT DOES AN UNHEALTHY RELATIONSHIP LOOK LIKE?

Abusive relationships are the result of an uneven power dynamic. However, relationship abuse is not black and white and different unhealthy or abusive behaviors lie on a spectrum.

### RED FLAGS OF UNHEALTHY RELATIONSHIPS:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do
- Pressuring or forcing you to have sex



**If you think you are in an unhealthy relationship or have experienced any sort of interpersonal/relationship violence, feel free to contact Kathleen Converse at [kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu), (503)352-CARE, or visit her in Clark 125.**

## 3 Ways to Make A Difference

### 1. Support Survivors-Wear Purple 14!

Wear purple on **October 14** to support survivors. Stop by the Wellness booth for purple ribbon.



### 2. Raise Awareness

Enter our Instagram contest at the chance of winning **a \$10 Amazon gift card.**

1. Find the red flags posted around the UC.
2. Take a picture of the flag. Be creative just make sure the red flag is in the photo.
3. Post your amazing photo on Instagram using the hashtag **#pacuseesomethingsaysomething**
4. Follow our page **@pacucampuswellness** on Instagram.
5. We will repost your photo on our page and the photo with the most likes will win a \$10 Amazon gift card.

### 3.Come to the One Love Workshop

**October 27** 6-7:30 Taylor Auditorium

Learn more about the warning signs of unhealthy relationships and how to help a friend.

## Wellys Video Contest

Do you want to make a difference on our campus and earn up to \$200 in prizes?



### WHAT ARE THE WELLYS?

The Wellys are a video contest, where students produce short videos about bystander intervention that are shown at a red carpet award show where students vote for their favorite videos.

- **When:** Thursday December 1, 6:00PM
- **Where:** Taylor Meade Auditorium (formal dress is encouraged)
- **How do I enter the contest?**
  - Decide on an issue:** sexual violence, drugs and alcohol or, abusive relationships
  - Write a script:** explaining how you would intervene as BRAVE Bystanders (see website for guidelines and more information)
  - Send your script ideas to Campus Wellness:** at [wellness@pacificu.edu](mailto:wellness@pacificu.edu) by October 23.

Videos are due in YouTube format by **November 25**. Come join our event on Facebook [here](#).

# Stop by our **PARTY SMART** Booth during Homecoming:

Campus Wellness invites you to visit their very first PARTY SMART Booth at Homecoming this year on October 15<sup>th</sup> to learn more about how you can have a fun and safe positive Homecoming experience. Most Pacific students who choose to drink, or party, do it responsibly, and many students choose not to drink at all. Whatever your choice, we want to make sure we are keeping our community as safe as possible. Stop by to educate yourself and win prizes by playing fun, informative games. Our booth will be set up during the Boxer Nation Celebration of the Homecoming Game from 11:30AM - 12:30PM.



**Remember to be a BRAVE bystander! If you see something that looks like it could be a risky situation, step in and say something!**

*For more information, visit our website!*



## WORKSHOPS: LET'S TALK ABOUT SEX AND PIZZA!



**“LET’S TALK  
ABOUT SEX  
AND PIZZA”**

**FREE PIZZA!**

**WHEN:**  
**SEPTEMBER-  
NOVEMBER**

**WHERE:**  
**BURLINGHAM  
CONFERENCE ROOM**

 **CAMPUS WELLNESS**

It is our expectation at Pacific that all incoming freshman and transfer students attend these workshops during their first semester. The workshops focus on healthy sexuality and relationships in college, as well as bystander intervention strategies to create a safe environment on campus for all students.

Interested in signing up for a workshop with Campus Wellness?  
E-mail [wellness@pacificu.edu](mailto:wellness@pacificu.edu) or visit our website for more  
information.



## THE OASIS

Need a place around campus to unwind, meditate, or just looking for peace and quiet? Come check out the Oasis in Clark 124, it's free! Check out the key from the Student Life desk in the Clark lobby.

## BOXER BREATHER

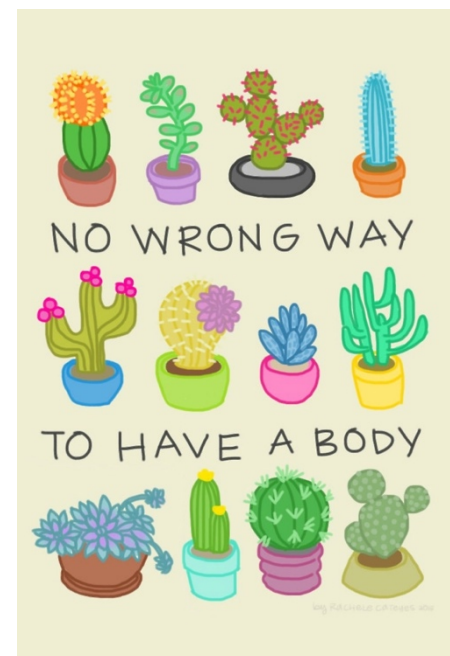
The Student Counseling Center wants to welcome you to join us at Boxer Breather, a weekly drop-in group to help students learn new skills, strategies, and ideas to increase your ability to cope with stress and to improve your

overall wellness. We will be in **Clark 124** every **Thursday from 4-5** to teach new skills. You can attend as little, or as often as you want. Look forward to seeing you there!

## BODY PROJECT

Female students are invited to join the Body Project—a group aimed at helping young women feel better about their bodies. About 91% of women feel unhappy with their bodies, and resort to dieting to reach their ideal body. 58% of college-aged girls feel pressure to be a certain weight. Attend four, one-hour classes designed to improve body image. **Tuesdays in October from 4-5. Interested in joining? E-mail [kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu)**

We are developing additional programs for all genders. Stay tuned!





# RESOURCES

|                                                                                                                                                                        |                                                                                                        |                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Campus Wellness at Pacific University</b><br>Location: Clark 124<br>Email: <a href="mailto:wellness@pacificu.edu">wellness@pacificu.edu</a><br>Phone: (503)352-2273 | <b>Student Counseling Center</b><br>Location: Next to Knight Hall (Admissions)<br>Phone: (503)352-2191 | <b>Student Health Center</b><br>Location: Next to Knight Hall (Admissions)<br>Phone: (503)352-2269 |
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Kathleen Converse-Campus Wellness Coordinator/Confidential Advocate

## Interested in volunteering with Campus Wellness?

Stop by our meetings on Tuesdays from 11:30-12:30 in Clark 124  
 Or email us at [wellness@pacificu.edu](mailto:wellness@pacificu.edu)



## VISIT THE WEEKLY WELLNESS BOOTH!

Thursdays from 11:00-1:00 in the UC. Great information and another chance to win that \$20 Starbucks gift card!

### NOTE FOR GRADUATE/PROFESSIONAL STUDENTS



October is here! Let the rain fall, and candy binge begin. You may have seen me around campus. I am the girl with the free pins and candy providing information regarding managing stress, having healthy relationships, preventing sexual violence, and safe drug and alcohol use. I am promoting social health and wellness on campus and could really use your input on service, programs, or workshops you may see as beneficial or needed.

Every Thursday 12-1 and Friday 8-12 I will be located in the Atrium of building two, behind a booth labeled Campus Wellness. I will be focusing on stress this month. Swing through for information. Don't have time or not on campus those hours? I understand. Email me anytime.

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Happy Halloween,  
Sami Boroski

[boro6496@pacificu.edu](mailto:boro6496@pacificu.edu)

# QUIZ

Want to win a \$20 Starbucks gift card? E-mail the quiz answers to [wellness@pacificu.edu](mailto:wellness@pacificu.edu) to be entered in the raffle!

1. What are some red flags of unhealthy relationships?
2. Who can you talk to if you are concerned about your relationship?
3. What are 3 ways you can help prevent relationship violence?
4. What's the hashtag you use to win a \$10 Amazon card?
5. When are scripts due for the Wellys?

## ABOUT CAMPUS WELLNESS

### Contact Us for More Information About:

- Healthy relationships
- Healthy sexuality
- Sexual violence prevention/ consent and bystander intervention
- Support for survivors
- How to help a friend
- Drug and alcohol information
- Stress management
- Positive body image

**Phone:** 503-352-CARE

**Email:** [wellness@pacificu.edu](mailto:wellness@pacificu.edu) (non-confidential),

[kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu) (confidential)

**Website:** <http://www.pacificu.edu/about-us/offices/campus-wellness>

**Visit us:** Clark 124 (Campus Wellness Office), Clark 125 (Campus Wellness Coordinator's Office)

The Campus Wellness Office is committed to promoting social health and wellness on our campus. We strive to help students manage stress, have healthy relationships, prevent sexual violence, and use drugs and alcohol safely, so everyone on our campus has a positive college experience.

Campus Wellness also offers confidential advocacy for people who have had unwanted sexual experiences, experienced stalking, or are concerned about their relationships. The Campus Wellness Coordinator is a trained advocate who offers confidential support, and provides on and off-campus resources.