

Campus Wellness
at Pacific University

April Issue

Sexual Assault Awareness

WHAT IS HAPPENING THIS MONTH

WANT TO WIN A \$20 STARBUCKS GIFTCARD? TAKE OUR QUIZ ON PAGE 6!

April 4th-10th is National Public Health Awareness Week!

April 14th: Take back the night at 7pm

April 26th: PSU Anti-Racist Sexual Violence Prevention Conference 9am-5pm. Register here: <https://docs.google.com/forms/d/1ZgvrHOZloevazkJ6EdrR9MPymfo1tEqCEZts3hWy7yc/viewform>

April 27th: Denim Day

Every Tuesday 11:30-12:30 Clark 124 Campus Wellness Meetings

Every Thursday 11:30-12:30 Weekly Wellness Booth UC

TWO INCREDIBLE EVENTS!

- ◆ BRAVe Bystander Workshop: Come get **FREE** pizza and learn how to be an active bystander to prevent sexual violence on campus. Monday April 4, 6:30-8:30 Marsh 217
- ◆ Clothesline Project: make a shirt telling your story or offering words of support/encouragement for survivors. Come to the shirt making party April 5 from 11:30-12:30 in Clark 124, or



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DEFINITIONS AND STATISTICS

Every 2 minutes, someone in the United States is sexually assaulted

- 1 in 5 college women is a survivor of rape or attempted rape
- 1 in 6 men is sexually abused before the age of 18
- About 3/4 of sexual assaults of college students involve alcohol use
- 9 out of 10 sexual assaults of college women are committed by someone known to the victim
- Persons with disabilities are 1.5 to 5 times more likely to be victims of sexual assault
- Victims of sexual assault are:
 - 3 times more likely to suffer from depression
 - 6 times more likely to suffer from post-traumatic stress disorder
 - 13 times more likely to abuse alcohol
 - 26 times more likely to abuse drugs
 - 4 times more likely to contemplate suicide.
- 60% of sexual assaults are never reported to the police

Sexual

Assault:

Sexual contact without a person's consent. It covers a range of acts from unwanted touching and fondling to attempted and completed rape. What these acts have in common is a lack of consent.

SUPPORT SURVIVORS!

Believe them and let them know it is NOT THEIR FAULT.

Come to one of the events to support survivors:

Denim Day: April 27

History: In Rome in 1992, a 45-year-old driving instructor was accused of rape. When he picked up an 18-year-old girl for her first driving lesson, he allegedly raped her for an hour, then told her that if she was to tell anyone he would kill her. Later that night she told her parents and her parents agreed to help her press charges. While the alleged rapist was convicted and sentenced, the Italian Supreme Court overturned the conviction in 1998 because the victim wore tight jeans. It was argued that she must have necessarily have had to help her attacker remove her jeans, thus making the act consensual

The Movement: Since then, wearing jeans on Denim Day has become a symbol of protest against erroneous and destructive attitudes about sexual assault. We are asking you to wear denim on April 27 in solidarity with survivors around the world, as a visible means of protest against the misconceptions that surround sexual assault.

Clothesline Project: April 5-30

The Clothesline Project is an artistic display to raise awareness about sexual and relationship violence. It is a vehicle for anyone affected by violence to express their emotions by decorating a shirt. They then hang the shirt on a clothesline to be viewed by others as testimony to the problem of sexual violence. This is an opportunity for survivors to reflect on their sexual assault and create a t-shirt as a way of expression. T-shirts can include personal stories, statistics, messages of hope, calls to action, or words of encouragement.

The purpose:

To bear witness to the survivors as well as the victims of sexual violence

To help with the healing process for people who have lost a loved one or are survivors of this violence

To educate, document, and raise awareness of the extend of the problem of sexual violence

To provide a nationwide network of support, encouragement and information for other communities

How to get involved:

1. Come to a shirt-making party: Tuesday April 5 from 11:30-12:30 Clark 124
2. Have your own shirt making party with your club, team or organization
3. Make a shirt on your own

Shirts can be dropped off in the Campus Wellness Office (Clark 124) the first week of April

Take Back the Night April 14 at 7:00

Come march in support for survivors.

PACIFIC BE BRAVE!



Do you want **FREE** pizza and tools to prevent sexual violence on our campus?? Come to BRAVe (Bystanders Remediating Assault and Violence) on April 4 from 6:30-8:30 in the Taylor Auditorium (Marsh 216). You will get a chance to practice intervening as active bystanders to prevent sexual violence on our campus.

10 WAYS TO MAKE A DIFFERENCE

- Come to prevention programming on campus and bring your friends!
- Talk to your friends, family and classmates about power based violence
- Stop by the Wellness Booth Thursdays from 11:30-12:30 to sign the pledge and get more information!
- Be an active bystander, if you see something ACT! (Ask for help, Create a distraction, or Talk to the person directly)
- Help raise awareness by posting on social media about Sexual Assault Awareness Month
- Volunteer with Campus Wellness
- In a club, organization or team? Sign up for a workshop!
- Write about power based violence for one of your class assignments this month
- Believe survivors, know it is NEVER a survivor's fault and wear denim on April 27 to show support!
- ALWAYS be 110% sure you have consent

A poster from Pacific University Oregon Campus Wellness. It features a stylized tree with green leaves on the left side. The text is in various shades of green and black. The poster provides information about sexual assault, support services, and contact numbers.


Sexual contact without consent is sexual assault whether the assailant is a stranger, someone you know, or even someone you've had sex with before.

Sexual assault can happen to anyone regardless of gender, race, nationality, or sexual orientation.

If you have been sexually assaulted it is important to remember that you are not at fault and you do not have to go through this alone.

Support and Services

Confidential On Campus Resources	
Campus Wellness Coordinator	503-352-CARE
Student Counseling Center	503-352-2191
Off Campus 24 Hour Hotlines	
Sexual Assault Resource Center	503-640-5311
National Sexual Assault Hotline	1-800-656-HOPE
In an Emergency	
Campus Public Safety	503-352-2230
	or Dial 911



BOXER BREATHERS

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 at Price 112 every Thursday from 4-5 to teach new skills, and you can attend as often or as little as you want. Look forward to seeing you there!

BODY IMAGE

About 91% of women feel unhappy with their bodies and resort to dieting to reach their ideal body and 58% of college-aged girls feel pressure to be a certain weight. For that reason, female students are invited to join the Body Project; a group aimed at helping young women feel better about their bodies. Attend four one-hour classes designed to improve body image. You will also have the



opportunity to participate in a research study about the Body Project. The Meetings are to be determined

For more information, email Campus Wellness at: wellness@pacificu.edu, or Kathleen Converse at kathleenconverse@pacificu.edu

WHAT HAPPENED IN MARCH?

- Harm Reduction around Drugs and Alcohol
- Thanks to everyone who came to the Spring Break Pre-Party! And special thanks to RHA, Res Life and Greek Life who worked hard to keep our community safe over spring break.
- Students got to visit some classic spring break destinations while learning tips to stay safe over break.
- Disneyland: Students assessed if various Disney characters were sober enough to get consent as they enjoyed Mickey Rice Krispies.
- Beach Party: Students enjoyed delicious mocktails while learning how to know your limits and stay in the “fun zone”.
- Vegas: Responsible Drinking Roulette provided tips for drinking responsibly and getting home safely. Students selected cards and got poker chips as they enjoyed mozzarella sticks and other tasty snacks.
- Camping: Students practiced survival skills by identifying the signs of alcohol poisoning and how to help a friend, while enjoying smores by the fire.
- Pledge: Students who signed the Safe Spring Break Pledge got goodie bags filled with condoms, water, granola bars, sunscreen and other goodies to stay safe over break.

QUIZ QUESTIONS

CONGRATULATIONS TO OUR MARCH QUIZ WINNER: VICKI LEE

- 1) What is one way you can make a difference in preventing sexual assault on our campus?
- 2) What is Denim Day?
- 3) What are resources on campus if you have had an unwanted sexual experience?
- 4) What is an upcoming event for Sexual Assault Awareness Month?



Campus Wellness at Pacific University

Location: Clark 124

E-mail:

wellness@pacificu.edu

Phone: 503-352-2273

Student Counseling Center

Located next to Bates
House

Phone: (503)-352-2191.

