

CAMPUS WELLNESS AT PACIFIC UNIVERSITY

APRIL ISSUE
2017

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WANT TO WIN A \$20 STARBUCKS GIFT CARD?

TAKE OUR QUIZ!



Upcoming Events


Weekly meetings Tuesday 11:30-12:30. Everyone is welcome!



The Weekly Wellness booth will now be tabling every Wednesday and Thursday for the remainder of the Spring Semester. For the month of APRIL, we will be focusing on **Sexual Assault Awareness**.



Consent Color Run



**MAKE A DIFFERENCE
AND HAVE THE
CHANCE TO WIN
FREE T-SHIRTS!**

CONSENT COLOR RUN

WHEN:

APRIL 6,
THURSDAY,
4:30-5:30PM

WHERE:

STARTING POINT
BEGINS ON UC
PATIO.

Join us to
celebrate Public
Health Week and
Sexual Assault
Awareness
month with a
color run around
campus.

Clothesline Project

History:

The Clothesline Project started as a visual way to raise awareness about interpersonal violence. Starting in the early 90s the movement began with a mere 31 shirts in Massachusetts that has now amassed to 50,000 shirts across 41 states and 5 countries.

Today:

This movement gives all genders the opportunity to share their stories and words of support about interpersonal violence.



If you would like to participate in the Clothesline Project we will be tabling **every Wednesday and Thursday for the month of April from 11am-1pm.**

Come to the UC and decorate a shirt that we will hang up around campus.

**STOP THE
VIOLENCE**

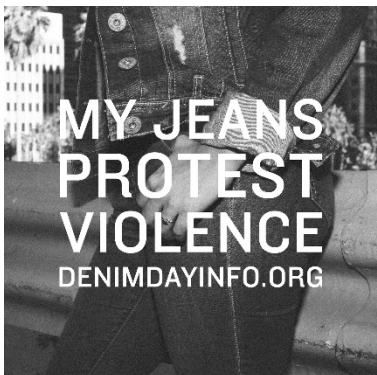
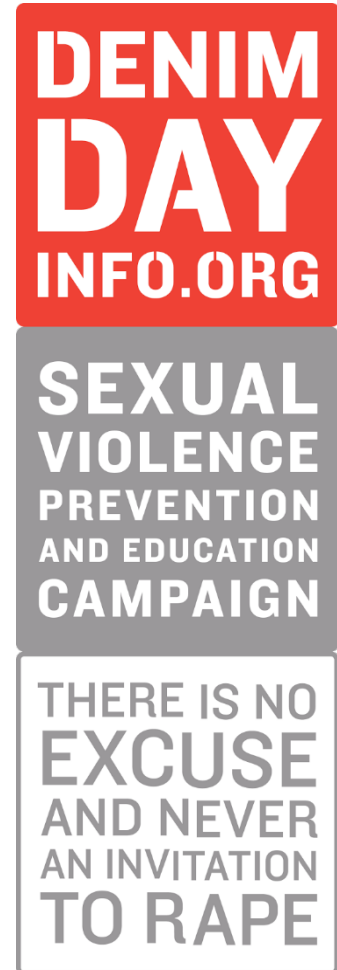
Denim Day

History:

This year marks the 18th celebration of Denim Day. Denim Day is an annual violence prevention day sponsored by the Los Angeles-based nonprofit Peace over Violence.

The campaign originated from a case in the Italian Supreme Court, where a rape conviction was overturned because the survivor was wearing tight jeans. The judge stated she must have helped her rapist remove her jeans, thereby implying consent. The following day, women in the Italian Parliament came to work wearing jeans in solidarity with the survivor. This spread to a worldwide protest, and the conviction was overruled.

Denim Day focuses on raising awareness about abuse and violence. Over 11 million people across the country participated in 2016.



*In this rape prevention education campaign we ask the Pacific community to make a social statement with their fashion by **wearing denim jeans, shirt, blazer, or a Denim Day button or shirt on April 26th** as a visible means of protest against victim blaming and in support of survivors of interpersonal violence.*

A Look Back at the Spring Break Pre-Party!



Photos





Stress Management

Our 60-minute workshop teaches strategies for self-care and stress management.

Interested? Email wellness@pacificu.edu to sign up!



Stress Management Resources

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 meeting 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!

RESOURCES

Confidential Resources

Kathleen Converse—Campus Wellness Coordinator
503-352-CARE (2273)—Clark 125

Student Counseling Center

503-352-2269

Student Health Center

503-352-2269

Sexual Assault Resource Center (SARC) 24-hour Crisis Line

503-640-5311

Additional Resources

(will support your privacy, but cannot guarantee confidentiality)

Campus Public Safety

503-352-2230

Police Department

911 or 503-629-0111 (non-emergency dispatch for all of Washington County)

Quiz:

1. When is the Consent Color Run?
2. Why do people wear denim on April 26?
3. What is the Clothesline Project?
4. Where can you go if you have had an unwanted sexual experience?

Email your answers to wellness@pacificu.edu to win a chance for a Starbucks gift card.

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 (non-confidential),

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.