

In This Issue:

- Healthy Self Image
- Are You Ready?
- It's Time To

Healthy Self Image

Self-image is what we think and how we feel about ourselves. We can evaluate our self-image by asking three questions: First—How do I look? Second—What am I doing? Lastly—How important am I? Often times our self-image and self-esteem are influenced by those around us. Your social life and family life are associated with a positive or negative self-image, and this develops at an early age. Associating with people who make you feel good about yourself bring you confidence and raise your self-esteem. How-

ever, there are other factors that cause a negative self-image to develop and these image problems can last a lifetime.

Negative self-image and depression can be related. Low self-esteem usually begins at home or at school. Bullying is one of the most common factors linked with a negative self-image. With social media, twitter and Facebook, people are becoming more comfortable expressing themselves. This can result in social bullying or being too open with venting frustra-

tions. A lot of time these things can lead to a negative self image. We being to think: *What do I look like? – am I ugly, or not muscular enough? How important am I? –do I have friends? Am I worthless?* When these types of thoughts arise, we can become more isolated and feel alone. How we see ourselves and the identity we develop throughout our lives is caused by the interactions we have with people every day. You never know the impact you have on someone else; for better or for worse.

Are You Ready?

The academic school year is finally coming to an end with only five weeks of classes left. Ideally, the remainder of this time would be devoted to being with friends before we either split for the summer or graduate, but unfortunately this is often the busiest time of the year. Every paper, ever test, and every presentation seems to be due within the next five weeks whether you are ready or not. While this may seem

like an overwhelming time there are ways that you can prepare yourself to successfully get through the semester.

The key to success begins with mental preparation. Mentally plan and practice the attitude that you will have towards the different things that must be accomplished. If you can already feel yourself stressing about papers, ftx, and whatever

else is on your mind, take a step back, a deep breath, and try to control your thoughts. Once you are mentally fit to move forward, make a written plan. Lists are a good way to organize what needs to be done and what your goals are. One good way of utilizing lists is to make a long-term list and a short-term list. The long-term list can be anything that needs to be done in a week or month, while the short-term list can

It's Time To Talk by Project Horizon

It's time to talk about an epidemic plaguing college campuses, dating violence and sexual assault. College students are experiencing dating violence at staggering rates.

Let's look at the facts...

- ⇒ Nearly **one-third** of college students report physically assaulting a dating partner in the previous 12 months.
- ⇒ Women between the ages of 16-24 experience the highest rate of intimate partner violence
- ⇒ As many as **one in four** female students experience sexual assault over the course of their college career.
- ⇒ **90%** of victims of sexual assault on college campuses know their attacker.
- ⇒ Nearly **1 in 3 college** women say they have been in an abusive dating relationship
- ⇒ Men and boys are often the victims of the crimes of sexual assault, sexual abuse, and rape. In fact, in the U.S., about 10% of all victims are male.¹
- ⇒ The term sexual assault refers to a number of different crimes, ranging from unwanted sexual touching to forced penetration.

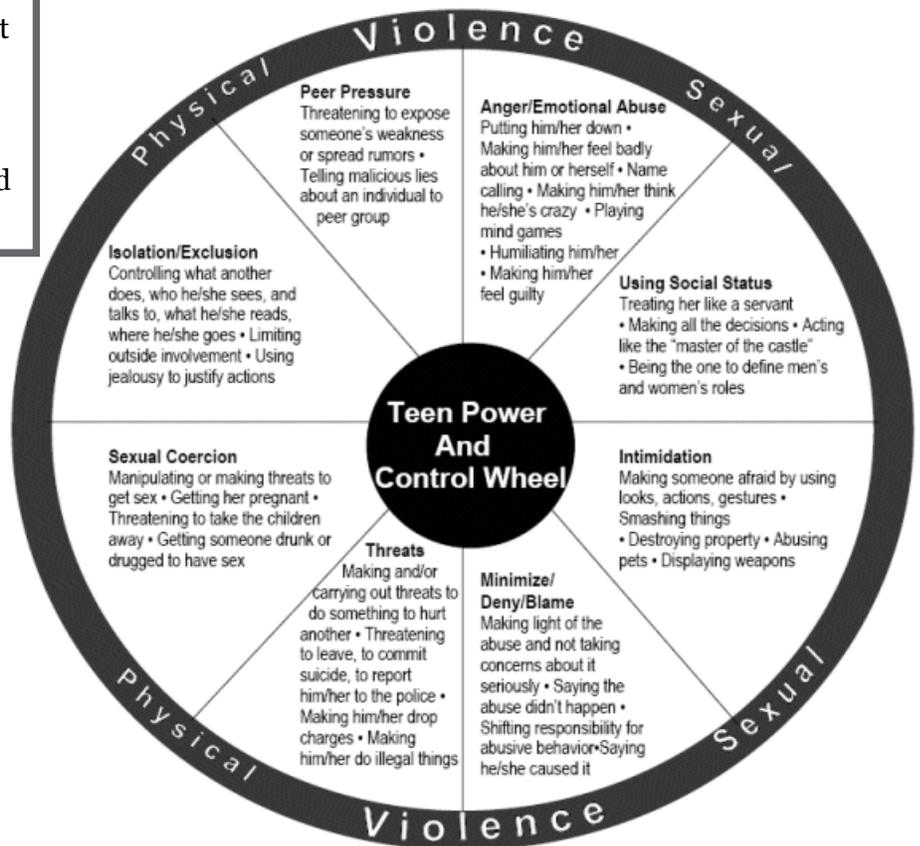
JUST THE FACTS

Statistics provided by breakthecycle.org

Why and How is it happening?

Dating Violence is all about power and control. The following graphic depicts tactics that abusers use to gain or maintain power and control.

“LOVE HAS MANY DEFINITIONS, BUT ABUSE ISN'T ONE OF THEM”



Talk, cont'd

Obstacles to accessing services

- Students can feel trapped by social networks and the closed environment of campuses.
- Isolated from personal networks and resources because s/he is away from home
- Administrators may not understand the scope of the problem and may not act appropriately
- Social networking sites provide easy access for perpetrators to control their partners
- Some students may not define their experience as abusive

<Loveisnotabuse.org> <rainn.org>



“The facts are clear: Nearly one in five college women will be the victim of a sexual assault... this is not merely a statistic, these are people you know: your roommates, your friends, your sisters and your classmates.”

Vice President Joe Biden

Awareness is the first step to pushing back against this problem.

APRIL IS SEXUAL ASSAULT AWARENESS MONTH, IT IS A TIME TO TAKE A STAND AGAINST THIS ABUSE OF POWER.

1) GET THE FACTS. Do you know the warning signs of dating violence and the legal rights?

Find out at <http://www.breakthecycle.org/what-is-dating-violence>

2) START TALKING ABOUT HEALTHY RELATIONSHIPS. What does a healthy relationship look like?

Find out if your relationship is “healthy” by taking a quiz at <http://www.loveisrespect.org/dating-basics/healthy-relationships/healthy-relationships-quiz>

Ask your friends and family to take the quiz and compare results

3) SPEAK OUT. Join community awareness campaigns, spread your opinions on social media networks and/or approach university about ideas or changes in policies.

4) SHARE YOUR STATUS. Post on Facebook, Twitter, etc. and help promote the message that "love has many definitions -- but abuse isn't one of them!"

5) BE AN ADVOCATE/ACTIVE BYSTANDER. Visit your administration and urge them to implement prevention programs and school policies vital to the positive growth of their students. If you see abusive happening, take action. A bystander can directly diffuse the situation or indirectly by finding someone who can. If you see abuse happening don't just walk away, do something about it.

<breakthecycle.org>

Are You Ready? cont.

be what needs to be done by the end of the day. This allows you to relax your mind a bit because you don't have to remember everything; it is written down for you to look at throughout the day.

When making your plan of action, remember to include physical activity. It is easy to put exercise to the side when there is so much work to do, but taking even a little bit of time out of your day to work out will allow your brain and body to refocus and get more done. If there really is no time to go for a nice run or lift then take small study breaks and do

wall sits, squats, or any other easily done exercise that will release some built up energy in your body.

Finally, make sure that you are getting enough sleep and eating healthy meals. If your body is well nourished then your mind will work more efficiently. Good sleep and healthy food may seem hard to come by here but it can be done. Stick to a schedule and work hard during the day so that you can go to bed by taps and try making sandwiches or salads instead of getting whatever fried food Crozet is serving for the day.

We are finally near the end of the 2012-2013 school year so let's go into these last five weeks with a good mentally and end it successfully!

Healthy Self Image (cont. from Page 1)

Although many people deal with low self-esteem, the good news is these types of self-esteem problems do not have to be permanent. There are ways to develop, improve, and maintain a healthy self-image. First, recognize the problem and change your way of thinking. When other people's words or actions begin to force you to question yourself, reevaluate. Are you being overly critical? How well does that person know you? Creating a journal is a great way to express your thoughts in a healthy and constructive manner. Connecting with a positive group of people who share the same interests will change how you see yourself and give you a sense of purpose. Creating positive vis-

ual reminders in places you often look at, will boost your mood and help cheer you up. This could be as simple as putting a sticky note on your mirror that says, "You look great!" or "You can accomplish anything!" Another way to overcome low self-esteem is to find what interests you and see what your talents. Try to engage in groups, sports, or clubs you enjoy and meet new people.

You are responsible for your own healthy self-image! You can't let people break you down and make you feel bad. Everyone tries to find their true self as they grow older. By seeing yourself through positive eyes you can even set an

example for others around you. So if it's poor self-image you are dealing with lift your head high, smile, and try following the simple tips for staying positive..

"I am responsible for my own well-being, my own happiness. The choices and decisions I make regarding my life directly influences the quality of my days." Kathleen Andrus