

The STANDARD.

A PUBLICATION OF THE VMI CADET PEER EDUCATORS

VOLUME 3, ISSUE 1



CADET PEER EDUCATORS (CPE):

What do you know about CPE?

Many cadets do not know who we are or the function of our group on post. Our group has been going through transitions over the past few years to make the function and role more appropriate and more beneficial to the VMI Corps of Cadets. To clarify and dispel any false impressions, we will give you some history. Our group was formerly known as “CCS”, or “Cadet Counselors”. This was a poor choice of terms as we were often mistaken for licensed counselors. For the past 3 years, however, we have been known as the “Cadet Peer Educators”, or CPE.

Our group returns to VMI during early return week and undergoes an intensive training known as the Certified Peer Educator Training, which is a nationally accredited program by *The Bacchus Network*™. This training program helps

peer educator groups around the nation develop leadership skills to successfully impact their campus communities.

Our group is supervised and sponsored by the Center for Cadet Counseling (the CCC), located on the 2nd floor of the VMI Post Hospital. Our main goal is to be effective leaders to the Corps of Cadets by being caring helpers, increasing leadership abilities, conducting educational programs and events, increasing awareness of personal wellness (i.e. tobacco cessation, responsible drinking habits, knowing your own limits when it comes to stress, etc.), and educating cadets about resources on post.

After our training we receive certification that we are trained in core skills that compose a better “leader, role model,

activist, and team member” (*The Bacchus Network*™).

This year our group is composed of 12 members selected through an interview process. Our roster is listed at the end of this article. We are available for you to reach out to as needed and we offer a non-judgmental, unbiased ear. We welcome you to seek us out if you have any questions about the group, any concerns, or if you feel like you might have questions about the services offered around post.

Samantha Alpert (CIC) [Rm 3-132]
Mary Schriver (ACIC) [Rm 174]
Molly Andoe [Rm 254]
Samantha Conde [Rm 174]
Killian Buckley [Rm 222]
Jonathan Hampton [Rm 3-337]
Brandon Goodwyn [Rm 3-326]

Christine Ray [Rm 194]
Matthew Ray [Rm 166]
Santo Ripa [Rm 132]
Sam Guidry [Rm 132]
Brett Nichols [Rm 168]

CADET PEER HEALTH / WELLNESS EDUCATION, PE 323

DID YOU KNOW there is a PE course that gives you 0.5 credits offering a solid foundation to be a more active leader in the health and wellness of your BRs? In this class you can examine the practice of peer support and learn how to create and deliver educational programs on health and wellness topics. You will benefit from this course as you learn ways to improve your own overall health as well. (This course is a prerequisite for applying to be a Cadet Peer Educator. If you're interested, sign up NOW).

Did we mention you don't have to change for this course?

MAINTAINING A POSITIVE DYKE-RAT RELATIONSHIP

RATS

Welcome to VMI, AKA “post”, “the Mother I”, or “home”. Slowly but surely you will come to learn the system. At VMI you’re held to a higher standard compared to the average person, especially as rats. Are you as prepared as you thought you would be?

By the end of your cadetship you should have learned a few things about being a leader, but to become a leader you must first learn to be a follower. As a rat you’re just trying to survive, just like every rat that has come before you. It is a year of adapting to your new environment and learning from those appointed above you.

Your cadre will teach you skills that become muscle memory while your dykes will teach you how to navigate VMI. Learn from your dykes and your cadre but also develop your own values. Think about your morals and concentrate on developing your individual character and leadership.

DYKES

So you’re finally at the top and you finally have your rat, congratulations! Are you ready for such a leadership role? Everyone wants to have a good relationship with their rat and be a good dyke. Sadly there’s no “Dykes and Rats for Dummies” for you to read, no self-help book. So what do you need to do to prepare? The first step is realizing how much influence you actually have on your rat. Remember what it felt like coming to VMI your rat year. You might remember being unsure of how to act around your dyke and what kind of relationship you might have. During hell week you’re simply told that you have been chosen by this mysterious stranger. You most likely were unaware of how your dyke was going to behave. At last you met your dyke and began to build your relationship with him/her. Think about how much you were influenced by your dyke.

As a dyke you have the opportunity to shape and mold your rat in ways that can be powerfully positive. Think about how you want your rat to grow and promote the VMI traditions and culture.

CORNERSTONES OF HEALTHY RELATIONSHIPS

- *Mutual Respect (through words and actions)*
- *Boundary Setting*
- *Support*
- *Open and Assertive Communication*
- *Healthy Conflict Resolution*
- *No Physical, Verbal, or Sexual Abuse*
- *Appreciation of Differences*
- *Inclusivity*

LOCAL RESOURCES FOR RELATIONSHIP CONCERNS:

THE VMI CENTER FOR
CADET COUNSELING
[464-7667](tel:464-7667)

PROJECT HORIZON
(Domestic Assault and Sexual Assault)
[463-2594](tel:463-2594)

VMI INSPECTOR GENERAL
[464-7072](tel:464-7072)

The Infirmary Outpost:

THE HPV VACCINE: IT'S FOR MEN, TOO

Human Papillomaviruses (HPV) are the leading cause of cervical cancer and the cause of over 90% of genital warts. They can also cause other cancers. It infects both men and women. At least 50% of sexually active men and women currently have or have had or will have HPV. Unless someone has visible genital warts, there may not be any signs or symptoms of HPV. Most infected individuals do not know they have it and there is no routine test for HPV. Since the availability of the HPV vaccine, there has been a decreased incidence in the cancer-causing virus by 56% in women. How can you best protect yourself from HPV? *GET VACCINATED.*

PLEASE VISIT A NURSE AT THE INFIRMARY IF YOU WOULD LIKE MORE INFORMATION.