



OPERATION JUNGLE RED
OCTOBER 13—17, 2014

Handout:

The ARM Newsletter

October, 2014

Vol. 3, Issue 2



ACADEMIC PEER MENTORS— YOUR ARM HAS A *HANDOUT* FOR YOU!

IN THIS ISSUE

Sexual Assault & Bystander Intervention

by Saraphina Mwangi, Pinney ARM

Sexual assault has gained a great deal of attention in the past year, especially regarding its frequent occurrence on college campuses. We talk about bringing an end to it and preventing it from occurring. This may seem overwhelming, and at times impossible. We may have campaigns, programs, and flyers addressing the issue, and yet we may wonder what we as individuals can do to make a difference. Sometimes we may see something that we are uncomfortable with, or know is wrong, but we may not know what to do. This is where bystander intervention comes in. "A bystander, or witness, is someone who sees a situation but may or may not know what to do, may think others will act or may be afraid to do something. Bystander education programs teach potential witnesses safe and positive ways that they can act to prevent or intervene when there is a risk for sexual violence." (mscasa.org)

Here are a few examples of how, as a bystander, you can make a difference:

Maybe you are at a party and there's a guy who's trying to bring a girl home who is clearly intoxicated. You may feel uncomfortable going up to the guy and telling him to leave her alone. Here are a few options that you have;

- you could step out of the room and call the police,
- you could "accidentally" spill your drink on him to distract him, or
- you could go up to him and ask "do I know you?" in an effort to take his attention away

from the girl.

- Maybe you're with one of your friends; the two of you could work together. One of you could start a conversation with the guy, and the other could start one with the girl.

There are many ways that as a bystander you can make a difference. Sometimes it may feel like you are powerless in a situation, and that there is nothing you can do. Just keep in mind that you have the potential to impact someone's life. There are many resources on campus that have more information on how to make a difference regarding sexual assault. The counseling center and women's center are excellent places to go and speak with trained professionals. There's information on the CaRT website (<http://www.wcsu.edu/stuaffairs/CaRT.asp>) Also, don't forget your RAs and RDs are always there if you have any questions or concerns!

Works cited: <http://mscasa.org/bystander-intervention/>



- 1 Sexual Assault & Bystander Intervention
- 2 #Officehours
- 2 Operation Jungle Red
- 3 Getting Ready for Midterms
- 4 Why It's NEVER Your Fault
- 4 8 Tips to Stay Safe
- 5 Don't Be Silly—Wrap Your Willy
- 6 Registration Time & The Bugs
- 6 HRL & Campus Reminders



SUCCESS SPOT

www.wcsu.edu/housing/arm.asp



#OFFICEHOURS

by Sean Keenan, Centennial ARM



As you progress through your college career, you may find yourself struggling in certain classes. Even those students who normally find themselves excelling may have difficulty in adjusting to a certain professor's teaching methods. During these trying times, it is important to remember that your most valuable resource available to you is your professor. See them during their office hours to voice any concerns you may have, or go over any projects, papers, or tests that you did poorly on or are causing you anxiety. With midterms just around the corner this is especially prevalent. Professors are far too often overlooked as an academic resource.

It is good to remember that it is never too early to decide to go and see your professor. You are given the syllabus at the first class for a reason. It gives you a warning for all your projects and outlines what the profes-

sor expects from you as a student. If there is anything you do not understand, then that is a perfectly viable reason to go and see your professor. Go to see them during their office hours and they will be happy to go over whatever you do not understand or would like expanded upon.

That being said, it is never too late to go and see your professor. If you bombed a test that you thought you were prepared for or did poorly on a paper that you worked hard on, go and see your teacher. Ask them to go over the mistakes you made and explain how you can improve. This will prove to them that you worked hard in their class despite the grade you received. This will also prepare you for what they expect in the future and allow you to succeed in their class.

If you are struggling in a class, keep in mind that everything cannot be fixed in one ses-

sion with your professor. It is essential that you go to see them often. Even if you continue to make mistakes, your teacher will see that you are working hard and will take that into consideration when tallying up your grade. They will appreciate the effort you put in. That being said, it is very unlikely that you will do poorly at all if you are going for extra help from them.

When you consider going to see your professor, perhaps the most important thing to keep in mind is that they are holding office hours specifically for you, their students. They are paid by the university to be available to you. Most, if not all, professors prefer their students to come and see them during their hours than to be left alone. That is why they are here. Utilize them, and let the results show in your grade!

Operation Jungle Red

Each October, WCSU asks its community to take a pledge to end violence—on campus and in our larger world. We memorialize the pledge by painting our pinky fingers Jungle Red—a symbol that we will stop violence. We call it Operation Jungle Red, or OJR.

This year, OJR events will take place during the week of October 13—17. Won't you join us by taking the pledge, painting your nail, and attending one or more of the events? There'll be t-shirt giveaways, performances, and plenty of information about what YOU can do to end violence, along with resources and information on what you can do if you've been a victim of interpersonal violence. Stop by the Student Center on Monday and Tuesday, or the Campus Center on Wednesday and Thursday to sign the pledge!

◆ Monday, October 13

11 am—2 pm—**Sign the Pledge** at the Midtown Student Center Plaza

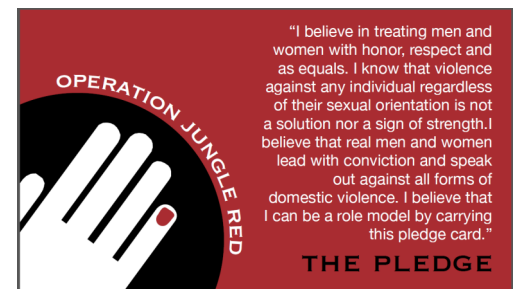
7 pm—**Combat Campus Violence**
Pinney Hall Lobby

8 pm—**Flipped! Violent Creations of Socialization**
Student Center Theater, with members of the Roger Sherman Debate Society

8 pm—**Caught Red Handed**
Litchfield Hall Lobby

◆ Tuesday, October 14

11 am—2 pm—**Sign the Pledge** at the Midtown Student Center Plaza



◆ Wednesday, October 15

11 am—2 pm—**Sign the Pledge** at the Westside Campus Center Café

7:30 pm—**ACT OUT**
Midtown Student Center Theater featuring actors from the Danbury Women's Center

◆ Thursday, October 16

11 am—2 pm—**Sign the Pledge** at the Westside Campus Center Café

The RAD-est Program on Campus

Once or twice a semester, certified RAD instructors from the WCSU Police Force offer a Rape Aggression Defense program for women. RAD has been offered through universities all over the country for the past twenty-five years and according to their website, over 900,000 women have attended the RAD Basic Physical Defense Program.

The sixteen-hour course is broken up into two eight hour days, which are spent first examining the nature of the rape culture we live in, and then learning some powerful and accessible self-defense tactics.

After the presentation and discussion, the program concludes with simulation training where you can try out the techniques in mock situations. For this portion one of the instructors will suit up in protective gear, as will students, which is why a comfortable dress code without any jewelry is enforced.

No prior background or experience is necessary.

This is a unique opportunity to not only empower us, but to educate ourselves on a real and serious problem. Both the physical tactics as well as the information on sexual assault are useful and relevant to everyone. The next RAD session at WCSU will happen in November, keep an eye out for advertisements and sign up!

by **Alex Saraceno**,
Pinney ARM



GETTING READY FOR MIDTERMS

by **Jamie Maitland**, Newbury ARM

Eat and Sleep: During Midterms you can find yourself skipping meals and staying up all night. However, this isn't good for you! Your body needs to be well rested and fed in order for you to be alert and on top of your game! Stay away from excessive amounts of caffeine to help you stay awake longer and junk food to help satisfy your hunger. These things take a toll on your body and you can easily avoid that.

Go over notes: Midterms have a plethora of information on them. Sometimes information from the very beginning of the semester that you don't remember is on the midterm. That's why it's important to go over your notes. Sometimes even re-writing certain notes instead of just reading them can help you remember better. Also, don't forget to utilize any handouts, outside readings, and study guides that you may have.

Make a study plan: It's not possible to go over an entire course in one night. Therefore, by making a study plan you know exactly what you need to get done on specific days before the midterm so that you don't have to cram information in. This will allow you to remember more information.

Go to review sessions: If your Professor offers a review session for the midterm, make sure that you go to it! You can go over information that you find difficult and ask questions. Also, if a group of your classmates have a study session you should consider going to that as well. It can clarify information for you.

Use your Resources: Resources are available on campus for you. People dedicate time throughout their day to help you. *So go to them!* The math lab, writing lab, and tutoring resource center are all located in Berkshire Hall. Also, the writing center, which is located in Haas Library, offers tutoring for those of you who want help in your writing. PASS members are student volunteers who are comfortable assisting other students in familiar subjects and they are available in most residence halls.

No cramming: If you wait until the last minute to study, you are less likely to remember the information. If your midterm is on several chapters, you need to pace yourself. Simple steps like going over your notes daily, making flashcards, and doing practice problems can really make a difference on what you retain regardless of how much information is on your midterm.

Find a study location that works for you: Some of you must study in a quiet location to understand information. However, others could study on a patch of grass in the middle of campus with people constantly walking around them. While studying for midterms, it's best to go to the study location that works best for you and avoids distractions.

Take breaks: While studying for midterms it's recommended that you take breaks. For every hour that you study take a break for a few minutes to relax your brain. Go out for a quick walk, grab a snack, or even watch funny YouTube videos. By taking breaks you are more likely to avoid burnout and stay energized.

why it's NEVER your fault

by Colleen Mair, Litchfield ARM

Our society doesn't blame a victim of robbery for wearing an expensive watch, right? So why would we blame a victim/survivor of sexual assault for someone else's crime. Vice President Joe Biden said it best when he said, "No matter what she's wearing, no matter whether she's in a bar, in a dormitory, in the back seat of a car, on a street, drunk or sober — no man has a right to go beyond the word no. And if she can't consent, it also means no."

Unfortunately, victim/survivor blaming is too often among the first things people hear when they reach out for help. According to the Center for Relationship Abuse Awareness, victim/survivor blaming is often a way for people to distance themselves from the unpleasant realities of sexual abuse. By labeling the victim/survivor, they can reassure themselves that, because they are not like them, they will not become a victim as well.

Victim/survivor blaming can take many forms, but they all contribute to underreporting of sexual assault. Although college-aged females are at a higher risk of assault, college-age men become victims/survivors as well. However, the



stigma surrounding the sexual abuse of men creates another kind of victim/survivor blaming. This further decreases the number of victim/survivors who come forward and report an assault.

Thankfully, you can help put a stop to victim blaming. If a friend tells you that they survived an assault, encourage them to use on campus resources to get the help they need.

The Campus Resource Team (CaRT) can inform a student about the systems in place at WCSU to support them.

The **Counseling Center** offers free and confidential counseling in the Midtown Student Center, Room 222.

The **Women's Center** has an on campus office in Higgins Hall Annex, 105-C and provides free and confidential outreach to victims/survivors, and 24-hour hotline numbers.

The most important thing is that the victim/survivor receives the help they need. Just remember, you could be the first and/or last person they reach out to for help. Your reaction can set the tone for their healing. Be a friend!

<http://stoprelationshipabuse.org/educated/avoiding-victim-blaming/>

8 Tips (continued)

tions and don't be hesitant to use them if necessary. If your campus has a bus or public safety escorts that will walk you home at night, take advantage of them.

Make plans & be prepared. When going out, know ahead of time who is going and plan to stay together as a group. Construct a backup plan for the day/night so that all of your friends know where to meet up if someone gets separated and/or their phone dies. Always have a designated sober friend in the group, even if they won't be driving. Be sure to check that you have everything you need before you leave—a fully charged phone, the number for a reliable cab company, enough cash to get you home, etc. Keep your phone on you at all times in case you find yourself in an uncomfortable or dangerous situation.

Party smart. Guard your drink at parties. Don't accept one from people you don't trust or know well. Stick to drinks you got or prepared yourself. If you happen to walk away from it, get a new one. Keep track of what you've consumed so that you can stay in control. If you feel like you're getting sick or are too intoxicated, ask to help you get to a safe place or to a hospital.

Be a good friend. Watch out for each other. Stick together in groups, especially when traveling from one place to the next. If a friend is acting in a way that seems out of character, take notice. If he or she is overly intoxicated or seems to need assistance, get them to a safe place and support them. If you suspect that a friend has been drugged or needs medical attention because of over-intoxication or for any other reason, call 911.

BeSafeOnCAMPUS

8 Tips to Stay Safe—from RAINN (Rape, Abuse & Incest National Network)

Trust your gut & be true to yourself. If something doesn't feel right, it probably isn't. If you feel uncomfortable in a situation, trust your instincts and leave. If someone is pressuring you, it's better to lie and make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else's feelings or what they may think of you.

Take control of your online life. Be mysterious online. Think twice before you share personal information. Constantly posting social media updates on your whereabouts, activities or even class schedules may allow someone to track your every move. Use your best judgment when 'checking-in' on Facebook or Foursquare and geo-tagging images you post to Instagram. Remember this motto: If you would not share this information with a stranger, then you shouldn't share it online.

Make others earn your trust. The college environ-

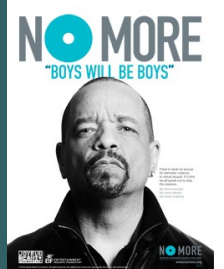
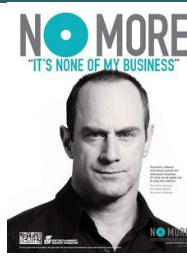
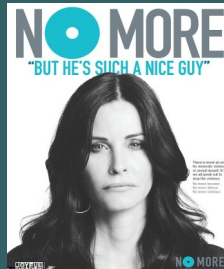
ment can foster a false sense of security. Remember that you just met these people, even if it feels like you've been best friends forever. Don't assume that your new friends will definitely have your back or be looking out for your best interests.

If you see something, say something. If a situation seems questionable, speak up and alert others around you to it. By intervening you can prevent a crime from being committed. It can be difficult to know what to do, especially if you're feeling overwhelmed. Sometimes it helps to stop and take a deep breath. Remember, you can always contact your resident assistant or campus police or call 911.

Be aware and stay alert. Whether you are hanging out at a party or walking across campus, pay attention to what is going on around you. Try to take well-trafficked routes and avoid being isolated with someone you don't know or trust. Get to know your surroundings—take notice of the blue light loca-

Continued at top of next column.

www.rainn.org/news-room/back-to-school-safety-tips-2013



What's this issue all about?

This issue of **The Handout** has had a load of information about interpersonal violence in it. Why is that? A few reasons. October is **Domestic Violence Awareness Month**, which is one reason. Another is that there are a series of new laws and policies for colleges and universities to follow to help combat the epidemic of interpersonal violence (sexual assault, interpersonal violence, stalking, sexual harassment) one finds on most campuses. And finally, it's an issue that gets swept under a lot of rugs. We don't like to think about it or talk about it, and we don't want to believe it exists in our world.

But it does exist here, and we do need to talk about it, and we need to think about it, and we need to stop it from happening. All of this is possible, but it takes **all** of us doing something about it to make it happen. So what can you do?

- Learn more about it. Take the *Not Anymore* class, read about the issue on the White House webpage, or check out our own **CaRT** (Campus Response Team) page on the WCSU site.
- Be willing to step in if you see something dangerous happening! Quick bystander intervention can almost always stop a sexual assault from happening by distracting the perpetrator.
- If you are a victim of interpersonal violence, tell someone who can help you! There are plenty of resources on campus and in the Danbury community. Don't try to handle things alone.
- If you have a problem with violence, get help before you hurt someone. Again, there are plenty of available resources to help you now—before it's too late!

Wrap Your Willy (cont. from right)

Midtown Campus near Litchfield Hall. If aren't experiencing symptoms but you have had any recent sexual contact, it would still be a good idea to get a general STD test done. There are plenty of resources in the Danbury area, but most convenient is the anonymous biweekly testing done at Health Services through the AIDS Project of Greater Danbury. No appointment is needed and the schedule can be found on flyers around campus, on the WCSU website, or by going into Health Services. To reach Health Services, you can call (203) 837-8594.



DON'T BE SILLY- WRAP YOUR WILLY!

by **Kenny Ward,**
Pinney ARM

*** The following article contains a very straightforward discussion of sexually transmitted diseases and prevention strategies.*

As much as we would all like to deny it, our generation has adopted a callous attitude towards sex—in particular, protecting ourselves during it. While sexual freedom is without a doubt a positive and progressive step for modern culture, it has come with some unexpected repercussions. Unfortunately, spending so much time 'bumping uglies' has unexpectedly led to a lot of ugly bumps (and rashes, oozing, and generally unwanted grossness). In other words, our generation is unnecessarily riddled with sexually transmitted diseases.

While there are a lot of ways to prevent STDs, the protective measures are far too often ignored or poorly implemented. Perhaps the most obvious and inarguably easy way to avoid contracting and/or spreading STDs is to simply use a condom; however, so many people get sloppy about this, and end up with a messy (and sometimes crusty) situation on their hands. Condoms are recommended for all forms of sex, although most people are not fans of using them during oral. Transmission rates during oral sex are admittedly lower than during anal or vaginal intercourse, but nonetheless, it's considered very risky to participate in oral sex without a condom. It might be unpleasant, but this is why flavored condoms were invented.

A lot of people do fail to use condoms, it would be a negligent generalization to claim to that no one uses them. A lot of people do, but still, we see a lot of issues. Why is this? Because people are just doing it wrong. There are a lot of condom no-no's to avoid so you can make sure your junk doesn't get a funk.

1. **Don't Double Wrap It:** Sure, it's a good idea to double bag your groceries, but the same doesn't hold true if all you're wrapping is a hot dog. You might think you're getting double

protection, but in actuality, the excess friction can cause the condom to deteriorate rapidly and break suddenly.

2. **Lube It Up:** If there seems to be too much friction during intercourse, don't be afraid to use lubricant. However, *only only only* use a water-based lubricant, and never petroleum jelly, lotion, or oils, as they will cause the latex to deteriorate extra-quickly.
3. **Make It Fit:** This one seems obvious, but make sure the condom you're using actually fits. Don't use a condom that's too large or too small.
4. **Always Keep It On:** It might seem like a good plan to only use a condom towards the end of a sexual interaction, especially during the heat of the moment, but it's super important to use one from the start. Any unprotected sexual contact—even without a noticeable exchange of fluids—can lead to unwanted diseases or infections.

All in all, just remember that it is immensely important to always practice safe sex. Often times, people think of condoms only as a form of contraception. While they are of course useful in avoiding unwanted pregnancies, they are equally important in avoiding disease transmission. Many people think that if they are on the birth control pill or having anal sex, then condoms are unnecessary because they aren't at risk for pregnancy. For one, the birth control pill is not always 100% effective, but even more worrisome is the fact that diseases can still be transmitted through unprotected sex. It is undoubtedly important to not only protect yourself, but also protect your partner.

If you ever think you are experiencing symptoms of a potential sexually transmitted disease, go to Health Services on the

(Continued to left)



REGISTRATION TIME & THE BUGS

by Kyle Venditti, Grasso ARM

It seems every year as we finally get into a comfortable routine for the semester and paper assignments and projects start piling up on our desks, we get the email that registration is just around the corner. To me, it always means it's time to check Open/Close and see what classes are available and interesting to enroll in, but there are quite a few steps involved in enrolling in classes.

It's critical that you meet with your advisor. I cannot stress this enough. Your advisor is so much more than the person who dispenses your registration PIN and allows you to enroll in classes for next semester. These people have been through College and know how to explore possible horizons that you may not have thought of before, *and* they know what is required of your degree. Your advisor is an invaluable tool to your success, and though many of us don't see them too often throughout the year, they will be your first line of defense when it comes to planning your semester and what courses to take.

Professors are another great tool at your disposal for this. If you have a favorite Professor from your program, he or she can also give you great advice on where to go with your classes, but also recommend classes for you based on your personality and what he or she thinks would suit you best. Professors are required to work mandatory office hours every week, which is a great time to go and talk about registration with them. Remember: Professors love to help students. It's their goal to see you off to a successful career and guide you in your journeys in the future, no matter where they lay. Use these resources while you can. And if you prefer your Professor to your Advisor, you can always switch your advisor by going to your program's secretary and requesting an advisor change form. With just a few signatures, you can change your advisor in a snap.

Know how many credit hours are required for your program. In order to be considered a full-time student, you must take at least 12 credit hours a semester. A common mistake many students make is that they will only take 12 credits every semester until their senior year. The problem with this plan is that 12 credits simply isn't enough to graduate on time. In order to reach that four year goal, most students will have to take a minimum of 15 credit hours per semester, though that will vary depending on which degree you're after. Some programs, like a degree in Professional Writing, require fewer credits but need more free electives filled before graduation, while others, such as Pre-Nursing, are

much stricter when it comes to courses required. Be sure to know what plan you are on: your advisor can help you determine what's sufficient for a course load for your program.

Still have those pesky General Education Requirements to fill? Don't know what courses fulfill those? Some of these are tricky. Courses like MAT 100 don't actually fulfill your Gen Ed section on your program sheet, so be careful when selecting courses. Over in the Academic Advisement Center's office is a handy little pamphlet that reads "General Education Requirements" which has saved my tail multiple times last semester when registering for classes. For instance, if you were looking to fulfill your Mathematics General Education Requirement and took MAT 105, you would also have to take MAT 106 in order for these to count towards fulfilling that requirement. Gen Eds can be tricky, but your advisor and this pamphlet can help you figure out what courses you need to take.

Another important thing to remember is what outside commitments you have when you register for classes. Though classes should be the most important aspect of your College career, for many of us, it's not our only aspect. If you work a job and are involved with clubs, these will be commitments that may need to be moved based on your course load, or in some cases, dropped entirely. Burnout is a real thing, and can lead to serious repercussions if you're spread too thin over all of your activities. In the past, I've had to make tough judgment calls on what was too much for me and had to leave clubs or certain jobs because I didn't have the time to focus on my schoolwork and do those other things. It's a terrible feeling to do that, but you have to keep your health and success in mind first. College is a lifelong investment, and though you may be getting paid less because you're not working at Stop and Shop right now, those good grades and effort you put into your schoolwork will follow you. Who knows, that Professor you did that crazy project on Neuroplasticity for may end up connecting you with an internship or your future job!

A last important notice: new to this year is that Registration begins at 7:00am on the day listed on Banner for you to register. Gone are the days of midnight registration, so be sure to keep this in mind when you go to enroll in classes, especially those that fill up quickly like BIO 100. And with that being said, good luck with registering for classes!

IMPORTANT HOUSING REMINDERS

Are you already thinking about where you'll live on campus next semester? We are!

Soon, you'll receive an email about your room for next semester, and a form we call an "Intent Form".

Most of you will be staying in your same room. All you'll need to do is check off the "I want to stay in my same room" box, and turn the form into the HRL offices in Newbury Hall.

Others of you may wish to change rooms—maybe to another room in your same building, or maybe you'd like to try another building on for size. If so, check the correct option for these moves, and again, turn the form in at the HRL offices in Newbury.

Make sure you read and follow the instructions, and this should be a breeze! If you have questions, ask your RD, or stop by HRL's offices in Newbury to ask.



Buildings remain open for Thanksgiving Break, but you must register with your RD if you want to stay for any part of the break. There is no cost to stay on campus for Thanksgiving.

Registration forms will be available at your building's info desk in early November for those wishing to stay for some or all of the break. Don't forget to fill out and turn this form in to your RD so that you'll be able to stay!

**** Don't forget to look for campus events in the WOW email each Thursday! ****

WHAT DO YOU THINK?



What do you think? Have something you'd like to share about this newsletter or other housing issues? Want to give a suggestion for a topic you're interested in knowing more about? Let us know. Drop us a line at housing@wcsu.edu