Did You Know?

- Women age 16 to 24 experience the highest per capita rate of intimate partner violence.
- 22% of all rape victims are between the usual college ages of 18-24.
- 75% of male students and 55% of female students involved in date rape had been drinking or using drugs.
- In a study surveying more than 6,000 students at 32 colleges and universities in the U.S.:
  - 1 in 4 women had been victims of rape or attempted rape.
  - 84% of those raped knew their attacker, and 57% of the rapes happened on dates.
  - Only 27% of the women whose sexual assault met the legal definition of rape thought of themselves as rape victims.
  - 2% of the rape victims told no one about the assault, and only 5% reported to the police.

www.theredflagcampaign.org

In recognition of Domestic Violence Awareness Month, JCHS will once again take part in The Red Flag Campaign, a public awareness campaign designed to address dating violence and promote the prevention of dating violence on college campuses. The campaign was created using a “bystander intervention” strategy, encouraging friends and other campus community members to “say something” when they see warning signs ("red flags") for dating violence in a friend’s relationship. The campaign posters reflect racially and ethnically diverse models, and illustrate both heterosexual and same-sex relationships.

The Campaign is a project of the Virginia Sexual and Domestic Violence Action Alliance; it was created by college students, college personnel, and community victim advocates. The Campaign is funded by grants from the Verizon Foundation, Verizon Wireless, Macy’s Foundation, and the Centers for Disease Control and Prevention.

www.theredflagcampaign.org

The Red Flag Campaign 2012
October 29 – November 2, 2012

JCHS needs volunteers to help plan and then implement The Red Flag Campaign during the dates listed above. Please email Sarah at sehigginbotham@jchs.edu for more information.

Compassion

Each month, The PawPrint profiles one of the JCHS Community Values. This month, Nursing student Aleisha Carroll shares her ideas on …

Compassion is a value that I apply to every single day at Jefferson; it’s something we all share. As students, we are compassionate both in our work and also in our interactions with our patients and peers. We show compassion by treating each other with care and respect. Compassion motivates us to do our best in our studies and to give the best care that we can to the patients who need us. We consciously use compassion—along with the many other JCHS Community Values—here at Jefferson, but it’s a value that reverberates throughout our personal lives, our community, and our workplaces.
Jonathan Mooney and David Cole are two students with learning disabilities who graduated from Brown University. In *Learning Outside the Lines*, their book about the struggles they faced in college, they highlight the following key services and people:

**Know Your Resources!**

**Deans and Advisers** – These are kind-hearted, friendly people who love to help. They will help you navigate the school.

**Tutors** – Don’t miss this great avenue for supplemental help, especially because it’s a rare opportunity for individualized assistance. Find the Learning and Writing Center and get help when you need it.

**Psychological Services** – These fine professionals can give you perspective, and they’ll let you talk about yourself. If you hit a storm, these are the people for you.

**Instructors** – These are the heavyweights, the very interesting people with grades in their pockets and huge brains. Talk to them.

### Upcoming Events

Join the Family Violence Coordinating Council for its fifth annual “A Walk in Their Shoes” walk to recognize Domestic Violence Awareness Month. The kick-off ceremony will begin in Elmwood Park at the Mayor’s Monument at 12:30pm on October 12, 2012. Wear your purple or a purple ribbon to show your support of this important cause! Contact Sarah at sehigginbotham@jchs.edu for more information.

Student Affairs and the VOICE Program are looking for Peer Educators to assist with awareness and education programs. Training is required. If you are interested, please contact Liz at eacosta@jchs.edu.

**ZUMBA!** Wednesdays, 12:00-1:00 p.m., CRCH 617

**The Blue Healers Rock! Don’t miss their next game!**

College is a stressful time for many students. Students are often left feeling overwhelmed, confused, and stressed out as a result of new social pressures, managing finances, meeting academic demands, and being away from home for the first time. In addition to these obstacles, students are faced with irregular eating habits, lack of physical activity, increased use of caffeine, alcohol and other substance abuse issues. If this describes you or if you are feeling some mild anxiety, don’t worry too much. It is normal and can even be healthy in some ways. But, if anxiety is relentless and chronic, that may be a sign of an anxiety disorder (generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, social anxiety disorder, and other specific phobias).

Colleges across the country are seeing an increase in students requiring counseling for their symptoms. Anxiety disorders are the most common mental health disorder in children, adolescents, and adults. “According to the National Institute of Mental Health (NIMH), almost 75 percent of those with an anxiety disorder will experience their first episode before they are 22 years old, making awareness of these disorders among college-aged students and their parents essential” (www.education.com). It is possible that some students experienced anxiety before college and it worsened upon leaving home while others developed symptoms for the first time upon entering college. Either way, there is help! If you are feeling any of the below symptoms and are concerned that your anxiety is worsening, please do not hesitate to give us a call at 985-8395. We are located on the 4th Floor of CRCH. We can help you figure out what is going on and assist in developing a plan to better manage your anxiety.