



LEIGH WELLNESS CENTER NEWSLETTER

FEB
'23

Upcoming Events

FEBRUARY WELLNESS		FEBRUARY WELLNESS	
DATE	TIME	DATE	TIME
1/27	10:00 AM	1/27	10:00 AM
1/28	10:00 AM	1/28	10:00 AM
1/29	10:00 AM	1/29	10:00 AM
1/30	10:00 AM	1/30	10:00 AM
1/31	10:00 AM	1/31	10:00 AM

Resources

- [All About Consent](#)
- [Video: Tea Consent](#)
- [What is sexual abuse and assault?](#)
- [Parents: How to talk to kids about consent](#)
- Love is Respect National Teen Dating Abuse Helpline - Call 1-866-331-9474 or TTY 1-866-331-8453
- Rape, Abuse & Incest National Network's (RAINN) Sexual Assault Hotline
 - Call 800-656-HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.
 - Visit [rainn.org](https://www.rainn.org) to chat one-on-one with a trained RAINN specialist, 24/7.



Wellness Center Book Recommendations

The Triple Bind

by Stephen Hinshaw Ph.D. (Author)

<https://a.co/d/8AdaZvL>

Know My Name

by Chanel Miller

<https://a.co/d/0Z68x8r>

Topic of the Month - Sexual Assault Awareness


Consent is an agreement between participants engaging in an activity. Consent is most commonly talked about in the context of sexual activity but consent also applies to non-sexual activities such as asking for a hug or taking someone's picture.


Use the acronym **F.R.I.E.S** to remember what consent looks like:


Freely given: Saying 'yes' without pressure or manipulation. It is not okay to trick, pressure or manipulate someone to do something. You cannot give consent if you are drunk, high or passed out. **Reversible:** It is okay to say 'yes' and then change your mind at any time if you feel uncomfortable or unsure. Respect their decision and do not shame the person for changing their mind. **Informed:** There is no lying or deception. You can only give full consent if you have all the facts. If someone lied about what to expect, it does not count as full consent. **Enthusiastic:** You feel happy or excited because YOU want to and not because you think you should or others expect you to. **Specific:** Saying 'yes' once does not mean saying 'yes' to future times or other activities. You need consent each time even if you have done the activity before.


Consent is an ongoing process of discussing and respecting boundaries. If someone forces you to do something that makes you feel uncomfortable, they are not respecting your boundaries and that is not okay. If you do not give consent and someone forces you to do something sexual, that is sexual assault. If you or someone you know has been sexually assaulted, please talk to a trusted person and get help.


Sometimes talking or hearing about things like sexual assault or domestic violence can feel scary or intimidating, but about 10% of teenagers in the United States are victims of teen dating violence, and 15% of sexual assault victims are 12-17 years old. It is important to have ongoing, honest conversations because it can impact you or someone you know. Teen dating violence can include stalking, harassment, physical, or sexual abuse from someone you are romantically or intimately involved with, and the development of these kinds of relationships can have a long-term impact on the victim like higher rates of depression and anxiety, the development of unhealthy coping skills like drug/alcohol use, and suicidal thoughts. This February is Teen Dating Violence Awareness Month, and many organizations are not only amplifying the voices of victims, but they want to emphasize how teens can develop positive, healthy, and safe relationships. Learning how to set and maintain healthy boundaries, understanding consent, and being able to reach out for help when you need it are all ways you can empower yourself against Teen Dating Violence.

 Room 29 (Next to CCC)

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 8:30 am - 2:20 pm

