Sexual Violence Series

**What is Sexual Violence**  
Mon  Aug 25th  6-7pm  Wall 109

Have you ever been in an uncomfortable intimate situation but you weren’t exactly sure if it crossed the line into sexual violence? Here’s a chance to talk about what really counts as sexual assault.

**Haven Discussion**  
Tues  Sept 2nd  6-7 pm  Wall 109

Haven is a new on-line training available to all CCU students to learn about sexual violence. All new first year students are required to complete it. In this session we will talk about reactions to this new CCU resource.

**Get Consent, Not Accused**  
Mon  Sept 8th  6-7pm  Wall 210

Many alleged perpetrators of sexual violence believed that they were having sex with consent...but their partners don’t agree. This will be a discussion of how to make sure there is consent, without killing the mood.

**Don’t Ignore the Red Flags: Reducing the Risk of Sexual Assault**  
Thurs  Sept 18th  6-7pm  Wall 109

This presentation is designed to increase students’ ability to reduce the risk of sexual assault. Students attending will also be offered a variety of resources that can be utilized both on and off campus.

**Safety Tips**  
Mon  Sept 22nd  6-7pm  Wall 109

Quite often survivors of sexual violence become vigilant about their safety. Learn some strategies for keeping yourself safe without having to be a victim first.

**Step Up Applied to Sexual Violence**  
Wed  Oct 1st  6-7pm  Wall 109

CCU has adopted the Step Up Bystander Intervention program to help students learn to step up and confront potentially dangerous situations. Learn specific strategies for how to step up to keep those around you from being victims of sexual violence.

**How to Help a Friend who is a Survivor of Sexual Violence**  
Tues  Oct 7th  4:30-6pm  Wall 211

Your friend comes to you and tells you that she has been sexually assaulted. Do you know what to do to be helpful. Learn how to respond to a sexual violence survivor in this session.
What Can Men Do About Sexual Violence

Mon  Oct 13th  6-7pm  Wall 205

Men are most often accused of sexual violence and may be the best people to take measures to get this epidemic under control. Learn what you or the men in your life can do to be a part of the solution.

How Attitude towards Women Impact Sexual Violence

Wed  Oct 22nd  6-7pm  Wall 205

Societal attitudes toward women contribute to a culture that encourages sexual violence. Learn how to think about women in a way that challenges those attitudes and learn to challenge others in an effective way.

Conflict Resolution/Relationship Violence: I Love Him/Her So Why Can’t We Be Friends?

Wed  Oct 29th  6-7pm  Wall 205

Sexual Violence often occurs in intimate relationships. Learn how to manage conflict in your relationships and spot relationship violence to prevent yourself from being a sexual violence victim.

How to Recover from Sexual Violence

Thurs  Nov 6th  6-7pm  Wall 109

Every survivor of sexual violence goes through the healing process in their own way but they often have many common thoughts, feelings, and behaviors. Learn how the recovery process works for you or for someone in your life.

Title IX: What is it?

Mon  Nov 10th  6-7pm  Wall 109

Title IX is a term that is now synonymous with sexual violence. Learn what Title IX is and why it has become so important.

What to Expect When You Report Sexual Violence

Wed  Nov 19th  6-7pm  Wall 109

Sometimes people don’t report sexual violence because they are afraid of what will happen when they do report. Learning what to expect will probably make it much more likely that you or someone in your life will be able to report it if sexual violence happens.
# Wellness Series

**Coping with Social Anxiety**  
Wed, August 27th  
6-7pm  
Wall 210

Do you feel judged by others frequently? Do you fear embarrassing yourself in public? Do you avoid social situations? If the answer is yes you may have social anxiety. Check out this free presentation with helpful information, tips and strategies for dealing with social anxiety.

**Stress Management**  
Thurs, Sept 4th  
6-7pm  
Wall 210

Join this discussion on how to recognize and approach stress from the mindfulness-based perspective.

**The Long and Endless Night**  
Mon, Sept 8th  
6-7pm  
Wall 109

This program will teach strategies for improving sleep and addressing difficulties such as not falling asleep, waking up often during the night and having trouble going back to sleep, waking up too early in the morning, and un-refreshing sleep.

**Homesickness**  
Mon, Sept 15th  
6-7pm  
Wall 109

This program provides students with specific strategies on how to manage homesickness. The emphasis will be on preventative measures and proactive approaches that facilitate speedier recovery and more effective and efficient adjustment skills.

**Problem Solving**  
Wed, Sept 24th  
6-7pm  
Wall 109

This program will teach students to evaluate information, explore feelings and expectations, and address various ways of approaching and resolving problems.

**Step Up Bystander Intervention**  
Thurs, Oct 2nd  
6-7pm  
Wall 109

Learn more about stepping up at CCU! Students have the power to help other students. You will learn about the S.E.E. model and ways to keep our community safe.

**Prescription Drugs**  
Wed, Oct 8th  
6-7pm  
Wall 109

Prescription medications are among the most abused substances in the United States. Find out more about the risks associated with prescription drug misuse and available resources on campus.
**So why can’t we be friends?**

Wed Oct 15\(^{th}\) 6-7pm  Wall 109

This program will teach strategies for managing conflicts with greater empathy and understanding. Communication and listening skills will be discussed. Characteristics of unhappy and happy relationships and how these relate to ineffective conflict resolution strategies will be explored.

**Feel Better Fast**

Tues Oct 21\(^{st}\) 6-7pm  Wall 210

When you are feeling scared, anxious, sad, mad or whatever the feeling may be, you need some proven techniques that can help you feel better right away. These easy to learn methods will be yours to keep at the end of the session.

**Suicide Prevention**

Thurs Oct 30\(^{th}\) 6-7pm  Wall 211

If your friend or family member comes to you and they are considering suicide, do you know what to say to them? Do you know how to respond? Learn how to keep those you care about ALIVE!

**Negotiating Sex: A Discussion on Communication, STDs and Making Personal Choices**

Mon Nov 3\(^{rd}\) 6-7pm  Wall 205

This session will be in “round table” format giving students attending opportunities to openly address topics and ask questions on the topic of sexual health, safer sex and personal choices.

**Emotion Regulation**

Thurs Nov 13\(^{th}\) 6-7pm  Wall 205

The life of a college student is fast paced and is often hectic. Having tools to self-regulate ones emotions are valuable tools for happiness, fulfillment and inner peace. This workshop will teach easy and practical ways to self-regulate your emotions to meet the demands of modern life.

**Taking the First Steps Toward Overcoming Academic Performance and Test Anxiety**

Wed Nov 19\(^{th}\) 6-7pm  Wall 205

This presentation will focus on some of the key causes and practical strategies that can be used by students to address academic stress and anxiety related to schoolwork, tests and getting organized. Students will be given a variety of tools to utilize and will have the opportunity to practice during the session.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acceptance</td>
<td>Tues Aug 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 210</td>
</tr>
<tr>
<td>Coming Out</td>
<td>Wed Sept 17&lt;sup&gt;th&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 109</td>
</tr>
<tr>
<td>LGBTQ Student Panel</td>
<td>Thurs Sept 25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 109</td>
</tr>
<tr>
<td>LGBTQ Issues in the Family</td>
<td>Mon Oct 6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 109</td>
</tr>
<tr>
<td>LGBTQ and Religion</td>
<td>Thurs Oct 23&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 205</td>
</tr>
<tr>
<td>LGBTQ Issues at Work</td>
<td>Tues Nov 4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 205</td>
</tr>
<tr>
<td>The Transgender Experience</td>
<td>Mon Nov 10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>6-7pm</td>
<td>Wall 211</td>
</tr>
</tbody>
</table>
CCU Counseling Services
Program Request Form

Topic of Presentation:___________________________________________

Date of Presentation:________________ Location:____________________

Time:_________ Length:_________ Number of Students:_________

Description of Participants:_______________________________________
(Gender, Class, Organization, Class, etc.)

Requested Presenter:   ___ Professional Staff:________________________
                      ___ Peer Educator:________________________
                      ___ Either

Contact Person:_________________________________________________________________

Phone Number:_________________________________________________________________

E-mail:_______________________________________________________________________

Details:_____________________________________________________________________

____________________________________________________________________________

Return this form to CCU Counseling Services or call The COAST at 349-5022.

____________________________________________________________________________

For Counseling Services Staff Use:

Assigned to:_________________________________________________________________

_____ Program Confirmed   Notes:_______________________________________________

_____ Program Presented   _____ Actual Attendance:______

_____ Evaluations Completed   _____ Entered into Titanium