

# WELLNESS CONNECTION

*Your health, your well-being, our priority!*



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## LETTER FROM MAK

Dear Reader,

Spring has sprung, and we hope you all are finding opportunities to get outside and enjoy the beautiful (but constantly changing) weather. With the semester moving so quickly, we wish you the best on upcoming exams, and remind you to prioritize your mental and physical health as stress levels may increase.

April brings a lot of opportunities for spreading and raising awareness on several issues. This month is Sexual Assault Awareness Month, so we've included some resources and information regarding consent, misconceptions, prevention, and healing. With Earth Day right around the corner, we've added some tips to reduce your footprint and fun crafts to celebrate our planet. Complete with some opportunities for community service and environmental volunteering, we hope this newsletter inspires you to get out there and expand your horizons.

We're excited to watch everyone close out the semester strongly. Get out there, enjoy the sunlight, and continue to practice self-growth and resilience. We're always here if you need anything.

With warm regards,  
Mak the Mole (and *The Student Well-Being Office*)

# DATA BRIEF

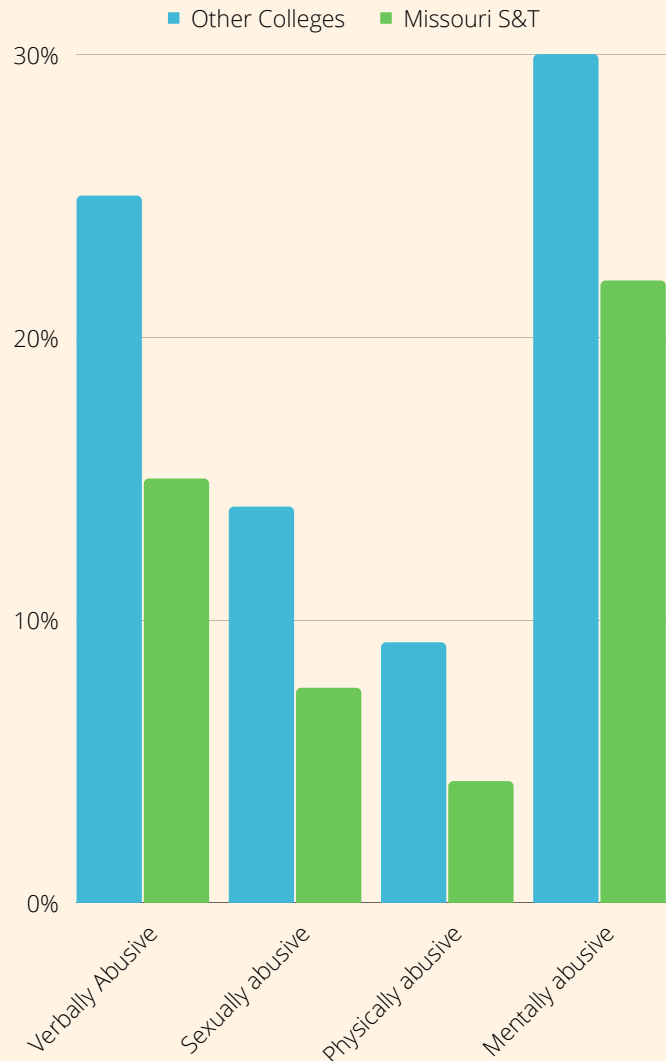
## Interpersonal Violence in Relationships

From *New Hope* & Student Well-Being Staff

It's a common misconception: no one thinks abusive relationships will happen to them. The reality is that anyone can be the victim- or perpetrator- of sexual abuse. Sexual abuse is certainly a relevant topic on college campuses in particular, but that is not the only type of abuse that is common in college relationships.

While Missouri S&T has fewer cases of abusive relationships, there is still plenty of work to do. According to the 2021 Missouri Assessment of College Health Behaviors (MACHB), which is a fully anonymous survey, about 1 in 6 S&T students have found themselves in a verbally abusive relationship and about 1 in 5 have been in a mentally abusive relationship. Many of you probably know people who have experienced at least one form of abuse, and it is important to understand the warning signs of a potentially abusive relationship.

- Extreme jealousy -Abusers can pass off jealousy as love, but if they constantly question you, check your phone, or prevent you from spending time with others, that is an abusive relationship.
- Hypersensitivity -Abusers may try and play the victim, taking everything personally and using it as a justification for their behavior.
- Lack of kindness -Healthy relationships should involve partners supporting each other, with words and acts of kindness. Abusers will belittle what you have done, verbally put you down, or offer pessimism unreasonably.
- Use/threat of violence -Violence doesn't have to actually take place for it to be an abusive relationship. If abusers are suggesting violence, even in a vague way, it is abuse- especially if it is tied to you staying in the relationship.



***If you or someone you know is experiencing physical abuse, you can contact the National Domestic Violence Hotline by calling 1-800-799-7233, text "START" to 88788, or visit [thehotline.org](https://www.thehotline.org).***

***For on campus resources, intervention, and reporting, find Title IX contact information listed on Page 5.***

\*From 2021 Missouri Assessment of College Health Behaviors; n=415

# BOOST YOUR WELL-BEING

## Earth Day: Sustainability Tips to Limit Your Impact

From *Country Life*, *The Art of Simple*, & *Student Well-Being*



Earth is our home, and the place where we will experience our entire lives. As with any home, it is important that we take care of what we can and work to maintain the beauty and health of our lives and the lives of those to come. It is easy to become pessimistic, especially when looking at plastic waste and pollution across the globe. While your actions may appear small and unimportant in the grand scheme of things, consumer habits and trends shape the products that are to come. Even the smallest of changes can make a difference if others do the same.

We've included some easy tips and tricks to reduce your environmental footprint, as well as some fun ideas for celebrating and appreciating our planet and all her beauty. Spend some time outside (weather permitting!) and take in the awesome hills, forests, lakes, and streams that we get to experience every single day. This is our world, and it's important we treat it with the respect and admiration it deserves.

### *Replacing household items with reusable alternatives*

- Replace plastic bottles with reusable ones (It'll keep your drink colder too!)
- Invest in reusable grocery bags
- Avoid single use plastics whenever possible

### *Conserve energy and power*

- Turn off lights and electronics when sleeping or out of the house
- Turn off water while brushing your teeth or cleaning a dish
- Bike or walk to places that are closer to home (save that gas money!)

### *Reuse & Recycle*

- Use leftover food as ingredients for your next meal instead of letting it go to waste
- Donate unused clothing or items to charity
- Recycle cans and plastics- just make sure the item is recyclable

### *Use Your Buying Power*

- Perhaps the best tool we have in protecting our planet is our buying power- try your best to avoid ordering from fast fashion companies, such as [these](#), or buying unnecessary products that you won't use. If you're able, you can try cutting down on meat consumption.

Every little step helps- if you can add one or two new ways to help protect our planet, that can make a big difference overall. For more everyday sustainability ideas, visit [conservation.org](https://www.conservation.org).

# BOOST YOUR WELL-BEING

## Sexual Assault Awareness: Misconceptions, Prevention, Healing, and Consent

From *RAINN, the AZ Coalition, & Student Well-Being*

**Sexual assault is defined as any nonconsensual sexual act, including when the victim lacks the ability to consent. It can happen to anyone at any place.**

### *How does consent work?*

- Consent should be clear and mutually communicated, with both parties willingly agreeing- look for a "yes" rather than the absence of a "no"
- Consent cannot be given by those who are underage, intoxicated, unconscious, or incapacitated
- Power dynamics can lead to not truly consensual acts- such as employer/employee, teacher/student, etc.
- Consent can be withdrawn at any time, either verbally or through non-verbal cues

### *Strategies for Reducing Sexual Assault Risk*

- Develop an alert system with your friends or relatives (people you trust): specific phrases or messages that indicate you need help, without alerting the abuser.
- Protect and educate your friends: if you see behavior that is nonconsensual, stand up for them- or stand against them if they are at fault.
- Protect your drinks: it is all too easy for someone to slip any number of narcotics into an open beverage. Watch your beverage, and watch your friends!
- Trust your gut: No one has the right to make you feel uncomfortable, and if it doesn't feel right, you can always withdraw.

### *Fixing Misconceptions about Sexual Assault*

- Victims do not have control over sexual assault: it does not matter what they are wearing or how they are acting.
- Victims do not submit false claims of sexual assault: FBI statistics show that 98% of claims are true; the same percentage as other reported crimes.
- Sexual assault frequently happens to men as well, and is thought to be greatly underreported.
- Arousal does not equal consent; it is a natural biological reaction that can occur even if the victim is uncomfortable.

### *Healing and Recovering from a Sexual Assault*

- It is important to remember that as a victim, sexual assault is not your fault (and has nothing to do with your actions). You are not in control of a situation when you are threatened, intimidated, or pressured.
- Talk about it: Speaking with a therapist or someone you trust can help you unpack and recover from a sexual assault. Sexual assault can have a stigma for victims, but discussing the event and how it affected you can be empowering and affirmative.
- Self care: Give yourself some time to recover, prioritize your health, and spend time in places that make you comfortable and with people that support you.

## FEATURED RESOURCES

### Title IX

Equity and Title IX work to ensure that Missouri S&T is in compliance with all state, local, and federal laws, especially in the areas of Title IX, civil rights, and equal opportunities.

Title IX prohibits discrimination on the basis of sex (gender), and handles reports involving sexual harassment, sexual misconduct, sexual assault, relationship violence, and stalking. If you have been victimized by any of these cases or by anything related to your gender, you can contact Title IX and set up a virtual or in-person meeting to discuss the situation and plan on next-steps.

For immediate reporting of a Title IX related case, dial 911. To file a report of sex based discrimination, sexual harassment, sexual misconduct, visit the [Equity and Title IX](#) website. Any student, faculty member, staff, alumni, or visitor to campus can report anonymously if they choose. Title IX can also protect you from retaliation, and the offices of [Student Well-Being](#), [Student Health Services](#), [Student Accessibility and Testing](#), and [Student Support and Community Standards](#) have a number of resources to help you recover, heal, and rebound from traumatizing incidents.

900 Innovation Drive-Suite 500  
573-341-7734  
equity@mst.edu



### Russell House

Violence and sexual assault cause tremendous harm to the stability of human beings, and frequently victims stay with their abusers out of fear for their safety and well-being.

A beacon and a safe haven in Phelps county, Russell House is a non-profit organization with a mission of providing services and support to victims of domestic violence, sexual assault and violence, and stalking. Since 1994, Russell House has opened its doors to provide protected and secured housing for those affected by violence and sexual abuse. By providing counseling, shelter, essentials, and general care to victims, the Russell House works to protect and care for them while they recover and seek shelter from abuse. Russell House provides support groups and childcare services for victims regardless of income status, as well as legal assistance in court filings.

Russell House is able to continue providing these services due to a constant flow of volunteers and donations. Student Well-Being frequently collects goods to be brought to Russell House, but you can also volunteer or donate on their website, found [here](#).

# FEATURED RESOURCES



## Volunteer Opportunities

Few things can make you feel better than spending some of your free time helping others, and Rolla offers a number of volunteer opportunities that offer you the chance to give back to this community, listed below:

### G.R.A.C.E.

- The Greater Rolla Area Charitable Enterprise (GRACE) provides financial and food assistance to care for underprivileged people throughout Phelps county. You can donate [online](#) or sign up to volunteer by calling 573-368-5577.

### The Rolla Mission

- The Rolla Mission provides immediate needs to families and individuals including free meals, shelter for homeless individuals, and other necessities. You can volunteer at this [link](#).

*You can find other volunteer opportunities by contacting [wellbeing@mst.edu](mailto:wellbeing@mst.edu)*

## Environmental Positions

Parks and public lands are maintained by a dedicated group of workers and volunteers who have a passion for nature and living things. If you enjoy spending time outside, state parks, and recreation areas, this may be the perfect opportunity for you to give back and learn about our wildlife!

The Missouri Department of Conservation offers a number of volunteer position for those wanting to help the outdoors.

Volunteers can lead trail hikes, plan programs, greet visitors, provide hunting or fishing education, or even work on habitat restoration, species monitoring, or trail building. The department also collaborates with other teams, such as the Forestkeepers network, Master Naturalists, or the Stream Team. You can find volunteer opportunities and learn more information on the Missouri Department of Conservation's [website](#).

Missouri (and the Ozarks) are home to some of the oldest and most diverse lands in the country, and a number of parks and trails are within 30 minutes of Rolla. Volunteer or not, it's a great time to be outdoors!



# MINDFUL MOMENT

## Earth Day Craft

From *Kix* & Student Well-Being

Rather than throwing away an empty milk carton, you can easily turn it into a reusable water can- and save yourself some money (and have fun) in the process.

### Supplies

- An empty milk jug with a lid
- A nail
- A hammer
- Materials for decorating- up to you!



### Instructions

- 1) Thoroughly rinse out the empty carton
- 2) Place the nail on the top of the lid and use the hammer to poke holes in the lid
- 3) Decorate as you please!
- 4) Fill with water and keep your plants hydrated :)

## GET IN TOUCH



[wellbeing@mst.edu](mailto:wellbeing@mst.edu)



[\(573\).341.4211](tel:(573).341.4211)



[@sandtwellbeing](https://www.instagram.com/sandtwellbeing)



[@sandtwellbeing](https://www.facebook.com/sandtwellbeing)



[@sandtwellbeing](https://twitter.com/sandtwellbeing)

## UPCOMING EVENTS

Have an event you want featured? Submit to [wellbeing@mst.edu](mailto:wellbeing@mst.edu)

**April 11th:** Walk A Mile for SAAW at Havener (4:00-6:00PM)

**April 20th:** Game Night at the Library (6:00-8:00PM)

**April 22nd:** Earth Day at Havener (11:00-2:00)

**April 29th:** RX Takeback

Want to be featured in the newsletter? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to [wellbeing@mst.edu](mailto:wellbeing@mst.edu). Content may be edited for clarity and length. Pictures must be submitted as a JPEG or PNG. All submissions must follow University policy. All submitted content will be used at the discretion of Student Well-Being. Content can be published credited to you or anonymously, whichever you prefer.