

WELLNESS CONNECTION

Your health, your well-being, our priority!



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THIS MONTH'S EVENTS

LETTER FROM MAK

Hey Miners,

April is here! April is not only the time to start preparing for finals- it is also Sexual Assault Awareness Month and home to Earth Day. In our 35th volume of the Wellness Connection newsletter, we want to touch on ways you can be the difference for friends, peers, strangers, and the planet.

21% of Missouri S&T students have experienced a kind of intimate partner violence.* This statistic is harrowing. In this edition, we are covering Equity and Title IX, Russell House, and other resources to know in case you or someone you know is affected by sexualized violence. For Earth Day, we are highlighting ways to be environmentally friendly as a college student and a bath bomb recipe that will help you relax and save some plastic. And of course with it being so close to finals, we have included resources from the Student Success Center and a sleep challenge to help you be as prepared as possible.

Being an activist for yourself and the people and planet around you is a step towards fulfilling the development of a holistic, well-rounded, thriving life. As always, reach out to Student Well-Being if you need any support (contact information on the last page).

With warm regards,

Mak the Mole (and *The Student Well-Being Office*)

P.S.- Join us for Sexual Assault Awareness Week! Learn more at wellbeing.mst.edu/saaw24 or on the last page.

DATA BRIEF

Understanding the Facts of Sexual Assault

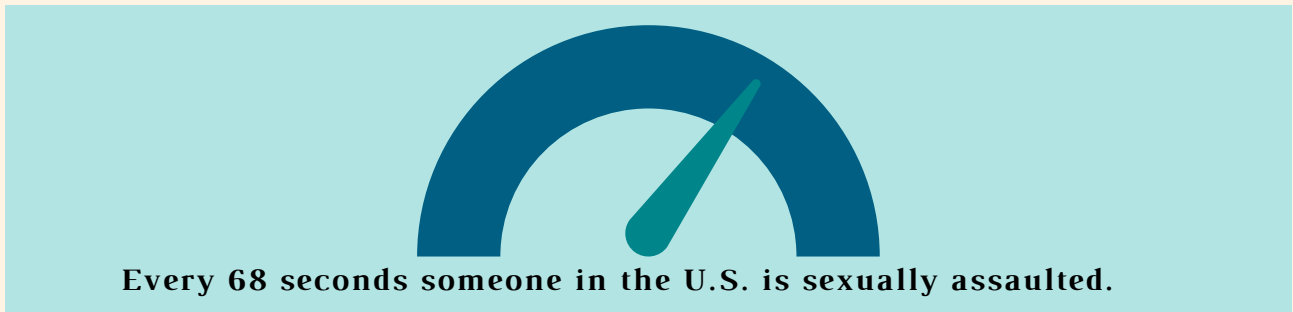
From Student Well-Being



13% of all undergraduate and graduate students experience rape or sexual assault through physical force, violence, or incapacitation.



23.1% of transgender, genderqueer, and nonconforming college students have been sexually assaulted.



Every 68 seconds someone in the U.S. is sexually assaulted.



Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation.



Data comes from RAINN.org

BOOST YOUR WELL-BEING

How to be Environmentally Friendly as a Student

From Student Well-Being

It's April! Besides April showers and preparing for finals, there is much more going on during the month- one of those things being Earth Day. As Earth Day approaches, it gives us a time to reflect on our environmental impact and consider ways to become more sustainable, especially as college students. From small lifestyle changes to larger campus practices, every action counts in preserving our planet. Here are some practical ways for students to embrace sustainability not just on Earth Day, but every day.

- **Reduce, Reuse Recycle:** Within your dorm and apartments, properly sort and dispose of recyclables. Create a separate bin for those items and become familiar with campuses and Rolla's ways to properly sort and dispose of these items. Other simple ideas are using reusable bags and reusable water bottles.
- **Minimize Energy Consumption:** Turn off lights when you do not need them, unplug electronics, and use energy-efficient appliances. LED light bulbs are great alternatives. One easy way to save energy would be to turn off power strips that are connected to multiple devices at once when you are not using them.
- **Saving with Transportation:** Instead of driving alone, consider walking, biking, or carpooling. If you have to drive your car, make multiple trips at the same time to limit unnecessary car trips.
- **Conserve Water:** Be mindful of water by taking shorter showers, opting for reusable water bottles, or fixing leaks around your housing.
- **Reduce Single-Use Plastics:** Saying no to straws, utensils, and plastic bags are easy ways to save the use of a bunch of plastic. These are small, easy items that you can carry with you when you go out and about.
- **Changing your Eating Habits:** Eating more organic and locally grown foods, cutting out red meat from your diet, or gearing towards plant-based meals, all of these have a lower environmental footprint. As it is healthier for the Earth, it is healthier for you too!
- **Embrace Eco-Friendly Habits:** Incorporating eco-friendly habits into your daily routine is easy, such as just using natural cleaning products, choosing digital over paper whenever possible, or opting for sustainable personal care products.
- **Conserve Water:** Simple acts like turning off the tap while brushing our teeth or washing our face, taking shorter showers, or using leftover/old water for plants can save gallons of water. These actions, though small, can collectively lead to substantial water conservation efforts when adopted by many individuals.

As college students, we have the power to make significant impacts in the environment through our daily choices and actions. By embracing and encouraging sustainability in our lifestyles, we can contribute to a healthier planet.

This Earth Day, let us take meaningful steps towards a more sustainable future and inspire others to do the same. Start small! Even if it is as small as making sure all your lights are off when you leave the house, any difference is a difference. We all contribute to what makes the world go round, let's nurture and protect it!



BOOST YOUR WELL-BEING

Equity and Title IX Frequently Asked Questions

From Student Well-Being and Equity and Title IX

These FAQs are intended to respond to questions about the University's policies and procedures regarding Title IX and sex discrimination. For additional information, please visit UM System's [Title IX FAQ's](#).

What is Title IX? Title IX is the most commonly used name for the landmark federal civil rights law in the United States that was enacted as part of the Education Amendments of 1972. It prohibits sex-based discrimination in any school or any other education program that receives funding from the federal government. Missouri S&T's Equity and Title IX department assures Missouri S&T's compliance with University of Missouri System policies, procedures, and state and federal statutes and regulation, in the area of Title IX, civil right, and equal opportunity.

Who is protected under Title IX? All University of Missouri students, employees (faculty and staff), volunteers and visitors are protected under Title IX.

What conduct is prohibited under Title IX? Title IX prohibits discrimination on the basis of sex or gender. Prohibited conduct includes sexual harassment, quid pro quo, hostile environment, sexual assault, dating violence, domestic violence and stalking.

If an incident occurs off campus, can the University investigate? The University may take appropriate action, including, but not limited to, the imposition of sanctions under Section 200.025 for students, Section 600.040 for faculty, and Section 600.050 for staff of the Collected Rules and Regulations against the individual for conduct occurring in off-campus settings in order to protect the physical safety of students, faculty, staff, and visitors or if there are effects of the conduct that interfere with or limit an individual's ability to participate in or benefit from the University's educational programs, activities or employment.

If an incident occurred at a party and I was drinking or taking drugs, will I get in trouble?

In order to foster reporting and participation, the University may provide amnesty from disciplinary action to Complainants and witnesses for minor student conduct violations ancillary to the incident.

How do I file a complaint? There are several resources available that include confidential reporting as well as reporting that will lead to either a University investigation or a criminal investigation. You can file [here](#).

Can I submit a complaint/report anonymously?

You have the right to remain anonymous on this form but please be aware that the more details we possess, the better our ability to conduct a thorough investigation. To remain anonymous, simply leave out your identifying information. Without this information, the form will be submitted anonymously. If you do not feel comfortable submitting this information online you may print the form out and send it via campus mail to 900 Innovation Drive, Suite 500.

What happens after I submit a report? Missouri S&T takes these reports seriously and will take action to investigate reported incidents and determine the appropriate action. We also provide support to all members of the campus community who experience, or witness, such an incident.

For any questions or concerns about Equity and Title IX, use the contact information below.

Get in Touch with Equity and Title IX:

573.341.7734

equity@mst.edu

900 Innovation Drive, Suite 500

equity.mst.edu

For immediate help, call 911

FEATURED RESOURCES

Student Success Center and Prepping for Finals

Spring recess and Spring Break gave us some downtime in our schedules. However, finals and last assignments are around the corner. If you are looking for some extra help during this time, utilize the Student Success Center!

Now located on the first floor of the Innovation Lab, the Student Success Center gives 1 on 1 tutoring by other students for any class you may be struggling with. There is no appointment needed, you can just stop in during the time your class tutoring is being offered. Check out [Academic Tutoring – Student Success Center | Missouri S&T \(mst.edu\)](#) to see the 2024 Spring Schedule!

For more information on what else the Student Success Center offers, check out [studentsuccess.mst.edu – Student Success Center | Missouri S&T](#).

It is never too late to get back on track. Good luck studying!



STD/STI Testing from Student Health Services

Did you know you can get STD/STI testing done at Student Health? Regular testing between sexual partners is key to staying safe and healthy. It might not seem like it, but your sexual health is so important!

Schedule an appointment at mst.studenthealthportal.com to prioritize your well-being. You may specify that you would like to see a male or a female provider, if one is available. Your healthcare provider will review your history and make recommendations for testing.

Common tests performed at Student Health are:

- Test for Chlamydia and Gonorrhea (urine test)
- Test for HIV and Syphilis (blood test)

Depending on the test that is ordered results can be available within 2-10 days. Results will be uploaded to your secure Patient Portal. If you test positive, we will ask you to come back to Student Health for treatment.

Remember, taking care of yourself includes taking care of your sexual health!

For more information or to schedule, contact Student Health Services at mstshs@mst.edu, (573) 341-4284, or visit 910 W. 10th St.

FEATURED RESOURCES

BetterYou App Sleep Challenge

Time to catch some zzz's to be refreshed for finals!

Get a good night's rest and join the S&T Sleep Challenge from 4/21 - 4/29.

To join the challenge, all you have to do is set a Sleep Goal ("Sleep More") in the BetterYou app.

You can check your progress in the 'Community' tab under 'Community Challenges'. Complete 100% of your Sleep goal in the Community Challenge and be entered to win \$200 in prizes!

Haven't signed up for the app yet? You can download the app by clicking on this [link](#). For more information about the app, visit wellbeing.mst.edu/betteryou.

We're excited to kick things off on April 21st. Good luck!



Making the Most of Title IX

To fully benefit from Title IX, students should:

- **Stay informed:** Learn about your rights under Title IX. Institutions frequently provide resources, such as workshops or seminars, to help students understand their rights.
- **Be proactive.** Do not hesitate to use the existing services and support systems. Whether it is academic counseling or psychological services, taking the initiative is essential.
- **Report inequities:** If you or someone you know is experiencing discrimination, please contact your Title IX coordinator. Reporting inequities is critical to creating an environment in which all students can thrive.

Your education is more than just a preparation for your future career; it is a formative experience that should be free of discrimination and bias. Title IX is intended to ensure just that. Embrace, engage, and use it to empower yourself and others.

Get in Touch with Equity and Title IX:

573.341.7734

equity@mst.edu

900 Innovation Drive, Suite 500

equity.mst.edu

For immediate help, call 911

FEATURED RESOURCES

Russell House

Formed in 1993, Russell House serves victims of domestic (intimate partner) violence and sexual assault with offices in Rolla, Salem, Vienna, and Steelville.

Russell House services include: crisis advocacy, shelter, support groups, licensed professional counseling, court and legal advocacy, hospital advocacy for SV survivors, volunteer program, and awareness programs. Russell House staff provides community education about domestic violence and sexual assault to community organizations, faith communities, civic groups, and to area professionals as requested.

Learn more about Russell House and the services they provide at russellhousemo.org If you would like to learn more about helping someone in an abusive situation, planning for safety, and learning about the signs of abuse, etc.

Help is also available at the National Domestic Violence Hotline. Call 1-800-799-7233 or chat at their website and get additional information.



University Police



The Missouri S&T University Police Department supports the campus community in fulfilling its commitment to teaching, research, and service by providing a safe and secure environment for students, faculty, staff, and visitors in partnership with all members of the campus community.

Duties of the university police include, but are not limited to, preventative patrols, the investigation of crimes, crime prevention through active campus involvement, service to students and others in emergencies, special event coverage, overseeing parking lot operations, and the enforcement of state laws, city ordinances, and university rules and regulations.

Get in touch with University Police (open 24/7):

police.mst.edu

police@mst.edu

573.341.4300

205 W 12th Street

In the event of an emergency, call 911.

MINDFUL MOMENT

Lavender Bath Bombs Recipe

Bath bombs are a great way to relax and recharge after a busy semester. Not only are they relaxing and calming, they are great for moisturization and they soothe acne breakouts, eczema, and dry skin. Here's a DIY recipe! For more information check out: [Lavender Bath Bombs Recipe {Natural + Essential Oils}](https://countryhillcottage.com). (countryhillcottage.com).

- Ingredients:

- 2 cups of baking soda
- 1 ¼ cups of citric acid
- ⅓ cup of coconut oil
- 1 tbsp of sorbitan oleate
- Up to 70 drops of lavender essential oil
- 1 tsp pale purple mica (optional)
- Dried lavender buds

- Tools:

- Digital scale
- Fine mesh sieve
- 2 mixing bowls
- Whisk
- Rubber gloves
- Molds
- Teaspoons
- Cutting board

- Instructions

- Melt the coconut oil in the microwave. After letting the melted oil cool, stir in the lavender essential oil and sorbitan oleate
- Sift baking soda and citric acid into a large mixing bowl. It can be clumpy so mix thoroughly until even and smooth
- Pour the melted oil over the dry ingredients and mix well. The consistency of the mixture should be damp sand
- Fill half the mixture into your other bowl, and add purple mica to one half mixing well, keeping the other half white
- Sprinkle dried lavender into one mold. Sprinkle layers of white and purple bath bomb mixture over the buds. Overfill and mound the mold, but do not pack the mixture down. Fill both halves of the mold.
- Press both halves together. Do not twist because this can break the bomb
- Use a spoon to gently tap the mold to loosen the bath bomb from the mold carefully
- Place the bath bombs on a tray lined with plastic and leave to dry for a few hours or overnight



MINDFUL MOMENT

Transgender Day of Visibility

Each year on March 31, we honor International Transgender Day of Visibility! We celebrate the joy and resilience of trans and non-binary people everywhere by elevating voices and experiences from these communities. There are over 1.6 million trans, non-binary and gender-expansive youth (age 13+) and adults across the United States. Every day, we must celebrate all trans and non-binary people everywhere and combat disinformation, discrimination and hate impacting our community.

For more information, please visit: hrc.org/campaigns/international-transgender-day-of-visibility



GET IN TOUCH



wellbeing@mst.edu



[573.341.4211](tel:573.341.4211)



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



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

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 [Laura Woods-Buchanan](#). Content may be edited for clarity and length. All submissions must follow University policy and will be used at the discretion of Student Well-Being.

UPCOMING DATES

April 15-19: [Sexual Assault Awareness Week](#)

April 21-29: BetterYou Sleep Challenge

April 22: Earth Day

April 24: [Denim Day Panel](#)

April 24: [Strategic Diversity Initiatives Diversity Conference](#)

MEET OUR WRITERS

Unless otherwise stated, all articles are written by one of the Student Well-Being staff members below. We thank you for your continued readership!

Debora Andrade - Student Employee

Abigail Krimmel - Student Employee

Laura Woods-Buchanan - Health Communications Specialist

UPCOMING DATES

Sexual Assault Awareness Week

April 15 - 19, 2024

Presented by Student Well-Being and Sigma Phi Epsilon

Before the Week- Monday 4/8: Promotional Table

- ◆ Havener Atrium, 11am - 1pm

Monday 4/15: STEP UP! for Sexualized Violence Presentation

- ◆ Lunch provided! Havener Carver Room, 12pm - 1pm

Tuesday 4/16: Sexual Assault Awareness Week Street Outreach

- ◆ Sidewalks across campus, 11am-1pm

Wednesday 4/17: Well-Being Ambassador Training

- ◆ Lunch provided! BCH 101, 11am - 1pm; RSVP at wellbeing.mst.edu/saaw24

Thursday 4/18: Walk a Mile in Their Shoes: One Mile Walk in High Heels

- ◆ Bring your own heels or use ours! Walk starts in the Innovation Lab Lobby, 4pm

All Week Long

- ◆ SeeSAAW, It's On Us Pledge Hosted by Sigma Phi Epsilon- Outside Library, 8am-4pm
- ◆ Display of Flags to Show Prevalence of Sexual Assault- Outside Library to Puck, All Day
- ◆ "What Were You Wearing" Exhibit- Second Floor of the Innovation Lab, All Day

After the Week - Wednesday 4/24: Denim Day Events

- ◆ Denim Day Table Hosted by Student Well-Being- Havener Atrium, 11am - 1pm
- ◆ Denim Day Table Hosted by Strategic Diversity Initiatives - Puck, 11am - 1pm

- ◆ Denim Day Panel Hosted by University Police, Student Well-Being, and Strategic Diversity Initiatives- Havener Center, St. Pat's A and B, 5pm, dinner provided!

Learn More: wellbeing.mst.edu/saaw24