STALKER AWARENESS

Help! People Make Me Anxious!

HPV & Cervical Cancer

Healthy Eating Tips

Counseling and Substance Abuse Services, 953-5640
Peer Counseling, 953-7411
Office of Victim Services, 953-5522
Health Education, 953-5640
Student Health Services, 953-5520

Find Me on Facebook!

Upcoming Events

Stalking victim shares her story with ABC News

Stalking victim shares her story with ABC News

Submit your questions anonymously!
Tweet Us at #CofCHealthEdu

Read the Questions and Answers!

like... Can you get Herpes with a condom? And more
Awareness Month:

Stalking

Did you know?
The majority of victims are stalked by someone they know
1 in 6 Women are victims of stalking
1 in 19 Men are victims of stalking

Stalking and Interpersonal Violence

3 out of 4 Women killed by their partners were stalked by their partner
More than half of these homicide victims reported being stalked to the police

Stalkers
Most pursue their victims with multiple approaches
Intimate partner stalkers frequently approach their partners and escalate
1 out of 5 Stalkers use weapons to harm or threaten the victim

S.C. Law:

Stalking: A pattern of words or conduct that is intended to cause and does cause a targeted person and would cause a reasonable person in the targeted person's position to fear:

death of the person or a member of his/her family;
assault upon the person or a member of his family;
bodily injury to the person or a member of his family;
criminal sexual contact on the person or a member of his family;
 kidnapping of the person or a member of his family;
damage to the property of the person or a member of his family.

Campus Department of Public Safety would like you to know:

If you or someone you know is being harassed or stalked:

Document each and every incident (date, time, witnesses, and a description of the incident. Include license plate and description of individual.

Contact the police. Ask for an official report to be filed. Don't keep the harassing/stalking behavior a secret --- tell people and ask for their support.

Use the buddy system --- never walk or jog alone at night and always let someone know where you are going and the expected time you will arrive home.

On-campus resources for further information or assistance in reporting:

Campus Police 843.953.5609 - non-emergency number
Office of Victim Services 843.953.2273
* Office of Victim Services Emergency Team Response Pager 843.724.3600

Do you ever feel lost in the crowd? Ever had your heart broken? Ever been worried that you are too fat? Ever just needed to talk to someone but no one would listen? The Peer Counselors on campus are waiting and ready to listen and try and help you with any of your problems. The Peer Counselors are trained by the counseling center each year. Peer Counseling is completely confidential and is available by phone, chat, or in person visits. Peer Counselors are standing by and ready to listen. Need to vent? Then just stop on by.
Help! People Make Me Anxious!

Who doesn’t feel anxious when giving a presentation, taking a test or meeting a bunch of new people? Like most things some degree of anxiety or being uncomfortable is normal. When do you need just a couple of new skills? When is it more than normal anxiety?

Normal anxiety is intermittent and can be easily explained by the situation (walking alone through a dark parking lot, giving a speech to people grading you, or going on a first date). Anxiety often helps people work harder and prepare more. A major difference between normal social anxiety and possibly having a disorder is that the anxiety is causing distress and difficulty over multiple areas of a person’s life.

For example take the comedy series The Big Bang Theory, at times Leonard, with glasses, has difficulty talking with women or athletic guys. Pretty normal, however, Rajesh is unable to talk to women. This is not specific to the attractiveness of the women or the situation, but is across all “women” domains. It interferes with his desire to date, his ability to function in work settings and difficulty being in public without his friends. In this fictional case, Leonard would possibly benefit from learning some new skills on meeting people. Rajesh qualifies for a disorder. Whether it is social anxiety disorder depends on a few more factors.

People who experience social anxiety disorder have a strong fear of social situations where they might humiliate or embarrass themselves. The fear is so strong that the situation or thought of the situation causes marked anxiety. The person who experiences the fear knows that it is unreasonable and excessive. Over time, the person who experiences this fear and anxiety begins to avoid the situations or when in the situations they experience severe anxiety.

The National Institute of Mental Health estimates that approximately 6.8% of the population over 18 qualify for social anxiety disorder every year. The good news is that psychologists, counselors, social workers, psychiatrists and other mental health professionals have been working to help people with this anxiety using cognitive behavioral therapy and in some cases medications.

Did you know that dining services at College of Charleston makes eating healthy easier? Aramark’s Just4U program makes it easier to find smarter calorie, fat and sodium choices. The main dishes labeled Just4U are 500 calories or less with less than 30% of those calories from fat. The side dishes are 300 calories or less with 30% of calories from fat or less. The website also includes tips and fact sheets to help you during meals, snacks and non CofC dining decisions.

Easy Tortellini Soup

1. In a medium pot over medium heat, cook onion and garlic for 3 minutes in oil until onion is translucent.
2. Stir in crushed tomatoes, broth, Italian seasoning, salt and pepper.

**Capital T stands for Tablespoon**
SPRING OPPORTUNITIES 2013

E-DOTS: MONDAYS AT 3:00
Support for: people struggling with body image dissatisfaction, overeating, binging or restricting food.

Keep Calm and Carry On
All things anxiety group Mondays at 3:00 pm

RELATIONSHIPS:
Tuesdays at 3:00 pm
Starting January 29th
Friendships, romantic, roommates and all things relationships

GIRL TALK
Tuesdays at 4:30
Starting January 29th
Berry Dorm

FREE YOGA
Wednesday January 30th thru February 13th
Bring your own Mat!

FREE Yoga
Wednesday January 30th thru February 13th
Bring your own Mat!

Sexual Health Panel
Thursday, February 21st
In Robert Scott Small (RSS) Room 235
@ 5:30pm
Too shy?
Ask your questions anonymously!

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