

Hello All,

Today, February 19, 2013, your president introduced the speaker **Amber Gurchiek** from **The Haven**. She is a Prevention Education Specialist, an RN, and a SANE-A (Sexual Assault Nurse Examiner Adults/Adolescent) at the Haven.

She greeted each of us with packets to follow along in her interactive PowerPoint. Before the PowerPoint began, we had to answer a true/false quiz on Dating Abuse. Some of our answers came slower than others. *This one contained new information.*

1. All relationships will have conflicts
2. Anger is not in itself a bad thing; it can be an indicator
3. Let your friend decide for his/herself in an abusive relationship

The slide covered topics within Dating Abuse such as-

- **How Physical Harm is manifested**

Hitting Pushing Pinching Choking Spitting Shoving
Biting Pulling hair Using a weapon Rape Throwing items
Keeping a dating partner from leaving Forcing unwanted sexual actions
Damaging personal property Purposefully injuring animals Acting in an
intimidating way

- **How Emotional Harm is manifested**

Calling names Criticizing opinions Isolating a dating partner from
others Telling lies
Ignoring a dating partner's feelings Cheating on a dating partner Behaving jealously
Putting down family and friends Scaring a dating partner
Making a dating partner feel guilty Spreading rumors
Threatening to hurt a dating partner Using sexually derogatory names
humiliating a dating partner in public Insulting a dating partner's beliefs.

- **The role of Technology in Emotional Harm**

Cyberbullying, insulting texts, spreading rumors, private photos released without permission

- **Red Flags for people who may be in an Abusive Relationship**

Feeling afraid of you dating partner
Feeling as if your dating partner touches you in an unwanted way
Being threatened
Feeling manipulated or controlled
Not being allowed to, or afraid to, make decisions for yourself
Feeling isolated, maybe even alone
Feeling nervous or sick to your stomach when your dating partner is irritated, frustrated, or
angry
Not having your thoughts or wishes for personal space requested
Noticing that your dating partner's beliefs about the positions of men and women in society
are different from your own

- **Red Flags for people who may be Abusing their Dating Partner**

Physically assaulting your dating partner
Intimidating your dating partner
Becoming angry if your dating partner is spending time with other people
Asking your dating partner to change his or her behavior because you're jealous

Verbally threatening your dating partner
Using 'guilt trips' to get your dating partner to do something
Feeling unable to control your own feelings of anger
Making your dating partner afraid of you

- **How to tell whether Abuse is Occurring**
- Why do People Abuse
- Using Calming Strategies
- S.A.F.E & Effective Communication
- 6 Points of Helping a Friend (wheel-oriented)
- Getting Past Barriers Your Friend may have that Prevent Help
- Ways to get Help yourself
- & Safety Tips in Social Settings

We were asked to rate her effectiveness and sign our attendance before she left.

Club Affairs

~**The Bake Sale** will finally happen this Thursday from 11am-2pm. Bring a dish. You are in charge of your own prices from **11am-2pm** on *the pedestrian mall in front of the Psychology Building*.

-If you have just 30 minutes to spare, come man the table.

-If you come earlier to drop off your dish, as always the break room on the second floor is an option but PLEASE label it "For Bake Sale" with a sticky note. Otherwise, faculty will be pleasantly surprised at your sweets.

~**Speaker for the 26th** - **Kris Jensen** will be speaking with us next week. He is a Personnel Recruiter. He will be giving us information about occupations and would like to know in particular what the club is interested in knowing.

~Speaker for the 5th - An Industrial/Organizational Department Speaker will be speaking with us on the field and how to gain entry into it.

~**Speaker for the 12th** - **Blaine Browne** presents Brain Awareness Week by PowerPoint Presentation. Trust the Physiological professor to teach you something about the brain that you never could have imagined.

~**Relay for Life** - Our booth theme may be the moon because of the 1969 landing on the moon. We could do well to imagine within the celestial limits.

~**Regarding the Raffle** - It is not legal for us to continue calling the Raffle a raffle as it requires the permission of the Sheriff to do so. Instead and from here on out, we will call the Raffle a Drawing- **The Drawing** will be hosted at its unusual time April 29th 2013 or 20th during the Relay for Life. (Join the Team)

As a reminder, We **need you** to use your contacts and **find sponsors**.

1. What to tell them-
2. It benefits our club.
3. It advertises their business.
4. The contributions are tax-deductible because they are going to charity.

The drawing will have two winners.

1. First- the chance winner from drawing who will have a \$50 gift card, Zaxby's gift card, Old navy's Gift Card and Starbuck's gift card.
2. Second- the person who sold the most tickets get 5% of the total sales.

~**Minute Adjustment**- The Secretary will send out reminders for Speaker events to improve attendance.

Upcoming Events

Feb21-----Bake Sale alongside Psi Chi- Ped Mall outside Psych Building 11-2pm

Feb26-----Personnel Recruiter Speaker- 1302 in Psych Building 12:30pm

Mar05-----I.O. Speaker - 1302 in Psych Building 12:30pm

Mar12-----Brain Awareness Speaker -1302 in Psych Building 12:30pm

Mar13-16-SEPA conference in Atlanta, GA.

Mar30-----GPS conference in Morrow, GA.

Gina-Marie Guyette

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