

# SEPT

## WEEK 1

### Social Wellness Week



For a complete description of activity options, visit [wesleyan.edu/weswell](http://wesleyan.edu/weswell)

#### SUNDAY 02

- **Find a partner to go thru Wellness Experience with!** Talk about your favorite activities thus far and make a plan for the rest of the month!
- **Take a Faculty to Lunch:** Pick up a voucher in the Dean's office and enjoy a meal in the DFC with a faculty member.

#### MONDAY 03



For more activity options visit: [wesleyan.edu/weswell](http://wesleyan.edu/weswell)

#### TUESDAY 04

- **Speed Friending-** Join us for dessert & an opportunity to meet new people! 7-8pm, *Huss Lawn (under the tent)*

#### WEDNESDAY 05

- **All-Campus Bystander Intervention Training-** empowered bystanders create a safer campus community by stepping in & speaking out. Come learn the skills to move from inaction to action! 6:30-9:30pm; register at [wesleyan.edu/weswell](http://wesleyan.edu/weswell)

#### THURSDAY 06

- **Hypnotist, chrisjones-** You may have seen him on America's Got Talent hypnotizing Howie Mendel, and now you can see him live at Wes! Join us for a fun filled show! 8-9:30pm, *Huss Lawn (under the tent)*

#### FRIDAY 07

- **Student Groups Fair-** Learn about the 300+ clubs & orgs on campus, there's guaranteed to be something for everyone! 2-5pm, *Huss Lawn (under the tent)*
- **Trivia Friday-** Test your knowledge with hosts, What Trivia & win prizes! 9-11pm, *Usdan Cafe*

#### SATURDAY 08

- **No Phone Day-** Can you go all day without your phone? Give it a try (or at least an hour)!
- **Reach Out-** text, call, write a letter or e-mail, or send a care package to someone in your life to stay connected and keep that connection strong!

#### ON YOUR OWN

- **Gratitude Letters-** write a letter to someone you know & are grateful to have in your life.
- **Relationship Check-List-** is your relationship healthy? Concerned about someone else's? Take the Healthy Relationship Screener at: [wesleyan.edu/SACE](http://wesleyan.edu/SACE)

## Week 1 (Sept 2<sup>nd</sup>-8<sup>th</sup>): Social Wellness

- **Gratitude Letters/Notes**—write a letter to someone you know and are grateful to have in your life. Let them know how thankful you are to be connected to them, and maybe some reasons why!
- **Reach out**—text, call, write a letter, draft an e-mail, or send a care package to someone in your life to stay connected and keep that connection strong!
- **Relationship Check-List**—is your relationship healthy? Are you concerned about someone else's relationship? Take the Healthy Relationship Screener below to find out!
- **Speed Friending:** *Tuesday September 4<sup>th</sup>, 7pm-8pm, Huss Lawn.* Join us under the tent for dessert and an opportunity to meet new people. Whether or not you like them they'll be gone in 60 seconds!
- **Practice Active Listening skills**—really listen openly and non-judgmentally to someone who needs it or the next person you have a conversation with.
- **Unplug & Reconnect:** disconnect from social media for a day (don't check your apps) and connect with people in person, or connect with yourself in nature, in your dorm room, or with a great book!
- **Move together**—go for a walk with a friend, dance it out in your room, or head to a WesBam class. The schedule can be found [here](#)
- **All Campus Bystander Intervention Training:** Empowered bystanders create a safer campus by standing up and speaking out when they witness situations that could potentially harm the health and safety of others. Intervening with peers can be difficult for a number of reasons and training will provide you with the skills to move from inaction to action and intervene safely and effectively. Training is *Wednesday, September 5<sup>th</sup> from 630-930pm in Usdan 108.* Please register [here](#)
- **Invite Someone to Coffee:** Find someone on your hall or house that you don't know that well. Invite them for a cup of coffee in Pi Café.
- **Hypnotist, chrisjones:** *Thursday September 6<sup>th</sup>, 8pm-9:30pm, Huss Lawn (under the tent).* You may have seen him on America's Got Talent hypnotizing Howie Mendel, and now you can see him live at Wes! Join us for a fun filled show!
- **No Phone Day:** Can you go all day without your phone? Give it a try (or at least an hour)!
- **Activities Fair:** *Friday September 7<sup>th</sup>, 2pm-5pm, Huss Lawn (under the tent):* Learn about the 300+ clubs and orgs on campus, guaranteed there's something for everyone!
- **Take a Faculty to Lunch:** Pick up a voucher in the Dean's office and enjoy a meal in the DFC with a faculty member.
- **Trivia Friday:** *Friday September 7<sup>th</sup>, 9pm-11pm, Usdan Cafe:* Test your knowledge with our trivia hosts, What Trivia. There will be special prizes!
- **Find a partner to go through the Wellness Experience with!** Talk about your favorite activities thus far and make a plan for the rest of the month!

# Healthy Relationship Quiz

EVERYONE DESERVES TO BE IN A SAFE AND HEALTHY RELATIONSHIP. DO YOU KNOW IF YOUR RELATIONSHIP IS HEALTHY? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

THE PERSON I'M WITH	YES	NO
1. Is very supportive of things that I do.	<input type="radio"/>	<input type="radio"/>
2. Encourages me to try new things.	<input type="radio"/>	<input type="radio"/>
3. Likes to listen when I have something on my mind.	<input type="radio"/>	<input type="radio"/>
4. Understands that I have my own life too.	<input type="radio"/>	<input type="radio"/>
5. Is not liked very well by my friends.	<input type="radio"/>	<input type="radio"/>
6. Says I'm too involved in different activities.	<input type="radio"/>	<input type="radio"/>
7. Texts me or calls me all the time.	<input type="radio"/>	<input type="radio"/>
8. Thinks I spend too much time trying to look nice.	<input type="radio"/>	<input type="radio"/>
9. Gets extremely jealous or possessive.	<input type="radio"/>	<input type="radio"/>
10. Accuses me of flirting or cheating.	<input type="radio"/>	<input type="radio"/>
11. Constantly checks up on me or makes me check in.	<input type="radio"/>	<input type="radio"/>
12. Controls what I wear or how I look.	<input type="radio"/>	<input type="radio"/>
13. Tries to control what I do and who I see.	<input type="radio"/>	<input type="radio"/>
14. Tries to keep me from seeing or talking to my family and friends.	<input type="radio"/>	<input type="radio"/>
15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.	<input type="radio"/>	<input type="radio"/>
16. Makes me feel nervous or like I'm "walking on eggshells."	<input type="radio"/>	<input type="radio"/>
17. Puts me down, calls me names or criticizes me.	<input type="radio"/>	<input type="radio"/>
18. Makes me feel like I can't do anything right or blames me for problems.	<input type="radio"/>	<input type="radio"/>
19. Makes me feel like no one else would want me.	<input type="radio"/>	<input type="radio"/>
20. Threatens to hurt me, my friends or family.	<input type="radio"/>	<input type="radio"/>
21. Threatens to hurt themselves because of me.	<input type="radio"/>	<input type="radio"/>
22. Threatens to destroy my things (Phone, clothes, laptop, car, etc.).	<input type="radio"/>	<input type="radio"/>
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.	<input type="radio"/>	<input type="radio"/>
24. Breaks or throws things to intimidate me.	<input type="radio"/>	<input type="radio"/>
25. Yells, screams or humiliates me in front of other people.	<input type="radio"/>	<input type="radio"/>
26. Pressures or forces me into having sex or going farther than I want to.	<input type="radio"/>	<input type="radio"/>

## Healthy Relationship



# SCORING

GIVE YOURSELF ONE POINT FOR EVERY NO YOU ANSWERED TO NUMBERS 1-4, ONE POINT FOR EVERY YES RESPONSE TO NUMBERS 5-8 AND FIVE POINTS FOR EVERY YES TO NUMBERS 9 AND ABOVE.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

### 0pts

You got a score of zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting [loveisrespect.org](http://loveisrespect.org).

### 1-2pts

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

### 3-4pts

If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety — consider making a safety plan. You don't have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at [loveisrespect.org](http://loveisrespect.org).

### 5pts

If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don't have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at [loveisrespect.org](http://loveisrespect.org).



## Platonic Healthy Relationship/Friendship Quiz

Think of a person in your life you are connected to: a friend, a family member, a partner, a peer, a roommate etc. For each of these individuals, your relationship may look different, and yet there are similar key components which make this relationship feel “healthy.”

For this quiz, think of one of these people you have a relationship with and answer the following questions either “Yes” or “No.”

### **In this relationship, this person...**

1. Is supportive of my passions, my work, my hobbies, and other aspects of my life.
2. Encourages me to try new things.
3. Listens to me when I need support.
4. Respects my boundaries (physically, emotionally, related to time, or otherwise).
5. Creates opportunities for me to spend time with people other than them.
6. Encourages me to balance my time between the relationship and other aspects of my life.
7. Respects me for who I am and doesn't try to change me.
8. Is not well-liked by my other friends and/or family.
9. Texts me or calls me constantly, wondering where I am.
10. Accuses me of not being a loyal member of this relationship/family/community.
11. Tells me I should change things about how I look.
12. Makes me check-in with them a lot to update them on what I'm doing.
13. Always tells me that I need to support them, and is never there for me when I need support.
14. Makes me feel bad about myself.
15. Limits my access to my own money and/or controls all of the finances we share responsibility for.
16. Spreads rumors about me.
17. Pressures me to engage in physical touch (i.e. hugging, holding hands, etc.).
18. Blames or shames me when I ask for help or support from them.
19. Makes me feel like I need to change part of who I am and that I can't be my authentic self.
20. Makes me feel like I am walking on eggshells around them.
21. Yells, belittles, or humiliates me in front of other people.
22. Grabs, pushes, shoves, kicks, punches, slaps or hurts me physically in some other way.
23. Has really big mood swings: they may be yelling at me one minute, and then apologizing to me about it in the next.
24. Tries to control what I do, who I see, and/or how I spend my time.
25. Gets jealous or possessive.
26. Puts me down, calls me names, or criticizes me.

## Scoring

Now, it's time to tally up your answers.

For questions 1-7, tally 1 point for every "No" you answered.

For questions 8-17, tally 1 point for every "Yes" you answered.

Finally, for questions 18-26, tally 2 points for every "Yes" you answered.

*If you scored no points*, your relationship seems pretty healthy! The most important pieces to a healthy relationship are trust, respect, honesty, communication, equality, and honoring each other's boundaries. It takes a lot of work to make sure each of these components is present (and that all people in that relationship feel the same). That hard work is all the more worth it when we have happy, healthy, relationships with awesome people in our life!

*If you scored 1-10 points*, you may be noticing a few things that don't feel great or that you've got some questions about. This isn't to say that your relationship may be harmful or abusive, there may be some pieces missing from the core components mentioned above. It might be helpful to talk to someone about what you're feeling, and what your options are for having conversations about your relationship. Consider reaching out to someone in your community of care, a counselor from CAPS to start counseling, staff/student interns at WesWell for information, and/or the SACE Office to explore what other options are available for finding support.

*If you scored 10-20*, you may be noticing a few more red flags in your relationship. This relationship may be unhealthy and/or abusive. The most important thing is your safety. You deserve to feel safe and comfortable in all of your relationships. Consider reaching out to a counselor from CAPS to start counseling, an advocate at New Horizons (off-campus, community resource), and/or the SACE Office to explore what other options are available for finding support.

*If you scored 20-30+*, you are most likely in an abusive relationship. This isn't meant to name your experience, and hopes to serve as an opportunity to connect you to people who can help. If you feel unsafe with this person, help is available to you. Contact folks in the Office of Equity and Inclusion (non-confidential), CAPS (confidential), the SACE Office (confidential), or an advocate at New Horizons (confidential) to think about making a safety plan and learning more about resources.

**Source:** Loveisrespect.org. 2018. "Healthy Relationship Screener." *Loveisrespect.org*. Retrieved on Tuesday, August 7<sup>th</sup>, 2018 from <http://www.loveisrespect.org/printable-quizzes/>