

Longwood University



UPCOMING EVENTS

October	National Breast Cancer Awareness Month
October	Healthy Lung Month
October	Red Flag Campaign
Oct. 17	National Mammography Day
Oct. 22	Red Flag Campaign Awareness Walk

Facts

- 1 in 6 women, and 1 in 33 men, are sexually assaulted in their lifetime.
- 60% of sexual assaults are not reported to the police.
- Only 6% of rapists will ever spend a day in jail.
- College-age women are 4 times more likely to be sexually assaulted.
- Every 2 minutes someone in the United States is sexually assaulted.
- Males are the least likely to report a sexual assault, even though they make up roughly 10% of all victims.

Source: <http://www.vsdvalliance.org>
 Source: <http://www.rainn.org>

Stall News

October
2010

Created by the Student Health and Wellness Center and Sandra Wilmoth, Intern

Co-sponsored by: VDH TUCP

Healthy Choices Healthy Campus 1-800-QUIT NOW

Can You Spot A Relationship Red Flag?

“The Red Flag Campaign is a public awareness campaign designed to address dating violence and promote the prevention of dating violence on college campuses.” The goal of the campaign is to encourage family, friends, and other members of the community to “say something” when they see warning signs or “red flags” of dating violence in the relationships of those around them.

Some flags to watch for:

Emotional Abuse & Victim Blaming

- This includes put-downs, name calling, and other degrading comments.
- Uses derogatory language to describe his/her partner
- Constantly finds fault with his/her partner

- Makes partner feel bad about herself/himself

Coercion

- Ignores her/his partner’s wishes or needs
- Manipulates or forces partner to do something against his/her will

Jealousy

- Calls his/her partner over and over again
- Gets angry when her/his partner spends time with other people

Isolation

- Makes her/his partner “pay” for spending time with other people
- Persuades his/her partner to give up activities he/she enjoys
- Makes all the decisions in the relationship

Physical and Sexual Abuse

- Grabs or pushes partner
- Throws or breaks objects
- Forces his/her partner to have sex or do sexual things

Stalking

- Harasses someone to the point of fear
- Repeatedly follows someone
- Sends frequent unwanted messages to someone, directly or through friends

If you feel that you need help, contact:

- The LU Counseling Center: 434-395-2409
- Campus Police: 434-395-2091
- Madeline’s House & Piedmont Crisis Center : 1-888-819-2926

Resources...Find what you’re looking for!

Red Flag Campaign

To learn more about the Red Flag Campaign and how you can better spot signs of domestic violence go to:

www.theredflagcampaign.org



Breast Cancer Awareness Month

October is breast cancer awareness month! Learn more about how you can show your support for breast Cancer Awareness, visit:

www.nbcam.org

Healthy Lung Month



It’s the perfect time to quit smoking! For help contact the QUIT LINE at

1-800-QUIT NOW
(1-800-784-8669)

www.vahealth.org/cdpc/tucp/quitnow.htm

“Like Stall News or just want one for yourself? Print one out at www.longwood.edu/health/stallnews

Lankford Student Union
Approved for Posting

PLEASE DON'T STEAL THIS ONE!

