TULANE Campus Health
The Well *for* Health Promotion

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THE STALL STREET JOURNAL

Domestic Violence Awareness Month & Healthy Relationships Week: Two Sides of Prevention

What Does Relationship Abuse Look Like?

Do you know how to spot the warning signs of an abusive relationship? October is Domestic Violence Awareness Month (DVAM), making it a good time to raise awareness of the many ways relationship abuse can present—including physical, emotional, sexual, financial and psychological abuse.

Some red flags include:

- Physical harm or threats of violence
- Pressure to engage in sexual activity you're uncomfortable with
- Excessive jealousy or attempts to isolate you from friends or family
- Insisting on knowing where you are at all times
- Mocking your boundaries or concerns about the relationship
- Checking your phone, messages or social media without permission

If you're worried about a friend, try setting aside time to talk with them privately about specific behaviors you've noticed. Sometimes labeling something directly as abuse—even if it is—can cause someone to shut down and retreat. Avoid placing blame, listen and let them know support is available. Campus Health and SAPHE (Tulane's Sexual Aggression Peer Hotline and Education) offer resources throughout the year to support students experiencing or concerned about relationship abuse. Follow SAPHE on Instagram at **@tusaphe**.

What Does a Healthy Relationship Look Like?

While DVAM focuses on preventing relationship violence through awareness and education, Healthy Relationships Week (HRW) looks at the other side of prevention: recognizing what healthy relationships can look and feel like.

Healthy relationships can look different, but some common signs include:

- **Mutual respect:** You can have different interests, needs and opinions without trying to change or control one another.
- **Open communication:** You feel comfortable expressing yourself and working through difficult conversations without insults, threats or disrespect.
- **Trust and safety:** You can set boundaries around things like physical touch, sex, friendships and privacy without pressure, guilt or punishment.

Join Us for Healthy Relationships Week!

Stop by the SAPHE tables on McAlister from **October 19–23** to learn more about healthy relationships:

- **Mon, Oct. 19:** Bath Bombs, not Love Bombs
- **Tues, Oct. 20:** Red Flag, Green Flag
- **Wed, Oct. 21:** Love is Tinder
- **Thurs, Oct. 22:** Healthy vs. Unhealthy Relationships in Media
- **Fri, Oct. 23:** Shatter the Red Zone

Interested in joining SAPHE?
Applications are open now!
Scan the QR code or visit **bit.ly/sapheapp26** to apply by **Sunday, Oct 11**, at 11:59 p.m.

Tips for a Hauntingly Healthy Halloween

Staying Safe

You never know where Halloweekend might take you! While having fun is essential, doing it safely is too. Costumes can conceal identities, so stick with a group and stay aware of your surroundings throughout the night. If you're celebrating farther from campus, make a plan to return home safely before you head out.

Costumes

Everyone should feel safe and comfortable during the spookiest night of the year. **A costume is not consent.** No outfit is an invitation for unwanted advances, comments or physical contact. It's also important to be considerate of other cultures when choosing a costume. Stereotypes are harmful, and a culture is not a costume.

What's Brewing?

While that spooky-looking punch may be tempting, be cautious. If you don't know who made it or what's in it, it's best to avoid it. When in doubt, stick to familiar drinks. Finally, always keep an eye on your drink and avoid consuming beverages that have been left unattended.

Hallowellness

Tuesday, October 27 | 11 a.m.–1 p.m.
LBC, Pedersen Lobby

Your campus well-being resources are anything but scary! Stop by for **games, crafts, snacks and candy** while connecting with campus resources that can help you thrive at Tulane.

TUPHE Feature: Boo-st Your Mental Wellness

October is a great time for a mid-semester mental wellness check-in. Reflect on your own well-being, connect with your community, and express gratitude to those who have helped you along the way.

Midterms and Academic Resilience

Midterms have a way of sneaking up on all of us. Between exams, papers and projects, it's easy to let stress take over. A rough midterm grade is just one data point in a much bigger picture—not a verdict on your worth or your future. Take stock of what's working and what's not, and reach out to professors or TAs during office hours when you need support.

As you navigate midterms, remember to:

1. Be kind to yourself
2. Treat setbacks as opportunities to learn and grow
3. Prioritize self-care: nutrition, movement and sleep
4. Manage stress and practice mindfulness
5. Reach out to your support network—personal and professional

Need some extra academic support? Contact **Success Coaching** at **success@tulane.edu**.

Fear Less and Flourish More

In recognition of Depression Awareness Month, take some time to check in on the people around you. It doesn't have to be a grand gesture of care. Small moments matter, too. Ask a friend, "How are you really doing?" Check whether they've eaten or had enough water. If someone seems more withdrawn than usual, notice and reach out. Or simply sit with someone who is struggling.

Being an active bystander for mental health means paying attention and stepping in with care, even when it feels a little awkward at first. Being present is more important than being perfect.

Visit **SeizeTheAwkward.org** to learn more about how to talk with a friend about mental health. For mental health support, contact **Counseling and Psychiatric Services (CAPS)** at **504-314-2277**.

Give a Shoutout

Who has helped you through the semester so far? Take a moment to recognize them. Maybe it's a resident advisor who took time to connect, a friend who brought you to Reily or a professor who gave you an extension on a deadline. Small acknowledgments can go a long way toward building a campus culture where everyone feels supported.