



Nuggets of Wellness

Let's look out for each other and ourselves

ABUSE COMES IN MANY FORMS

NO ONE DESERVES TO SUFFER



HELP IS AVAILABLE



According to the CDC, 1 in 3 teens experience sexual or physical abuse or threats from a partner. And according to the Washington Healthy Youth Survey, while 65 percent of 10th graders said they had received education about healthy boundaries, only half of 12th graders reported the same.

This month, in honor of Sexual Assault Awareness and Prevention month, we encourage you to have the conversations about consent and boundaries with the young people in your life.

More Resources:

One Love: national non-profit organization with the goal of ending relationship abuse.

Who to call for help:

Citizens Against Domestic & Sexual Abuse (CADA), Oak Harbor, WA. Office: (360) 675-7057, Crisis Line: (800) 215-5669

Crucial Conversations Challenge:

We challenge you to tell someone your reason for saying "No More" to domestic violence and sexual assault and share your pledge with Washington Says No More.

Stressed? Here are five helpful steps

This month is also stress awareness month, so we are sharing five steps you can take.

1. Try this stress screener from Mental Health America.
2. Change your space at work or home to help you feel more comfortable and safe.
3. Identify and challenge your negative thoughts.
4. Try new routines. Something as simple as putting your watch on your other wrist can help with mindfulness.
5. Check here for more tips.

"I can be changed by what happens to me, but I refuse to be reduced by it."

- Maya Angelou

Your Counseling Team

Cynthia Edlund - Student Assistance Professional

Margarite Berg - Mental Health Professional

Claire Commons - Student Support Advocate