



TOILET TALK



Bringing Awareness to Teen Dating Violence

This year's theme for teen dating violence month is "Love = Setting Boundaries, because boundaries are an important part of every healthy relationship." The foundation, Loveisrespect, chose this year's theme. It provides resources for youth to prevent and end abusive relationships. With this year's theme be based on setting boundaries, it's important to understand the different aspects of a relationship that should have boundaries set. Emotional boundaries should be set in regards to saying "I love you" and how much time should be spent together. Reserving time

for yourself and making sure you aren't put into uncomfortable situations are so important. Don't say "I love you" too soon! Physical boundaries should be set to let your partner know what you aren't comfortable with, including sex. One aspect people don't think about is to set boundaries with is the digital world. It's important to define what you're comfortable sending via text and define that you have the right to privacy with your own social media, including your passwords.

For more information, visit www.loveisrespect.org.

Upcoming Events

- VIA: Cultural T.A.C. – Tolerance, Acceptance, Celebration
When: 7 p.m. on 2/18
Where: PERC
- VIA: Imagining Our Lives
When: 3:30 p.m. on 2/23
Where: Cordier
- Career and Internship Fair
When: 2-4 p.m. on 2/24
Where: Upper JYSC

The more you find out about the world, the more opportunities there are to laugh at it.

-Bill Nye the Science Guy

Did You Know? Birth Control Edition

- Birth Control provides benefits beyond preventing pregnancy.
- Some of these benefits include protection against acne, cramping, heavy periods, irregular periods, PMS, bone thinning, ovarian cancer.
- Birth control also has different risks depending on the type of hormone.

- Some birth control pills contain two hormones: estrogen and progestin. These are called combination pills.
- Combination pills work by keeping eggs from leaving the ovaries and thickening the cervical mucus to prevent sperm from even reaching the eggs.



Apply to be a SHA!

Interested in health care? Apply to be a student health assistant! Health services is looking for SHAs for the 2016 – 2017 school year. Applications are now available on Spartan Jobs! Additional information will be sent from Health Services regarding the remaining application process. All completed documents are due to Health Services by March 11th! Email us with any questions you may have!