

Health Education workshops

The following workshops are available, free of charge, to currently enrolled U of O students. Watch for ads in the Oregon Daily Emerald for more info.

Smoking Cessation Workshop

Wednesdays
5:00-6:00 P.M.
October 10th and 17th
University Health Center, Cafeteria
Free to UO students, call 346-4456 to sign up
Gain insight into your habit as well as learn about methods available to assist you in quitting. Join us for an informative, fun filled two hours.

Vegetarian Cooking Workshop

Tuesdays 5:30-7:00 P.M.
October 16th-30th
University Health Center, Medical Library
Free to UO students, call 346-4456 to sign up.
Partake in the preparation and enjoyment of simple, fresh and delicious vegetarian meals. Expand your repertoire of recipes and cooking skills.

"One cannot think well, love well, sleep well, if one has not dined well."

—Virginia Woolf

Free Cholesterol Screening

Every Tuesday 9:30-11:30A.M.
UO Health Center, Health Education Office
Simple drop by, no appointment necessary
To register for or to learn more about these workshops, check out the University Health Center's NEW Web site at <http://healthcenter.uoregon.edu>. You can also call **346-4456** or stop by the Peer Health Education Office on the first floor of the University Health Center.

Fall 2001

Health Information Tables at the Rec Center

Wednesdays
3:00-5:00 P.M.
October 3: Health Center Services
October 17: Cholesterol Screening
October 31: Alcohol & Athletics
November 14: Smoking
November 28: Staying Healthy Over Break

Fighting back against rape

Sexual assault prevention tips



While college is a place for extended education and fun, the fear of sexual assault for many students is real.

By Rachel Cooper

Now that fall term is here, there are many new students on campus. For new students, fall term is a time of meeting friends and adjusting to classes. While students are having fun on campus, they need to also be aware of sexual assault. While stranger rapes do occur, and people need to be cautious of it, acquaintance rape is far more prevalent. In studies cited in "Date and Acquaintance Rape" by Andrea Parrott, 85% of victims claim that they knew their attacker. The study also reports that about 90% of survivors are female. So while people are rightly concerned about being attacked by "the stranger in the bushes," the more looming risk is assault by acquaintances. The most obvious way to prevent sexual assault is to stop people from committing sexual assault. In this article, however, I want to point out both prevention tips and resources that are available for individuals who have been assaulted.

As newcomers, students are invited to many parties, in addition to

hosting them. Most of us seldom think about a friend assaulting us. Many of us like to trust others, especially if we consider them friends. Unfortunately, rape can and does occur by a friend, whether the victim is alone with that person or if they're at a party.

No one has the right to pressure

you to do something you don't want to do. Don't be afraid to say "no" to pressured sex. Much of the time, a sexual aggressor will back off if you state clearly that you do not want to have sex right now. Unfortunately, there are incidents where saying "no" or saying nothing is interpreted as "yes" to the attacker. Often, the

victim blames herself after an attack has occurred. This is especially so in the cases of acquaintance rape. This tendency of self blame is both unhelpful and erroneous. No one, whether male or female, deserves to be attacked.

If you or a friend has been sexually assaulted, it's wise to immediately call the police. The sooner the police know about the attack, the greater the likelihood of convicting the perpetrator. Sexual Assault Support Services (SASS) has a 24 hour hot line at 343-7277 (or toll free at 1-800-788-4727) for emergency situations, such as reporting a sexual assault to the police. SASS also provides support, referrals and counseling for survivors and their loved ones.

The healing process from rape can be long-term. There are many resources for sexual assault survivors, around campus and Eugene. In addition to SASS, there are professional counselors at the UO Counseling Center who can help survivors get through the psychological and emotional traumas from an attack.

College is a place for a student to continue her education and to have fun. While it is unfortunate that students have to worry about being assaulted, it is important to be aware of prevention and resources for survivors.

campus resources:

- UO Counseling Center (346-3227) confidential counseling
- UO Health Center (346-2770) sexually transmitted infection screening and other medical services
- Sexual Assault Support Services (SASS) 484-9795 or 1-800-788-4727
- Women's Studies Self-defense Courses (346-5529). courses teach students how to defend themselves in an attack
- Office of Student Life (346-1156) support for students & information on campus violations
- Project Saferide (346-4239) rides by and for women around and off campus
- Designated driver shuttle DDS (346-RIDE) To avoid driving under the influence of alcohol

Fall 2001 Contributing Writers and Peer Health Educators



Peer Health Educators: Jeremy Arnold, Ashley Bunnard, Rachel Cooper, Michael Deegan, Molly Fischer, Jessica Geller, Miles Hudson, Morgan Siler.
Photos: Annie Dochnahl Adviser: Christopher Himes

WellNow is published each term, except summer, for UO students by the Health Education Department of the Health Center, 13th and Agate Streets, University of Oregon. <http://healthcenter.uoregon.edu>

health hi-lights

Health Hi-Lights, Fall 2001

FPEP

The University Health Center is participating in a federal program FPEP, Family Planning Expansion Project. This program allows the Health Center to provide men and women FREE family planning services, birth control and reproductive health care.

For more information on how to qualify for this program, stop by the Health Center or call 346-2770 or check our website at <http://healthcenter.uoregon.edu>