

BLESSED AND BALANCED

A weekly newsletter brought to you by the LBC Wellness Center

VOL. 1, ISSUE 5

4-23-21

Top stories in this newsletter



Sexual Assault Awareness Month— April 2021



Staying Safe on Campus-
Read the full article at: <https://www.rainn.org/articles/staying-safe-campus>



Domestic Violence- <https://hawcdv.org/the-truth-about-domestic-violence-on-college-campuses/>

Sexual Assault Awareness Month

April is Sexual Assault Awareness month. This week's awareness will focus on Staying Safe on Campus and includes Dating (domestic) Violence.

Staying Safe on Campus

College campuses can give you a sense of security—a feeling that everyone knows each other and watches out for one another. There are perpetrators who take advantage of this feeling of safety and security to commit acts of sexual violence. We can all take steps to increase safety on college campuses. As bystanders, students can learn ways of stepping in to prevent crimes like sexual assault from occurring. When it comes to personal safety, there are steps you can take as well, and some of those tips are outlined below. No tips can absolutely guarantee safety—sexual violence can happen to anyone, and it's not the only crime that can occur on a college campus. It's important to remember that if you are sexually assaulted on campus it is not your fault—help and support are available.

The following tips may reduce your risk for many different types of crimes, including sexual violence.

- Know your resources.
- Stay alert
- Be careful about posting your location.
- Make others earn your trust.
- Think about Plan B.
- Be secure.

Read the full article at: <https://www.rainn.org/articles/staying-safe-campus>

The Truth about Domestic Violence on College campuses

“Many don't realize how prevalent intimate partner violence can be on college campuses too. In fact, college-aged women (between 16-24) have the highest per capita rate of intimate partner violence. 21% of college students report having experienced dating violence by a current partner, and 32% of college students report experiencing dating violence by a previous partner. Peer pressure, the presence of drugs and alcohol, stressful schedules, tight-knit friend groups, and social media contribute to higher rates of abuse, sexual assault, and stalking for students. Young people also have limited relationship experience, and often if a high school relationship was at all violent or unhealthy, it is likely that future college relationships will be unhealthy too.”



Read the full article at: <https://hawcdv.org/the-truth-about-domestic-violence-on-college-campuses/>

Where can I get help?

If you need help, several onsite resources for you are the C3, the Career and Counseling Center, the Wellness Center and Public Safety.

Off campus resources:

YWCA— Sexual assault hotline 717.392.7273/email: wehearyou@ywcalancastr.org.
Rape, Abuse & Incest National Network Sexual Assault Hotline 1.800.656.4673 | www.rainn.org
National Child Abuse Hotline 1.800.422.4453 | www.childhelp.org
National Domestic Violence Hotline 1.800.799.7233 | www.ndvh.org
National Teen Dating Abuse Helpline 1.866.331.9474 | www.loveisrespect.org



LANCASTER BIBLE COLLEGE
CAPITAL SEMINARY & GRADUATE SCHOOL