



Sexual Assault Awareness

Student Wellbeing Newsletter

National Sexual Assault Hotline

+1-800-656-4673

Campus 24 Hour Hotline

715-836-4357



Campus Resources

- CASA- Center for Awareness of Sexual Assault
- Student Health Services- On campus clinic
- Counseling Services - Book an appointment
- Sexual Violence Resources

Take Back Your Power

Take back your power by sharing your story to “own” your experience. Find something that you love to do with your body. This could be exercising, taking a warm bath, cutting your hair and etc. Then surround yourself with people that will make you feel worthy of love and respect. Hear from a survivor, and how they **“Reclaimed their Body and Power After Sexual Assault”**.

Off Campus Resources

- Family Support Center- Eau Claire Office
- WCASA List of WI Service Providers
- RAINN: Anti-Sexual Violence Organization



Recovering

No matter what you might feel or think at the time, it is possible to recover from sexual trauma. The first step to take is acknowledging what happened to you and recognizing that it wasn't your fault. Then understand how your body and mind are responding to this trauma. Take back control with self care/love activities. Here are **“Healing Sexual Trauma Tips From a Therapist”** and **“5 Stages of Recovery”**.



Tips on Helping Someone Else

If someone decides to trust you with their story, make it clear that you believe them and are there for support. Respect their privacy and keep it confidential. Make them aware of the resources available and let them decide whether they want to reach out or not. Here are more **‘Tips to Help a friend Who has been Sexually Assaulted.’**



Being Environmentally Conscious

And What That Looks Like



What is Environmental Consciousness?

Being environmentally conscious involves awareness around environmental issues that affect our climate, ecosystems and future generations. As well as respecting our habitat and surrounding.

How to Live More Sustainably

Sustainable living is existing without using up natural resources for the future. Ways you can achieve this could be: carpooling or using public transport to reduce carbon emissions, saving water with shorter showers, upcycling your materials, using reusable items, eating organic food and much more. Here are **12 Ways to Live More Sustainably**.

Get Connected

UW-Eau Claire has a **Student Office of Sustainability (SOS)**. Their goal is to connect with students to address various sustainability areas through events, projects and programs. If interested, attend their weekly meetings on Wednesdays from 6-7pm, in the Council Oak Room, 2nd floor Davies.



Trail Etiquette

To be environmentally conscious doesn't only include living a sustainable life. It includes taking care of our local habitat. So get familiar with **Trail Etiquette** before exploring the **local trails** in Eau Claire this spring.



Spending Time in Nature

Here are ideas to **Get Outdoors as a Busy College Student** and **10 Simple Ways to Spend More Time Outside**. Connecting to nature has been proved to have significant **benefits** for people's mental health and is a good way to understand the impact of being environmentally conscious. It's even beneficial to watch nature videos or listen to nature sounds like waterfalls or birds chirping.