THE RED ZONE: SEXUAL ASSAULT

The first 6 weeks of the semester are when first year students are at the highest risk.

WHO IS MOST LIKELY TO EXPERIENCE SEXUAL ASSAULT?

In a 2010 national survey of adults, 37 percent of female rape survivors were first raped between the ages of 18-27, according to the CDC.

What’s the risk for college students?

1 in 5 undergraduate women say they have experienced attempted or complete sexual assault (Journal of American College Health, 2009).

1 in 25 college men answered “yes” to the question “In your lifetime have you been forced to submit to sexual intercourse against your will (CDC, 2010)?”

50% of people who identify as transgender experience sexual violence at some point in their lifetimes.

Do survivors know their attackers?

Among college women subjected to nonconsensual sexual acts ranging from sexual intercourse to other sexual assaults, 9 out of 10 know their attacker (Bureau of Justice Statistics, 2000).

REMEMBER: CONSENT IS NEVER obtained through VIOLENCE, THREATS or COERCION. Past consent DOES NOT IMPLY future consent. Consent to certain sexual acts DOES NOT IMPLY consent to others.

Since there is an increased risk for sexual assaults during the first 6 weeks of the semester numerous educational programs and trainings are being offered to help students learn more about rape culture on college campuses, feel empowered to prevent and intervene and get to know Lehigh’s reporting options and resources. Take action by checking out these programs and learning more about this important campus issue. Contact the Office of Gender Violence Education and Support for more info.

WHO TO CALL?

- LUPD, Johnson Hall, 2nd Floor: 610-758-4200
- Advocates: 610-758-4763
- Title IX Coordinator, Alumni Memorial Building, 3rd Floor: 610-758-3535
- Gender Violence Education and Support University Center, C109: 610-758-1303
- Gender Violence Reporting Form: https://cf.lehigh.edu/sa/auth/gender/

How Common Is Drinking At Lehigh? Perception vs. Reality

You might have heard that alcohol is pretty common in colleges and universities. But is that really true? (Lehigh NCHA, Spr. ‘15).

58.6% of Lehigh students report drinking 4 or fewer drinks the last time they partied or socialized.

66.4% of Lehigh students THINK the typical Lehigh student drank 5 or more drinks the last time they partied or socialized.

We tend to talk about the people who drink to excess but the REALITY is that many students choose not to drink and those who do drink, drink in moderation.

First Year Students: Win prizes by taking part in a research study discussing social activity and drinking. Discussions will take place in residence halls and pizza will be served at each session. Watch your inbox for more information.

DO YOU ENJOY HELPING OTHERS? ARE YOU A LEADER? ARE YOU PASSIONATE ABOUT HEALTHY LIVING?

Yes? Well then you should consider applying to be a Peer Health Adviser! These students provide support, resources and programming to promote healthy behaviors. Applications are now available online. Want more information? Attend a brief info session on 9/14 @ 4:10pm in UC 403.

COUNSELING AND PSYCHOLOGICAL SERVICES

There are many “issues” commonly experienced by students in college that can sometimes pose major challenges such as homesickness, difficulty sleeping, anxiety and depression. Group and individual counseling (among other services) are all available at the center. Please contact (610) 758-3880 to schedule an appointment or visit our website studentaffairs.lehigh.edu/counseling for more information.

HEALTH AND WELLNESS CENTER

Are you sick and on your own for the first time? We can help!

Appointments are easy to make! Online: Visit www.lehigh.edu/health and click on the Patient Portal link.

Phone: Call 610-758-3870

Too busy for an appointment or not that sick?

Either click on the Health Advice link on our website OR stop by our office.

Visit www.lehigh.edu/health and click on the Health Advice link (also in your Patient Portal).

How to get to your nearest Nurse Treatment room, also available 24/7.

- 1st Floor, basement of the Health Center: 610-758-3870
- 1st Floor, basement of DuPont Hall: 610-758-3870
- 1st Floor, basement of the Bingham House: 610-758-1303
- 1st Floor, basement of the Alumni Memorial Building: 610-758-3870
- 1st Floor, basement of the Everhart Museum: 610-758-3870
- 1st Floor, basement of the Stabler Family Recreation and Wellness Center: 610-758-3870

First Year Students: Need to speak with a pharmacist? Bring a friend and come to the Pharmacy. Cost is $36 (possible insurance reimbursement).

Flu Shots conducted by Rite Aid Pharmacy. Cost is $36 (possible insurance reimbursement).

Flu Shots conducted by Rite Aid Pharmacy. Cost is $36 (possible insurance reimbursement).

Health and Wellness Center - 13th floor of the Alumni Memorial Building.

InSTALLments are published by the Health Advancement & Prevention Strategies Office, Division of Student Affairs.

Copies of this publication can be found online. Send your comments to ihhaps@lehigh.edu.