

Wellness InSTALLments

February 2016 — Volume 3, Issue 8

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• FEBRUARY! •



Programs and Events

2/1— Peers CARE

Recruitment Begins

Recruitment Table

10-12pm; In Front of P&W

2/3— Healthy Hump Day:

Tackling the Freshman 15

11-2pm; In Front of P&W

2/17— Healthy Hump Day:

Rising Above Rape Culture

11-2pm; In Front of P&W

Sexual Health Responsibility Week

2/8— Valentine Station

12-2pm; In Front of P&W

2/9— Cash Cab

10am-12pm; Main Campus

2/10— Healthy Hump Day:

Be My Valentine (Boxes)

11-2pm; In Front of P&W

Relationships: What's Right?

7-8pm, Eagle Hall 5th Floor

2/11— Let's Talk About Sex:

Educating & Empowering

Women (Women Only)

7-8pm; Sugden 114



Please see our online calendar for a full, updated schedule

Question of the Month

True or False: You are able to give consent under the influence of alcohol.

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Netflix and Chill



With the new year comes new dance crazes and word phrases that gradually became something inescapable. One phrase that has slowly made its way into mainstream vocabulary is "Netflix and Chill." When it was first used, Netflix and Chill meant exactly what it sounds like: binge watch a bunch of shows on Netflix and relax by yourself or with family and friends. Now, it's become a popular phrase meaning to "hook up," or share a moment of intimacy with another person. This can lead you into an uncomfortable situation where you might be expected to engage in sexual activity when you really just wanted to hang out. **Rather than find the courage to ask someone if they want to engage in sexual behavior, we make assumptions, forget to ask, or read into subliminal messages and mixed signals. Instead of relying on assumptions, we need to ask!** Keep in mind that if you choose to abstain from sex, you are not alone! You never need a reason or an explanation to give for your choice. If you want to engage in a sexual activity, then that's up to you; just make sure that anyone involved is aware of your intent and that you respect one another's decisions!

Consent: Get Some!

Consent is a sober, verbal agreement given to engage in sexual behavior, but with things like "Netflix and Chill," sometimes consent can be blurred due to impressions and assumptions.

How to ask:

- Do you want to have sex?
- Do you like this?
- Do you want me to stop?

consent is...
mutual active
respecting boundaries
comfortable
retractable
checking
willingly given

NOT consent:

- "I'm not sure"
- "I don't want to anymore"
- "Stop!"



Consent:

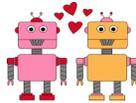
- "Yes!"
- "I like that, let's keep going"
- "That feels good!"



Some Things To Do Besides Netflix and Chill:

Consider some of these other exciting activities too!

- ♥ Go to the movies, the museum, an art show, or even a concert
- ♥ Volunteer together, jam out to music, study together, plan a game night
- ♥ Cook together, go on a picnic, go on Pinterest and do a craft night
- ♥ Go to the gym, go for a run, practice some meditation, hit up a fun class like Zumba
- ♥ Go sight seeing, watch the sunset at the beach, go star gazing



PEERS CARE
Educate. Engage. Empower.

