



SHIELD FOR SUCCESS

Monthly tips for success and promotion of overall well-being brought to you by **Valparaiso University's Counseling Services**

Sexual Assault Awareness Month

Welcome to the April issue of the Shield for Success! This monthly newsletter is divided into two parts. The first section provides information and resources on a topic relevant to the current month. The second section offers helpful tips and exercises tailored to each month's topic. Sexual Assault and other forms of intimate partner violence remain a continued area of concern both on college campuses and across the world. During Sexual Assault Awareness Month, we work to raise awareness to both support those who have experienced sexual violence and to continue to work to create a safer world for all. Please take some time to learn more about sexual violence and how we can all take steps to prevent it.

In this issue:

- [Links to educate about sexual assault](#)
- [Tips for how to support survivors](#)
- [Applying to be a Peer Educator](#)
- [Mental Health Pain Scale Instructions](#)

Links

[EndRapeOnCampus—information about how sexual assault impacts marginalized communities](#)

[KnowYourIX—information about Title IX](#)

[Jackson Katz TedTalk—TedTalk about how men can help prevent sexual assault.](#)

APPLY TO BE A PEER EDUCATOR!



PASSIONATE ABOUT MENTAL HEALTH?

EAGER TO MAKE CAMPUS A HEALTHIER SPACE FOR ALL?

LOOKING TO GAIN EXPERIENCE IN PUBLIC HEALTH OR PROGRAM DEVELOPMENT?

COME WORK WITH COUNSELING SERVICES NEXT YEAR IN OUR NEW PEER EDUCATOR PROGRAM.

\$500 SEMESTER STIPEND.

Find The Application [Here](#)

BYSTANDER INTERVENTION

NOTICE &

CREATE A DISTRACTION

ASK DIRECTLY

REFER TO AN AUTHORITY

ENLIST OTHERS

SAAFE OFFICE | 219-464-6820
TITLE IX WEBSITE | WWW.VALPO.EDU/TITLEIX

Tips for supporting yourself and survivors

- 1) Follow [@valpoSAAFE](#)
- 2) Use [RAINN's Toolkit](#) to post on social media in support of Survivors
- 3) Attend an event in support of Sexual Assault Prevention this April
- 4) Seek Active and Affirmative Consent in all intimate encounters
- 5) Wear Denim on April 27th or Teal for Sexual Assault Awareness Month

Mental Health Pain Scale Instructions

Step 1: If you choose to participate, first rate your mood on a 1-10 scale, you can use the Mental Health Pain scale provided.

Step 2: Each day you will have the opportunity to complete a different exercise. On weekdays, Monday through Friday, pick one exercise from the list provided for you below. On weekends, Saturday & Sunday, choose one exercise that you felt improved your mood the most, these exercises do not have to be from the exercises provided.

Step 3: After implementing the exercise, rate your mood using the same scale as

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

MILD

1 Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!

2 You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.

3 Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.

MODERATE

4 Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.

5 Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.

6 You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.

SEVERE

7 You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.

8 You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.

9 You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.

10 The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

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If there are any topics you are interested in seeing or learning more about please email counseling.center@valpo.edu, subject Shield for Success topic ideas.