GETTING THERE!

Hey, Woodside!

I think it is safe to say we are entering crunch time! Finals are creeping in. And for some of you - graduation! PLEASE remember to take care of yourselves as the semester gets more stressful. Get adequate sleep. Fuel your body with food and water. And make sure you spend some time doing things that make you happy!

Take a look at this issue of TWT for some upcoming programs and info on how UNH is honoring sexual assault awareness month!

Positive vibes!
- Your Manager Becky
With the weather getting warmer, the critters are coming back around. PLEASE do not prop open the exterior doors to your buildings, giving them a way in.

DON'T PROP OPEN THE DOORS!!

In addition, propping the doors is a violation of university housing room and board agreement which states that you, as residents, have an obligation to help create a safe living environment for those in your community.
Woodside Happenings

Cleaning Cart coming your way!
Thursday
April 11th
5:30pm

Pre & Post Pump
Come learn about what snacks are best before and after your workout!

Guitar Hero Tournament!
Tuesday
April 16th
6pm

No Sew Pillows*
Tuesday
April 23rd - 7pm

Bring your favorite old t-shirt to turn it into your new favorite pillow!

Make Your Own Stress Balls!
Monday
April 29th
6pm

Thursday
April 25th
Sexual Assault Awareness Month

LEARN THE FACTS ABOUT SEXUAL VIOLENCE

1 IN 5 WOMEN have experienced completed or attempted rape in their lifetime.¹

1 IN 3 WOMEN experience physical or sexual violence by an intimate partner.²

1 IN 6 BOYS are sexually abused before age 16.³

Nearly 1 IN 67 men in the United States have experienced rape or attempted rape.⁴

41% OF WOMEN reported experiencing physically aggressive street harassment.⁴

18% OF MEN reported experiencing verbal street harassment.⁴

67.5% OF INSTANCES OF RAPE ARE ESTIMATED TO GO UNREPORTED.⁸

Among college women, 9 OUT OF 10 victims of sexual assault knew the person who sexually assaulted them.⁷

FEWER THAN 5% of completed or attempted rapes against college women were reported to law enforcement.²

SEXUAL VIOLENCE THRIVES WHEN IT IS NOT TAKEN SERIOUSLY AND VICTIM BLAMING GOES UNSHACKLED.

USE YOUR VOICE TO PREVENT IT

❤ BELIEVE SURVIVORS

❌ CHALLENGE VICTIM BLAMING

✅ RESPECT BOUNDARIES

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1 in 4 women are sexually assaulted while in college.
1 in 10 men are sexually assaulted while in college.

Check out the video below to see how the simple act of learning about and speaking out against victim blaming can make the world of difference for a survivor.

Click here!
Sexual Assault Awareness Month

IT’S TIME TO STEP OUT.
APRIL IS SEXUAL ASSAULT AWARENESS MONTH AT UNH

The month of April is National Sexual Assault Awareness Month (SAAM). UNH honors SAAM every April by raising public awareness about sexual violence and educating our community on how to prevent sexual violence. Please join SHARPP and the UNH Community for a full month of activities listed below.

JOIN US FOR THESE EVENTS THROUGHOUT APRIL

1BLUESTRING | the Grande GRIND: Fri 4/5 | 8PM Strafford Rm
We invite you to attend the last Grind of the year! Visit our table to get your free blue string and to learn more about this campaign.

Wildcats STOP Street Harassment!: April 8–12
Join us for International Anti-Street Harassment Week. Look for our exhibit in the Library!

OUR RIGHTS, OUR CAMPUS: WORKSHOP: Wed 4/10 | 6:30PM | Ham Smith 107 | FREE!
Student activists will learn how to organize strategic campaigns to fight the attack on Title IX and survivors’ rights. The focus will be on strengthening your community organizing and activism skill sets. Lead by Sage Carson (she/hers) from the national organization Know Your IX.

9TH UNH ANTI-VIOLENCE: RALLY&WALK: THU 4/11 | 12:30PM–2:00PM The Great Lawn
We invite the UNH community to our 9th Annual Rally & Walk. This event gathers students, faculty, staff and community members together to take a collective and powerful stance against all forms of violence on our campus, including sexual violence and relationship abuse. This event includes info tables, guest speakers, Madison Lightfoot (UNH Alum) from the NHCADV and Sage Carson from the national organization Know Your IX, a student call to action, and then a walk around campus to spread the word of Ending Violence at UNH. (Rain location HRC)

LAW & ORDER: SVU | Discussion Series: Mon 4/15 | 6PM | McCONNELL 240
Join SHARPP & UNH Justice Studies for an SVU screening and discussion.

JOIN US FOR THE 20TH ANNUAL NATIONAL DENIM DAY!: WED 4/24
On April 24, 2019, millions of people across the world will wear jeans with a purpose, support survivors, and educate themselves and others about all forms of sexual violence.

QUEER CONSENT!: THU 4/25 | 3:40-5PM | DEMERRITT 240
Join SHARPP and Women’s Studies for a discussion centering LGBTQ+ people’s experiences surrounding consent.

THE CLOTHESLINE PROJECT AT SOLARFEST: SUN 4/28 | 11AM–7PM
Join us at the Fishbowl Lawn (in front of Scott Hall) where SHARPP will have a visual display of t-shirts made by survivors of sexual assault and relationship abuse.

SAAM Tabling: Tue & Thur in April | 12:30-2pm | MUB Union Court
Stop by our info table to learn more. Free giveaways, lemonade, and more!

For more info on any of these events go to www.unh.edu/sharpp/events

#unhrallywalk
#wildcatssssh
#saam19

Presented by UNH SHARPP
Sexual Harassment & Rape Prevention Program

THE WOODSIDE TIMES | APRIL 2019 | P.6
Sexual Assault Awareness Month

OUR RIGHTS, OUR CAMPUS
STUDENT ACTIVIST WORKSHOP

WED 4/10 | 6:30pm | HAM SMITH 107

Through direct action student activists have completely changed how schools understand and respond to sexual violence within their community. But due to the institutionalization of campus activism and organizing, student survivors have been silenced—promised places on task forces instead of actual tangible change. It’s time for a change. Through this workshop, student and survivor activists will learn how to organize strong and strategic campaigns and initiatives to fight the attack on Title IX rights and survivors’ rights. Lead by Sage Carson this workshop will focus on strengthening students’ community organizing and activism skill sets.

Sage Carson (She/Her/Hers) is the manager of Know Your IX, the leading survivor-and-youth led campaign to end gender violence in schools. She began working with KYIX in 2015 to successfully defeat a mandatory police referral bill in Delaware. Sage has worked and volunteered as an advocate for survivors of gender violence in the criminal legal system, on campus, and in her community. As a student activist, Sage created the #UDoBetter campaign—which lead to the creation of new Title IX policies and procedures, as well as prevention education and survivor services.

#UNHRALLYWALK

A UNH SAAM EVENT
SPONSORED BY:
UNHSHARPP
Sexual Harassment & Rape Prevention Program
UNH Campus Cleanup!

UNH Campus Cleanup

Sunday April 14th 12–2

Meet at the MUB Circle

Contact: Srm1071@wildcats.unh.edu for more information!

Together, we can make UNH a greener place!

Hosted by the Environmental Advocates, UNH Sustainability Institute, Global Citizens, and Student Environmental Action Coalition.

funded by your student activity fee
Summer Employment Opportunities!

DO YOU NEED A SUMMER JOB?

HOUSING IS HIRING!
SUMMER 2019

$12 PER HOUR

No previous experience required!

- JOBS CAN RANGE FROM 32-37 HOURS PER WEEK
- START DATE AS EARLY AS MAY 20TH
- APPLY AT UNH.EDU/HOUSING/WORK-HERE
## Take Care of Yourselves!

### Stressed Out College Students

**Stress is the #1 Factor of Academic Disruption**

<table>
<thead>
<tr>
<th>Causes of Stress</th>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finances</td>
<td>67%</td>
<td>67% of students feel that financial worries contribute to their stress</td>
</tr>
<tr>
<td>Academics</td>
<td>77%</td>
<td>77% of students feel stress over academic concerns</td>
</tr>
<tr>
<td>Health</td>
<td>35%</td>
<td>35% of students feel that physical health contribute to their stress</td>
</tr>
<tr>
<td>Family</td>
<td>54%</td>
<td>54% of students feel that family issues contribute to their stress</td>
</tr>
<tr>
<td>Lack of Sleep</td>
<td>35%</td>
<td>35% of students stay up until 3 a.m. at least once a week</td>
</tr>
</tbody>
</table>

- **52%** of people between the ages of 18-35 says stress has kept them awake at night.
- **70%** of college students receive less than the 8 recommended hours of sleep.

### Sleep and Stress

- **1** quarter of all college students are chronically sleep deprived.
- College students today sleep an average of two hours less per day than college students in the 1980s.

### Effects of Sleep Deprivation

- **Weight Gain or Weight Loss**
- **Illness**
- **Lack of Focus**
- Getting 6-8 hours less sleep than usual over a week can impair efficiency and reaction time, and can cause depression anxiety and irritability.
- Sleeping 6 hours instead of 8 can cause a 25% increase in your eating habits.

### Managing Your Stress

- **Take a Break**
  - Taking a 5-10 minute break every hour helps people stay focused and productive throughout the day.

- **Working Out**
  - 15 minutes of exercise a day can extend life by 3 years.

- **Listen to Music**
  - Research has shown that listening to soothing music can lower blood pressure, heart rate and anxiety.

- **Meditate/Yoga**
  - Meditating or doing yoga increases your “feel good” endorphins that can help reduce your stress.

- **Food**
  - Eat a balanced and healthy meal: protein, whole grains, fruits, and vegetables.

- **Change Environment**
  - Changing your surroundings for even at least 5 minutes can reduce mental fatigue and positively improves mood.