

The Bennington Bi-Weekly

October 19th, 2020 Issue

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What Does a Healthy
Relationship Look Like?



Survivor Support Group



PAVE and Pumpkins



And much more!

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It is not beauty that
endears, it's love
that makes us see
beauty.

Leo Tolstoy



Signs of a Healthy Relationship

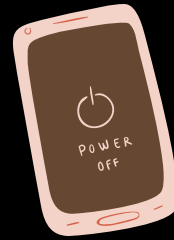
Same Page

You and your partner are on the same page in terms of your basic values and life goals. You both know what you want out of life, what your common goals are, what you wish to accomplish in life, and are firmly committed to achieving these together.



Trust

There is a strong sense of trust between you. You openly discuss everything — the good, the bad, and the ugly. There is no hidden agenda and no secrets from your past.



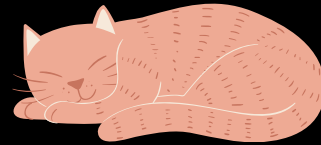
Separate Identities

You keep your own identity within the relationship and so does your partner. This is so vital. Above all, you're still who you are as an individual beyond your various roles in life. Celebrate what makes each other special!



Encouragement

You encourage each other to grow and change. In other words, you inspire each other to be a better person.



Safety

You and your partner feel safe communicating personal needs and wants. Time is set aside to discuss issues relevant to you as a couple or each of you individually. Listening carefully with undivided attention is essential to real understanding.

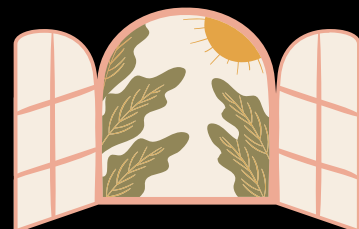


Sharing

Each of you contributes your fair share to the relationship, whatever that happens to be. Each partner brings their best strengths and abilities for the benefit of the "team."

Honoring Each Other

You and your partner honor each other's family ties and friendships. While it's important to set aside time for family and friends it's also important to maintain healthy boundaries between you and your partner as a unit apart from other close relationships.



BECOMING AN ENGAGED LISTENER

FOCUS FULLY ON THE SPEAKER

If you find it hard to concentrate on some speakers, try repeating their words over in your head—it'll reinforce their message and help you stay focused.

SHOW YOUR INTEREST IN WHAT'S BEING SAID

Nod occasionally, smile at the person, and make sure your posture is open and inviting. Encourage the speaker to continue with small verbal comments like “yes” or “uh huh.”



TRY TO SET ASIDE JUDGMENT

In order to communicate effectively with someone, you don't have to like them or agree with their ideas, values, or opinions. However, it is important to try to set aside your judgment and withhold blame and criticism in order to fully understand them.

PROVIDE FEEDBACK

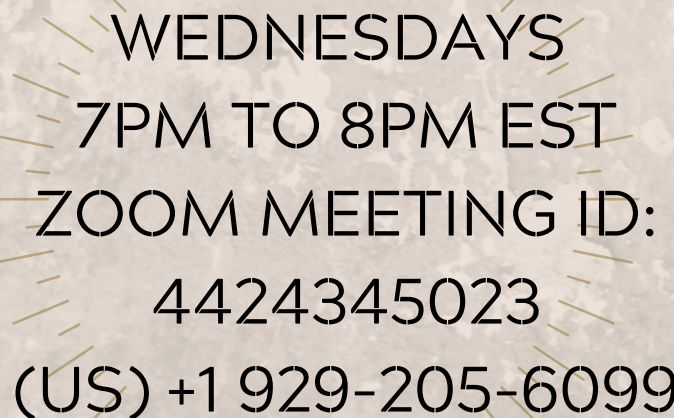
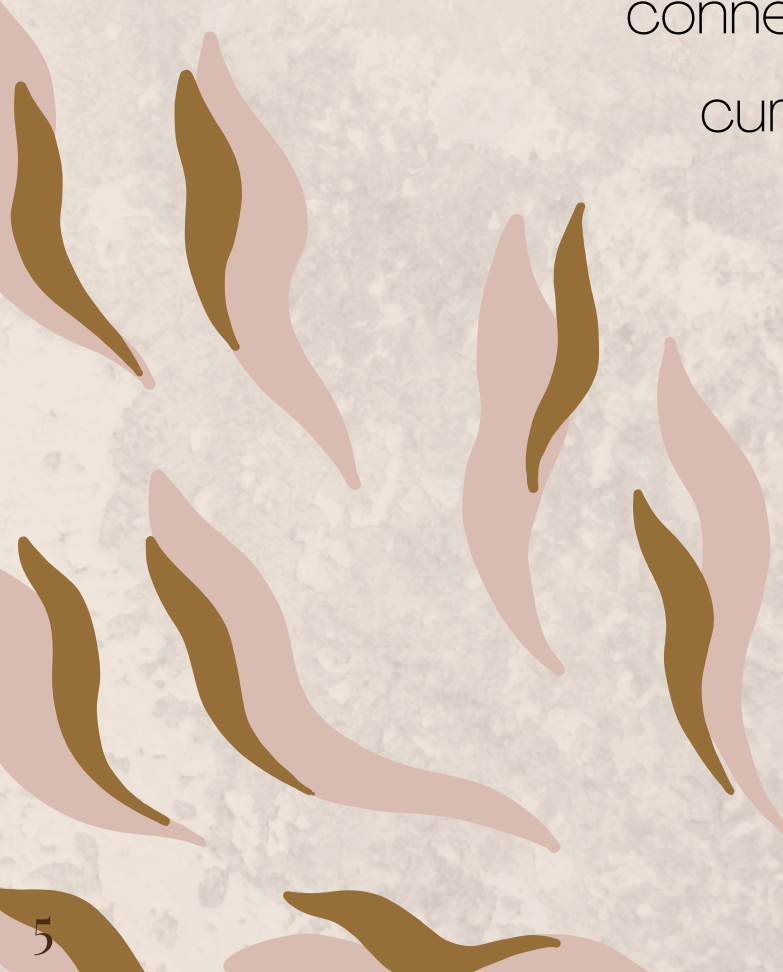
If there seems to be a disconnect, reflect what has been said by paraphrasing. “What I’m hearing is,” or “Sounds like you are saying,” are great ways to reflect back. However, it's best to not simply repeat what the speaker has said.

SURVIVOR SUPPORT GROUP



WITH ALI TARTAGLIA

It's especially important to
connect with others in the
current age of social
distancing.



WEDNESDAYS
7PM TO 8PM EST
ZOOM MEETING ID:
4424345023
(US) +1 929-205-6099

The Hotline

"As Bennington College students, Ali is available 24/7 to us at 802-440-HOPE (4673). There are other organizations to support thought, 24 hours a day, seven days a week, 365 days a year, the **National Domestic Violence Hotline** provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse."

**CLICKABLE
LINKS**

GET HELP

IDENTIFY ABUSE

PLAN FOR SAFETY

1-800-799-7233 (SAFE)

A text chat is also available on the website!

OTHER HOTLINES

AUSTRALIA (NATIONWIDE) 1800RESPECT [1.800.737.732](tel:1800737732)

CANADA (ONTARIO) ASSAULTED WOMEN'S HELPLINE [1.866.863.0511](tel:18668630511)

CANADA (QUEBEC) SOS VIOLENCE CONJUGALE [1.800.363.9010](tel:18003639010)

CANADA (BRITISH COLUMBIA) VICTIMLINK BC [1.800.563.0808](tel:18005630808)

CANADA (ALBERTA) FAMILY VIOLENCE INFO LINE [310.1818](tel:3101818)

CANADA (MANITOBA) DOMESTIC VIOLENCE CRISIS LINE [1.877.977.0007](tel:18779770007)

CANADA (PRINCE EDWARD ISLAND) ISLAND HELPLINE [1.800.218.2885](tel:18002182885)

CHINA GENDER EQUALITY AND WOMEN'S DEVELOPMENT [+86.15117905157](tel:+8615117905157)

INDIA DOMESTIC VIOLENCE HELPLINES [MULTIPLE NUMBERS ON SITE]

JAPAN (NATIONWIDE) TELL JAPAN [03.5774.0992](tel:0357740992)

NEW ZEALAND (NATIONWIDE) DOMESTIC VIOLENCE CRISIS LINE [0800.456.450](tel:0800456450)

SOUTH AFRICA (NATIONWIDE) TEARS [134.7355#](tel:1347355)

TAIWAN (NATIONWIDE) 113 PROTECTION HOTLINE [113](tel:113)

UNITED KINGDOM (NATIONWIDE) DOMESTIC VIOLENCE HELPLINE [0808.2000.247](tel:08082000247)

all underlined sections are clickable links!

IF YOU HAVE ANY UPDATED INFORMATION OR ADDITIONAL
RESOURCES PLEASE REACH OUT TO BENNINGTON STUDENT
HEALTH PROMOTION

alisontartaglia@bennington.edu
802-440-4755

PAVE and Pumpkins



#PAVEtheway

What is PAVE Bennington?



PAVE Bennington is a non-profit agency that supports victims of sexual or domestic violence by providing access to shelter, a crisis hotline, and so much more.

They state in their about us that they don't "discriminate based on sex, gender, age, race, ethnic background, citizenship status, religion, disability, or sexual orientation"(PAVE).

PAVE



and



Pumpkins

What is #PAVEtheway?

PAVEtheway is a campaign centered on raising awareness about a variety of aspects and types of violence. October is Domestic Violence Awareness Month, and PAVE Bennington is advocating for an end to all forms of violence and education on how to safely confront and speak up about violence.

#PAVEtheway

In light of this incredible work and a drive to raise awareness for Domestic Violence Awareness Month, we're collaborating with PAVEbennington to bring a pumpkin carving event to Bennington Campus where participants would wear purple in solidarity and write one measure that can be utilized to promote healthy relationships on the back of their carved pumpkin.



Where?



Look out
for the
Poster!!



When?

Why?



Spreading awareness
about domestic
and sexual violence is
important because more
education and outreach leads
to a safer world to live in.



Upcoming Events and Information

Health Observation Days for Your
Calendar:

**World
Mental
Health Day:
10/10/2020**

**National
ADHD
Awareness
Month**

**International
Infection
Prevention Week:
10/16/2020 -
10/22/2020**

MindShift is an anxiety management app! It sports features such as journaling ones experiences and has CBT (Cognitive Behavioral Therapy) tools to help restructure the way we manage our anxiety.



Let us know if you check it
out over on our social media!!

App Spotlight

Upcoming Events and Information

Safe Sex Saturdays

Head over to our social media on Saturdays to see our informational posts about safe sex during the Pandemic.

Below is a list of all of the student groups happening. There are open to all students, on campus and virtual!



BENNINGTON COLLEGE
STUDENT GROUPS
FALL 2020

FLOWING WITH YOUR POWER: SUPPORT AND EMPOWERMENT GROUP FOR FLOW STUDENTS

WITH KAT DALEY AND JOCELYN SALCEDO

MONDAYS 12:00-1:00 EST

[HTTPS://BENNINGTON.DOXY.ME/KAT](https://bennington.doxy.me/kat)

MINDFULNESS WEDNESDAYS

START YOUR DAY WELL WITH KAT DALEY, RAGE HEZEKIAH, AND PENNY OWEN
OPEN TO STUDENTS, STAFF, AND FACULTY

9:00-9:30AM EST ON WEDNESDAYS

ZOOM: ID: 99079887458, PASSWORD: 340246

SURVIVORS SUPPORT GROUP

WITH ALI TARTAGLIA

WEDNESDAYS 7PM TO 8PM EST

ZOOM MEETING ID: 4424345023

(US) +1 929-205-6099

SUPPORT GROUP FOR INTERNATIONAL STUDENTS STUDYING ON CAMPUS AND REMOTELY

WITH RAGE HEZEKIAH AND HEIDIE VAZQUEZ-GARCIA

FRIDAYS 3:00 - 4:00 PM EST

ZOOM MEETING ID: 941 9234 3786, PASSCODE: 424564

BETTER TOGETHER SUPPORT GROUP

WITH ALI TARTAGLIA AND KAT DALEY

SATURDAYS AT 2PM-3PM EST

ZOOM MEETING ID: 4424345023

(US) +1 929-205-6099

ALL ZOOM MEETINGS AT [HTTPS://BENNINGTON.ZOOM.US](https://bennington.zoom.us) ENTER ZOOM ID AND PASSCODE IF REQUIRED.



for questions contact Ali
alisonartaglia@bennington.edu
802-440-4755

Check out our Weekly
Themes below to see what
type of content will be up on
our social media!!



Bennington
Student
Health
Promotion



bennington
student
healthpromo



btonhealth
promo

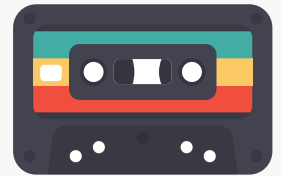
Weekly Themes!



TEMPERAMENT



TUESDAY



FEEL GOOD

FRIDAY



Thank you for reading!

Keep your eyes out for
our next issue!!



Take care!

3 B Deliveries Link:

<https://forms.gle/16QM1U52MHqwmZSH8>