HAPPY VALENTINE’S DAY

HEALTHY RELATIONSHIPS
Healthy relationships bring a sense of happiness and health to our lives. Tips to keep your relationships healthy even though your relationship may be with your parents, siblings, friends, boyfriends, girlfriends, professors, roommates and classmates.

Realistic Expectations- No one can be everything we want him or her to be. Healthy relationships mean accepting people as they are and not trying to change them! It’s never all or nothing.

Talk with each other- Communication is essential!! It means—
• Take the time. Really be there.
• Genuinely listen. Don’t interrupt
• Listen with your ears and your heart– Emotional messages are shared and woven into words.
• Ask questions. Ask if you think you may have missed the point. Ask for opinions. Show your interest. Open the communication door.
• Share information. Sharing information helps to begin a relationship. Don’t overwhelm with too much too soon.

Be flexible- It’s natural to feel angry or sad when people change and we are not ready for it. Change and growth is allowed!!

Take care of you— You want to please others but don’t forget to please yourself. Healthy Relationships are mutual!!

Be dependable— If you make plans with someone—follow through. If you have an assignment deadline, meet it. If you take on a responsibility, complete it. Trust is key in healthy relationships.

Show your warmth— Healthy Relationships show emotional warmth!!
Disagree in a fair manner. Most relationships have some conflict. If you disagree about something it doesn’t mean you don’t like each other.

When you have a problem:
• Find a time to talk about it. Don’t have difficult conversations when you are very angry or tired. Healthy relationships are based on respect.
• Don’t criticize. Attack the problem not the person. Begin conversations with “I” statements. Don’t open with “you” statements; avoid blaming the other person for your thoughts and feelings. Healthy relationships don’t blame.
• Don’t assign feelings or motives. Let others speak for themselves. Recognize each persons right to explain themselves.
• Stay with the topic. Don’t use a current concern as a reason to jump into everything that is bothering you. Don’t use ammunition from the past to fuel the present.
• Say, “I’m sorry” when you are wrong. It goes a long way in making things right again. Healthy Relationships can admit mistakes.
• Don’t assume things. We really don’t know what someone else is feeling or thinking. We can be very wrong!!
• Ask for help if you need it. Talk with someone—your RA, a counselor, a professor, a minister or even parents. Check campus resources like Counseling Services at 946-2315.
• There may not be a resolved ending. You may need to compromise or to disagree about some things. Healthy relationships don’t demand conformity or perfect agreement.
• Don’t hold grudges. You don’t have to accept anything and everything, but don’t hold grudges—they drain your energy. If you can see the best in others the healthier your relationships will be.
• Relationships with winners and losers don’t last.
• You can leave a relationship. It is your choice to move out of a relationship. Loyalty is very important in good relationships, but healthy relationships are NOW, not some hoped-for future development.

Show your warmth. Warmth is highly valued by most people in their relationships.

Keep your life balanced. Don’t overload on activities, but do try new things—clubs, volunteering, going to lectures, projects. Healthy Relationships aren’t dependent!!!

Be yourself!!! It’ much easier and much more fun to be you than to pretend to be something or someone else. Healthy relationships are made of real people, not images!!

REACH OUT TO SOMEONE TODAY!!!
Love in the time of Facebook
By Marcie Courter, M.A., NCC
Psychology Intern

Relationships are difficult to navigate; and when 185 of your closest friends are monitoring the status of your relationship, it can be even more challenging. So when do you change your facebook status to: “in a relationship”? After the first date, second date, third? That first date can be exciting but changing your status probably requires a few more dates and discussion with your partner. Your best bet is to wait until you have had a consistent pattern of positive dating interactions. It is also important to discuss the status of your relationship with your partner. Take your partner’s feelings into account when making this decision. If your partner does not feel ready to broadcast to all of your friends that you are dating, then respect their wishes. However if you are feeling disrespected by your partner’s desires to post or not post your relationship status, then a discussion is in order as well as some thought about whether you are getting your needs met from the relationship. It is also a good idea to examine the reasons why you feel the need to post on Facebook. Is it to finally prove to the world that you are worth dating? To receive support and assurance? To make an ex-partner jealous? Or is it the need to feel liked by others?

Once you decide to post your relationship, is it appropriate to post status updates and pictures of your relationship? Everyone likes to see pictures of friends, however some people may think the continuous link into your relationship gives them the right to give you relationship advice – even when unsolicited. Remember, a relationship is a special bond between just the two of you. Deciding whether or not to go viral with that bond and share it with others should be a decision both parties make carefully.

Lastly we come to the difficult and dreaded time in a relationship- the break up. Now we all know this will never happen to your relationship right? So let’s just say a friend recently broke up with a partner. Does that friend change their Facebook status to “single” right away? Does your friend start obsessively checking on their ex-partner’s status to see what is being said? Here is what you might say to your “friend”. Deciding to break up is a painful process. It is best to give yourself some time to process your feelings before changing your Facebook status. If your ex-partner has already changed their status (and you feel angry), know that this is part of your ex’s healing process. If you do decide to change your status to “single”, be prepared for people to have an opinion. Most of your Facebook friends will want to give advice or comment; you made your relationship viral so now they have a stake in it. If you find yourself checking your ex-partner’s status and page more than once a day then chances are you might need to unfriend your ex-partner for a while. If you are checking the pages of your ex’s friends, then maybe a break from Facebook would be appropriate.

Remember, social networking sites such as Facebook are a broadcasting tool for keeping in touch with others. You and your partner are already in close contact. Understanding the reasons why you want to post information about your relationship will help you know if it is the right thing to do. The bottom line is that you need to respect both your partner and yourself. If you can do that while informing others through Facebook about your relationship, great. If you and your partner cannot find a way to agree on whether or not Facebook is a good idea for your relationship, or you are hanging on to your ex’s status, then it is probably third wheel….just for a while.
What Your Facebook Profile May Be Telling ID Thieves

by Jennifer Waters
Monday, January 10, 2011

Seemingly harmless information can help ID thieves unlock key to your identity.

Your pet's name is a fraudster's best friend.
You may think you're revealing precious little when you tell your Facebook friends that you're dressing your pooch, Puddles, in your favorite color, red, for brunch at Grandma's on Sunday. But you've actually just opened a Pandora's box of risks.

The information consumers willingly, and often unwittingly, post on social-media websites can be a gold mine for fraudsters looking to steal everything from your flat-screen TV to your identity.
What's more, tidbits like your birth date, birthplace and the last school you attended are typically the challenge questions posed by bank websites and online retailers to verify your identity.
"Despite all the awareness that people have about identity fraud and privacy on social networks, there is a disconnect between [that and what they are] disclosing in online space and social environments," said Thomas Oscherwitz, chief privacy officer for ID Analytics, a San Diego-based consumer risk management firm.

More than 24 million Americans 18 years old and older are still leaving their social-network profiles mostly public, meaning they aren't activating privacy controls that limit who can see their information online, according to a Harris Interactive survey conducted in October for ID Analytics.

The survey also found that nearly 70 million U.S. adults on social-networking sites include their birthplace — one of the most common security questions asked by financial institutions — on their profiles.
"The information people are disclosing is not the entire piece of the puzzle but it's certainly helpful," Oscherwitz said. Thieves steal identities in pieces, he said, and layer them on each other for a clearer picture.

Say you post on a social-media site that you're at a tanning salon ahead of your week-long trip to the Bahamas the day after your birthday. You're telling potential burglars that not only are you away from home for an hour or so, but beginning Tuesday, your home likely will be empty for seven days.

"Even listing daily activities can let strangers know your routine and put you at risk," said Gail Cunningham, spokeswoman for the National Foundation of Credit Counseling.

Too much information can hurt you in other ways. John Sileo, a Denver-based identify-theft expert, said your online chatter could equip an ex-spouse with ammunition for a court challenge. Future or current employers could have a problem with information about your personal life that they deem inappropriate for a member of their staff, he said.

You also could be furnishing a would-be stalker with information about your whereabouts. "We are giving people the little pieces of our trust or access to our trust that allows them to get bigger things out of us," said Sileo, founder of the ThinkLikeaSpy.com newsletter.
Tips to Stay Safe

Here's some advice from Sileo, who wrote the "Facebook Safety Survival Guide," about protecting online privacy on all social-networking sites:

• Never post your exact date and place of birth. It's invaluable information to identity thieves, particularly when the two are bundled together.

• Never post your address, phone number or email address. This is plum information to scammers and marketers who are looking for nuggets of your identity.

• Control who can see your personal information. Many social-networking sites have privacy features, but they change often. Know what they are, stay on top of them and restrict your page to your real friends, not friends of friends or someone you met in a bar.

• Limit information about your activities. If you must brag about a trip or a fabulous party, do it after the fact.

• Before you share any information anywhere online about yourself or your workplace, ask this question: What would the consequences be if this information fell into the hands of my boss, competitor or people who don't like me?

• Remember that what you post is public and permanent. Don't put up embarrassing photos that you wouldn't show your grandmother. Don't complain about your job or your boss. Don't say something to or about someone that you wouldn't say to his face. Don't threaten others.

• Know the four types of Facebook users: friends, outsiders, businesses and enemies.

• You should know exactly who wants to be your friend or is asking you to link into their network. Some people will befriend your friends to get to you or your company.

• Be wary of seemingly harmless quizzes. When someone invites you to take a survey, say, "10 Things Others Don't Know About You" or "My Favorite Things," it may be designed to harvest your data. The name of the street you grew up on or your favorite vacation spot could be clues to your passwords.

• Before you share any information anywhere online about yourself or your workplace, ask this question: What would the consequences be if this information fell into the hands of my boss, competitor or people who don't like me?
New Zealand Woman Partially Paralyzed by Hickey

Published January 24, 2011
By Effie Orfanides

Have you ever gotten a hickey? If you answered yes, you probably should keep reading this story. It may be hard to believe but a New Zealand woman was left paralyzed after receiving one of those suckers!

According to AOL, "A 44-year-old Maori woman was brought to the Aukland hospital with a paralyzed left arm, which initially left doctors stumped until they noticed there had been a clot on the right side of her neck beneath a hickey."

Although something like this is extremely rare, it can happen. The woman ended up having a stroke after receiving the hickey. It's really important that you pay attention to any side effects you may have after getting a hickey. Doctors say that pain in the jaw or behind the eyes is a warning that should not be ignored (AOL).

This poor lady had a serious health problem from a hot and heavy romantic evening!

Let us know if you would like to have a topic addressed in future issues of Campus Beat.