

February 2010

Volume 1  
Issue 6

# Campus Beat

University of the Pacific—Department of Public Safety

## HEALTHY RELATIONSHIPS

Special Points of  
Interest:

Page 1—2  
Healthy  
Relation-  
ships

Page 3—  
Acts of  
Kindness

Page 4 -  
Fall Semes-  
ter Crime  
Stats

Page 4—  
Love  
Struck

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 do things 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 person's 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—you 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's 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!!!**

**TAKE A CHALLENGE  
ONE MILLION ACTS OF KINDNESS**

**What**

One Million Acts Of Kindness is a goal for every individual to perform in one's life. This movement is fast becoming a part of student's lives throughout this country. At the culmination of the week, each person taking part in the events during the week, will decide if he or she would like to pledge to perform one million acts of kindness in their lives.

**When**

On February 8th-14th 2010, the first annual One Million Acts Of Kindness Week will take place. This event will always begin on the second Monday in February and will last for seven days.

**Who**

Students across the country, with an interest of making their campus and world in which they live a kinder environment, by a constant mind-set of doing and caring for others.

**Where**

Every campus across the country, helping students become involved with helping others.

**Why**

The time is long overdue for a genuine kindness movement in this country. This is exactly what this world needs.

Every one of us shares in the same thought, that there is a huge void of compassion for fellow man. Most of us subscribe to a vision of a better world. A world where all people work for the common good of the whole. An opportunity to help return this country to the core values of just a couple of generations ago. Where there once was a sense of community among neighbors.

**KEEP THIS CHALLENGE GOING EVERY DAY  
THE PAYOFF IS PRICELESS**



<b>FALL SEMESTER (August thru December)</b>	<b>Total</b>	<b>Fall 2008-2009</b>
Arrests	92	80
Assault, Aggravated	0	0
Alcohol violation	19	21
Arson	2	0
Battery, physical fight	14	1
Burglary, resident	13	7
Burglary, auto	4	8
Call for services	2020	2364
Forcible sex - Rape	0	0
Forcible sex - Date Rape	1	0
Forcible Fondling	0	2
Motor vehicle theft	0	0
Narcotic possession	15	7
Report taken	367	339
Robbery, weapon	1	0
Theft, grand over \$400.00	15	15
Theft, under \$400.00	43	31
University regulation viol.	18	7
Vandalism report	25	19
Warrant arrest	27	23
Weapon violation	4	9

The majority of property targeted in the above listed burglaries was a result of property left unattended in unsecured rooms visible to the public. The increases of petty thefts were bicycles secured with poor devices. The thefts decreased significantly after several subjects were arrested by officers.

**Love can make you do crazy things**

**A bank robber in Nebraska became smitten with the teller, who handed over the cash. When he phoned to arrange a date, she kept him on the line long enough for the police to trace his call.**

