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FEBRUARY 2012 ACTIV8

PROMOTING HEALTHY RELATIONSHIPS

Valentine's Day is a major part of February; and the Women's Caucus is embracing this holiday as an opportunity to promote healthy relationships! Back in October, we talked about domestic violence and ways to identify abuse within a relationship. This month a similar theme will be focused on, with a renewed emphasis loving others and loving yourself!

Possible Activities for this month include:

1. **Hosting a Relationship Workshop:** Hosting a relationship workshop is a fun and creative way to bring students together to talk about the definition of a healthy relationship. Search your campus/community for a counselor or relationship expert to help host your workshop.
2. **Valentine's Day Cards:** The FCD Women's Caucus has provided you with a pdf Valentine Card template. Feel free to download this file, print it 4-to-a-page, and distribute it during tabling. Be sure to include lollipops and/or condoms to the Valentine cards to encourage safe sexual activity this month!
3. **Love Your Body:** Self esteem among women and girls is an everyday issue with no real solution in site. Hosting a Day of Action for loving your body is a great way to raise awareness about this issue and show your campus that you and your peers are proud of your body and who you are!
 - a. Possible Day of Action: Decorate towels with "Love Your Body" quotes, and wear just the towels outside of your Student Union with flyers explaining what the Love Your Body movement is about.
 - b. For more information, check out: <http://www.loveyourbody.org/>
4. **V-Day:** V-Day is a global movement to end violence against women and girls. Started by Eve Ensler, writer of The Vagina Monologues, V-Day campaigns focus on promoting creative events to increase awareness about violence against women and raise support for anti-violence organizations.
 - a. Showing scenes from The Vagina Monologue or asking members to read their favorite parts from the play, could be one day to commemorate V-Day.
 - b. To learn more, check out: <http://www.vday.org/> /home

If you would like to participate but do not have a Women's Caucus established on your campus, please contact Anna V. Eskamani for more details.