

HEALTHY U

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"Only when we are no longer afraid do we begin to live"

Editor: Marilyn Kile

CYBER STALKING

Online stalkers may send hateful, obscene, or threatening e-mail. They may post false accusations and even encourage others to harass the victim. They can create postings and start rumors via bulletin boards, chat rooms, and online communities such as FaceBook, MySpace, and Friendster. Some have assumed the victim's persona online and sullied his/her reputation or ordered various goods and services in the victim's name. Other stalkers have resorted to sending a virus, and spamming.

It is more than mere annoyance. It is methodical, deliberate, persistent, uninvited, and frightening. Regardless of

whether cyber stalking is thought of as an extension of the physical form of stalking or as a new form of deviant behavior that can be distinguished from offline stalking, it represents a serious intrusion into the life of the victim. Online threats and other forms of verbal intimidation are just as frightening and distressing as offline stalking. Cyber Stalking is becoming a tactic in the service of hate and bigotry.

The stalker may act out of rejection, or perhaps resentment. They may lack the intellectual and emotional competency to develop relationships. In worse case scenarios, they are predators.

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WHAT'S NEW

Tai Chi Easy™
Tuesdays, 12:30-1:15 pm
UC room 259B
Free

"UWW Working for Wellness" Fair
Thursday, October 2, 2008
11 am – 2pm
Hamilton Center, UC

When Love Won't Quit: Understanding Relationship Violence & Stalking
Tuesday, October 28th,
7:00 - 8:00 pm

[More Information on Page 3](#)

AUTHENTIC HAPPINESS

There are 6 virtues and 24 character strengths considered important for optimal human fulfillment and psychological well being. Virtue 1 is wisdom and knowledge and the character strengths include creativity, curiosity, and love of learning.

Creativity involves generating ideas that are novel and produce positive results i.e., a new solution to a problem. This could include a better way to open the door when your hands are full to finding a cure for cancer. Highly creative people are often described as capable, clever, confident, humorous, individualistic, insightful, intelligent, inventive, reflective, resourceful and

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FAMILY PLANNING WAIVER PROGRAM

The state of Wisconsin has a program to provide free contraceptive (birth control) services to eligible women, and related reproductive health care that is part of regular birth control services.

"Who should consider this program?"

Low income women wanting contraceptive services.

"What services are included?"

- Routine reproductive health exams including pap tests
- Birth control pills, patch, ring, or injection
- Condoms

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VALUABLE LINKS

[Kinsey Institute Sexuality Info](#) (podcasts, weekly Q&A column, and sexual health info.)

[Smarter Sex](#) (Use any of the seven tabs including KISS (Keep It Safer and Smarter), Body Talk, the Couple Connection, the X and Y of STI's, Sexuality, Sexual Assault and HPV and it's Consequences to find articles, statistics, interactive exercises and links to more information.)

[Take Care Down There](#) (Video clips about sexual health)

[It's Your Sex Life](#) (MTV group. A guide to safe and responsible sex with topics including abstinence, pregnancy and contraception, HIV/STDs, how to talk to your partner, resources and a blog.)

WELLNESS RESOURCE CENTER

A couple of resources you may want to check out are:

Sex in the CD. This CD-ROM provides information, resources and avenues to explore the issue of healthy relationships and sexual responsibility. Participants answer questions, engage in discussions and participate in a number of interactive exercises. There are three rooms: a coffee house, a bookstore and a nightclub in which participants can explore.

Voices of Courage: Twelve survivors of sexual assault tell their own stories of tragedy and triumph. A journal of personal growth and recovery. CD

The [Wellness Resource Center](#) is located in the lobby of the Ambrose Health Center. Materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30.

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This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

Cyberstalking, Cont.

It is important to remember that all stalking, regardless of motivation, is about power and control and it brings a faceless terror into the victim's life.

Protection and Support: Identifying and personal information should not be entered online and encourage others to keep your confidential information private. With a few clicks of a mouse cyber stalkers can easily gather personal information. Remember, you are most vulnerable in cyberspace in areas where you interact with others. If you are victim, enlist the support of family, friends, roommates, and the police. Pay attention to your emotional needs during and after a stalking and consider getting professional counseling.

By Stephen Naymick, LCSW

Senior Counselor

For more information: [Working to Halt Online Abuse](#)

Authentic Happiness, Cont.

unconventional with wide interests. . Curious people are fascinated with possibilities and want to know "why". People who love to learn enjoy acquiring new skills and satisfying their curiosity whether building on their current expertise or learning about unfamiliar subjects.

Creativity is best developed in homes where children experience books, magazines, challenging computer games, concerts, exhibits, museums and travel in an atmosphere that encourages individual interests. Adults can encourage their own creativity by working on several projects concurrently, letting ideas incubate, and allowing plenty of time for frequent revisions as new ideas come up. Brainstorming in a group or alone is one of the best methods for encouraging creative solutions. This involves generating many possible approaches without judging or formalizing them. Individuals who feel secure and loved tend to be more curious. They are open to new experiences and are comfortable admitting what they don't know. People are more likely to develop a love of learning if they perceive their learning experiences as positive and if their environment values education and knowledge.

To develop these qualities in yourself, challenge yourself to try new activities both physical and mental; change one aspect of your daily routine every month; learn something new unrelated to your academic work or job; affirm the new ideas that pop into your head even if they are unrelated to the project you are currently working on; try to figure out how things work; give yourself plenty of time to generate many ideas and try out multiple approaches.

The concept of authentic happiness comes from the field of positive psychology pioneered by Dr. Martin Seligman. If you would like to better understand your own character strengths, take the Signature Strengths Questionnaire at www.authentichappiness.org

What's New, More Info.

[Tai Chi Easy™](#)

Tuesdays, 12:30-1:15 pm

UC room 259B

Free

Open to new people

Transform your day and your life!

Experience the calming and revitalizing practice of Tai Chi, an ancient wellness and stress mastery tool.

Come and learn some simple but very relaxing Tai Chi and Qi Gong movements. Perfect for beginners; can be done seated or standing.

Tai Chi has helped people of all ages improve balance, increase flexibility, relieve pain, and diminish the effects of daily stress.

If you have questions, contact [Marilyn Kile](#), Certified Tai Chi Easy facilitator, 262-472-1300 X 2244

"UWW Working for Wellness" Fair

Thursday, October 2, 2008

11am – 2pm

Hamilton Center, UC

Assess your health, free chair massages, play Wii, get great information and lots of freebies.

Door prizes - Nano, exercise ball, gift basket, Fitness center membership, sweatshirts, T shirts, calendars, massage gift certificate and more

[When Love Won't Quit:](#)

[Understanding Relationship Violence & Stalking](#)

Tuesday, October 28th, 7:00 - 8:00 pm, Basement of Wells (L-shaped room by University Fitness)

Are you aware of the warning signs? This workshop will teach strategies for staying safe and avoiding potentially dangerous relationships.

Family Planning Waiver Program, Cont.

- Pregnancy testing and counseling
- STD testing and treatment
- Emergency contraception
- Education and information

“Who can get these services?”

Use the checklist below to see if you might qualify.

- + I am a woman 15-44 years old.
- + I am a U.S. citizen living in Wisconsin.
- + I do NOT receive Wisconsin Medicaid, BadgerCare, or Healthy Start.
- + I meet the income requirements.*

Monthly income limits: One-person household \$ 1,733
Two person household \$2,333
Four person household \$3,533

If this describes you, there is a good chance you qualify for the Family Planning Waiver Program.

“Who can I see?”

If you are a current UWW student you may receive services from UHCS. Also any Medicaid-certified provider can offer the FPWP services.

“What documents are needed to apply?”

As of January 1, 2008, Family Planning Waiver Program requires the following information be provided with your application for enrollment or renewal:

1. **Proof of identity** (current drivers license, student ID, US military ID, state ID)
2. **Proof of citizenship required if you were not born in Wisconsin** (US birth certificate, US passport, US citizenship ID card)

3. Payroll stubs for the most current 30 day period

- If paid weekly, 4 stubs
- If paid biweekly, 2 stubs
- If paid bimonthly, 2 STUBS
- If paid monthly, 1 stub

If you are married, you must also have 30 days of pay stubs for your spouse

If you are unable to provide 30 days of pay stubs, you can have your employer complete:

- An employer verification form (available at 2nd floor reception window) or
- A statement from your employer listing
 - ◇ Employment start date
 - ◇ Number of hours worked per week
 - ◇ Rate of pay or salary

“How do I apply?”

1. Call UHCS (262) 472-1300 for a Waiver application appointment.
2. Bring along the required documents (see above).

“Who can I contact for more information?”

For more information on the Family Planning Waiver Program, call University Health and Counseling Services at 262- 472-1300, menu option 6

“When can I receive services?”

You may receive services after you have received via postal mail your “About Your Benefits” letter confirming your dates of eligibility. To receive services at UHCS you must be currently enrolled. You must present your student ID and current Forward card at every visit or you will be charged for the tests and medication.

By Marilyn Kile, LCSW, Wellness Coordinator