

A monthly newsletter brought to you by the College Diversity Officer & Diversity Task Force

NCCC.EDU/ABOUT/DIVERSITY

APRIL 2023

**RECOMMENDED FOR UNDERSTANDING & PREVENTING
INTERPERSONAL VIOLENCE, SEX & GENDER DISCRIMINATION**

What to Listen to:



Sexual harassment, abuse, and assault are serious and wide-spread issues — but we can all work together to eliminate these issues and create a safer world. This podcast explores topics like community-level prevention, evaluation, messaging, and more. **Learn more about the National Sexual Violence Resource Center at nsvrc.org**



A podcast about just what the heck gender actually is in context. Featuring discussions about various topics with a focus on identities outside the gender binary.
Learn more at <https://www.josiewrites.com/podcast>



From Dan Schorr, LLC comes a podcast that explores topics related to Title IX and Civil Rights legislation including investigations, policies and procedures, compliance regulations, and many other related social movements.
Learn more at <https://danschorrllc.com/podcasts/>

What to Read:

- ⇒ [History of Sexual Assault Awareness Month](#)
- ⇒ [Drawing Connections: Prevention Demands Equity](#)
- ⇒ [History of the Violence Against Women Act \(VAWA\)](#)
- ⇒ [Read NYS Education Laws **129 A** & **129 B**](#)
- ⇒ [Know Your Rights: Title IX](#)
- ⇒ [Know Your Rights: Pregnant & New Parenting Students](#)

What To Do:

Take a free Mini-Course on Sexual & Interpersonal Violence Prevention & Response

Sign into Blackboard to Access!

SUNY SPARC



[Start Course](#)

Explore and Share Videos & Free Resources from the

One Love Foundation

10 SIGNS OF AN UNHEALTHY RELATIONSHIP

Understanding these behaviors can help you figure out if you're in an unhealthy or abusive relationship. Most often, these behaviors are used to gain power or control and can have a negative impact on your confidence or ability to live life. In some cases, these unhealthy behaviors can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help.


1. INTENSITY
2. JEALOUSY
3. MANIPULATION
4. ISOLATION
5. SABOTAGE
6. BELITTling
7. GUILTING
8. VOLATILITY
9. BETRAYAL
10. DEFLECTING RESPONSIBILITY

10 SIGNS OF A HEALTHY RELATIONSHIP

Healthy relationships are ones that bring out the best in you. Even though the road may be painful, healthy relationships make you feel good about all of the time and generally bring you up and not down. At the end of the day, the factors characteristic in healthy relationships make you feel confident and supported.

1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY

Sexual Assault Awareness Month



DRAWING CONNECTIONS PREVENTION DEMANDS EQUITY

Free Local Resources

- 1) [NCCC Title IX Services](#)
- 2) [Adirondack North Country Gender Alliance](#)
- 3) [BHSN STOP Domestic Violence Services](#)
- 4) [Three Sisters Program](#)
- 5) [First Step to New Beginnings](#)
- 6) [Sexual Assault Services from Planned Parenthood](#)
- 7) [NYS Coalition Against Domestic Violence](#)