

Warning Signs of Violence

- Loss of temper on a daily basis.
- Increase in use of drugs and/or alcohol.
- Announcing threats or plans for hurting others.
- Carrying a weapon.

Definitions of Violent Crimes

- Hate Crime: motivated by prejudice or intolerance toward a member of a gender, racial, religious, or social group.
- Rape: any act of sexual penetration that is forced upon a person.
- Murder: the premeditated killing of another human being.
- Manslaughter: killing another human being without intent.

Statistics

- About 1 in 30 people in the U.S. are in jail, on probation, or on parole.
- Between 1980 and 2003 the U.S. incarceration rate tripled from 139 to 482 per 100,000 and the number of prisoners increased from 320,000 to 1.39 million.



Scavenger Hunt!
Thursday,
Nov. 19th
9p.m.-11p.m.
Campus
Center Food
Activity Court

**GROOVES
& GRINDS**

Toilet Talk

November 13, 2009

Make Peace, Not War

Did You Know...

- ...80% of Americans will be the victim of a violent crime at least once in their lifetime.
- ...One in four women has experienced domestic violence.
- ...Women ages 20-24 are at the greatest risk of nonfatal intimate partner violence.
- ...10% of sexual assault victims are men.
- ...In 2005, 5,686 people ages 10-24 were murdered, an average of 16 per day.
- ...A burglary occurs every 14 seconds in the U.S.

Answer to Last Week's Question: The most common form of violence takes place in the home in the form of physical abuse or domestic violence.

Easy Tip on Living Laker Green: 18% of the waste produced by the average family in the U.S. comes from the yard and garden. Keep yard waste out of landfills by composting, or give organic garden debris to your city for municipal composting.

Question of the Week: What are the names of the male and female turkeys during Thanksgiving?

Events of the Week:

- Saturday, Nov. 14th: Men's hockey vs. Utica. Campus Center Arena from 7-9p.m. Free for SUNY Oswego students.
- Nov. 18th-Nov. 21st: Theatre production: "Blood Relations." Tyler Hall. 8-10pm. Cost is \$7 for SUNY Oswego Students.
- Nov. 19th-21st: Movie "G.I. Joe." Campus Center Auditorium. Cost is \$1.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu



Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.



Words to whiz by...

"Yesterday is ashes; tomorrow wood. Only today does the fire burn brightly."

-Eskimo Proverb

Emotional Abuse

- ...Is a type of abuse that does not get much publicity.
- ...Mental, emotional and verbal abuse can be as bad, if not worse, than physical abuse.
- ...Can take the form of extramarital affairs, provocative behavior with another, humiliation, put-downs, unreasonable jealousy and extreme moodiness.
- ...Abusers may use phrases such as "I love you but..." and "If you don't shape up I'll..."

Resources

- Services to Aid Families (SAF) 342-1600 or x7777
- Counseling Center 312-4416
- Mary Walker Health Center 312-4100
- National Domestic Violence Hotline 1-800-799-SAFE



Walker Health Center
SUNY Oswego
(315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint. Sources available upon request.

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