

SARP NEWSLETTER

SEXUAL ASSAULT RESPONSE & PREVENTION CENTER 10 YEARS OF SUPPORTING SURVIVORS

The Fall 2022 Semester is over!

Congrats on finishing a semester of classes! We hope that you find time for rest and self-care during this winter break. Here are some self-care techniques:

1. Catch up on sleep
2. Watch your favorite show or movie
3. Spend time with people who bring you joy
4. Listen to music you like
5. Journal about this past semester



3 Days Until 2023!

As we get ready for a new year, remember that SARP is always a resource for all BU students.

We will continue to offer trainings and counseling as we in the new year!



Tips for coping with the Holidays

Despite being advertised as a joyous season, the Holidays can be a difficult time for many. We've included some tips below for how to cope this Holiday season.

- *Acknowledge your feelings*
- *Give yourself permission to say "no"*
- *Give yourself grace*
- *Utilize happy and healthy distractions*
 - Go for a walk, call a friend, etc.

Meet our new clinician!

From favorite color to why she wanted to join SARP, get to know Rachel Gulick!



Rachel Gulick

She/Her/Hers

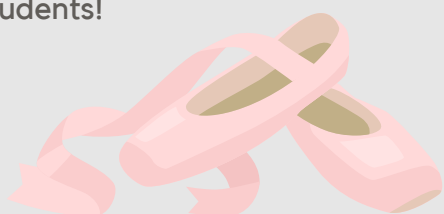
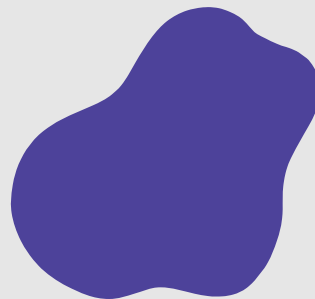
Rachel is the newest member of the staff here at the Sexual Assault Response and Prevention Center. Rachel got her BA at Simmons University and her MSW at the University of Southern California.

Rachel wanted to join SARP because she was inspired by the values and the progressive atmosphere. Rachel is really excited to be working with college students!



Favorite Movie:
The Sound of Music

Favorite Color:
Purple



Rachel teaches trauma-informed ballet to kids and teens!!

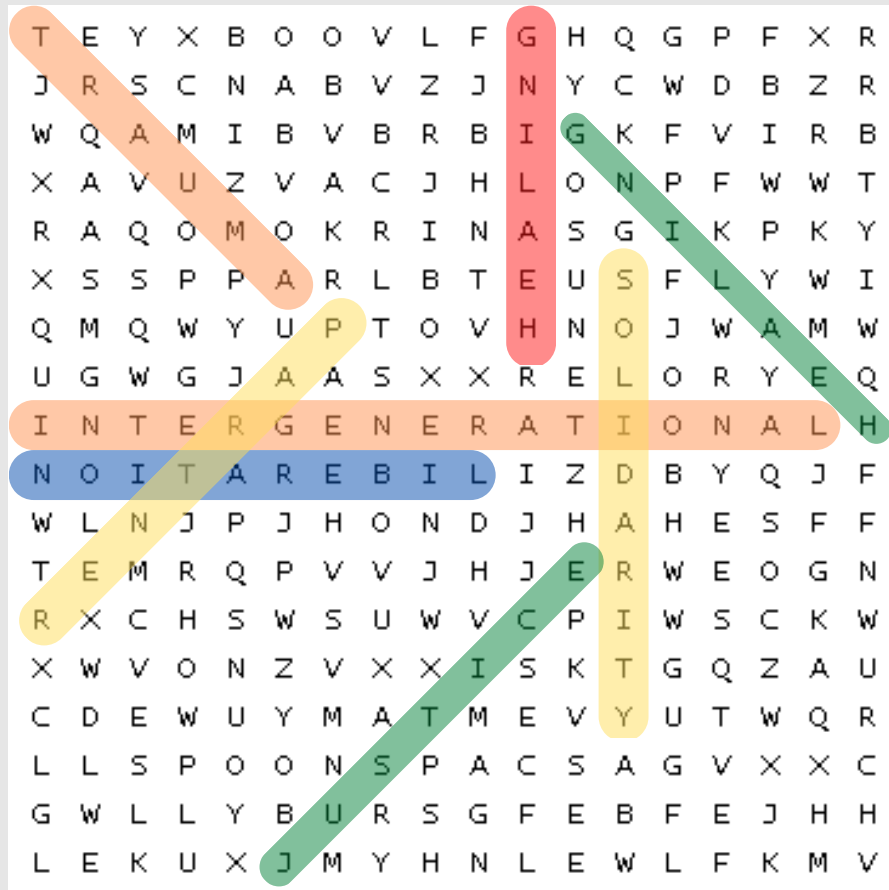


Favorite Season: Spring



Favorite TJs snack:
Stroopwafel

TERMS OF THE MONTH



Healing: the pathway to restore well-being for those who have experienced trauma and suffering; experienced collectively and in relationship with others.

Healing Justice: A framework that identifies how we can holistically respond to and intervene on generational trauma and violence, and to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts, and minds.

Intergenerational Trauma: the significant mental and psychological impact over hundreds of years that has been transmitted generation over generation and remains unaddressed.

Liberation: The collective process of becoming free from dehumanizing conditions.

Solidarity Partner: a person in a position of privilege and power who seeks to operate in solidarity with a group or person who holds less institutional power.

MENHEALING

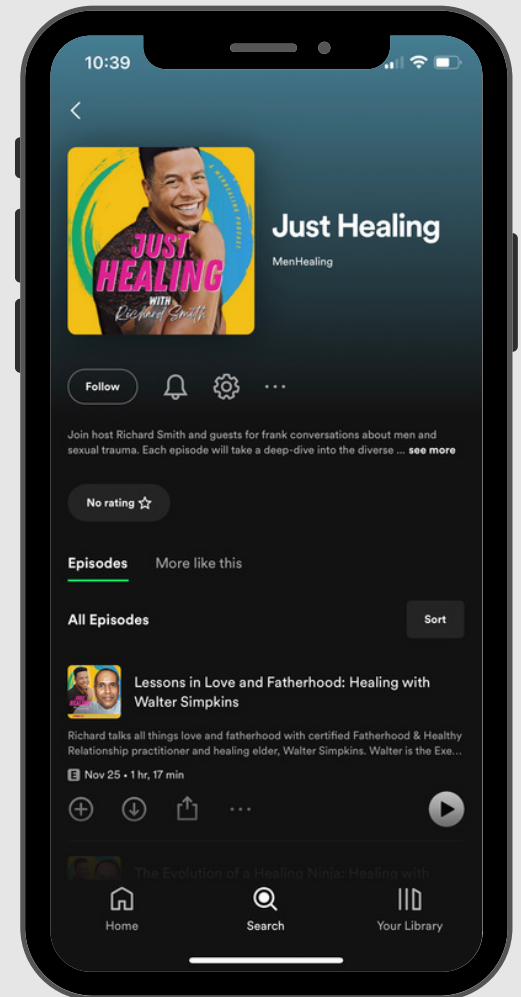
INSPIRING HOPE, CHANGING LIVES

MENHEALING

MenHealing is an organization that offers retreats designed to inform, inspire, and support men who have been sexually victimized as adults or children. No other organization offers this innovative healing resource.

Goals of MenHealing

- to maintain the WOR program and to expand accessibility for underserved populations of male survivors;
- to develop complementary programming that extends beyond WOR and DOR events;
- to diversify the Facilitator Team, Board of Directors, and Staff;
- to construct organizational decision-making, practices, and relationships that are grounded in Core Values of social justice; and
- to achieve long-term sustainability through maximum grassroots engagement and financial support



MASCULINITY IN MEDIA

Join host Richard Smith and guests for frank conversations about men and sexual trauma. Each episode will take a deep-dive into the diverse range of perspectives and personal stories about the social and cultural factors that impact healing for male survivors. Sexual trauma does not exist in a bubble - healing shouldn't either! It's time to examine and discuss those intersectional ways that trauma and healing are impacted by racial and gender identities, socioeconomic status, oppression, and white supremacy. Let's listen. Let's learn. Let's heal.