



Healthy living

in college and for life



Behrend offers new options for student rape victims

by Ryan Anthony and Sarah Orr
staff writer and health page editor

"Why did I go to that party? What was I thinking? I don't even see how I could have ever thought it would be fun. I am so stupid. I cannot believe I went. Why did I do that? I only had a couple beers. I was with my friends all night. I was with them, wasn't I? Why did they leave me? This is their entire fault. They said they would only be gone for half an hour. Why didn't they think about me? Don't they know a lot can happen in half an hour? This is their fault—their fault and his fault. I told him no. He flirted with me all night. He offered me drinks and even danced with me. I told him no. He was so cute though—wait, no, I told him NO. Why did my friends leave me? We went to that party as a group. It was supposed to be girls' night out. What happened to that? I didn't want to go to that party. They made me go. It's their entire fault, not mine. What do I do now? Oh God, I hope I'm not pregnant. I hope he didn't have an STD. Why? Why didn't I leave the party with my friends? I should have gone with them. This wouldn't have happened if I left with them. They told me I would be safe with him. They trusted him. I trusted him. What if I see him again? I told him no. I told him NO! Should I talk to him? Did I flirt with him too much? I told him NO! Is this my fault? What do I do now? What do I say to him? Should I tell someone? Telling someone won't make it never have happened. It's my fault. I can't tell anyone. What do I do? I need to talk to someone. Not my mother, she'll take me out of school. What do I do? Who can I talk to? HELP!"

This may be some of the thoughts or feelings of someone that has been a victim of rape. Rape is a violent crime that should be reported if it

happens. *The Chronicle of Higher Education* published a report stating that three percent of female college students will be the victims of rape or attempted rape each year. The report was named "The Sexual Victimization of College Women." It says that approximately 350 rapes happen each year on the campuses that enroll 10,000 or more women.

This was a national study that combined two different surveys that measured the type and extent of sexual victimization on women. There were 4,446 women chosen randomly from across the country that were students attending a two-year or four-year school. This is where the main survey was distributed. A second survey was conducted from late March to mid-May where 4,432 were randomly selected to participate. The study focused on different elements and types of sexual abuse such as stalking, unwanted sexual contact or threat of contact, threats of rape, attempted rape, or actual rape. It found that sexual victimization happened at a rate of 35.3 occurrences per 1,000. Approximately sixty percent of rapes that happened on college campuses took place in the victim's living quarters, but fewer than five percent of these rapes were reported to officials.

Rapes can occur among both the male and female population. Penn State Behrend is fully equipped to deal with a rape assault with such services as Health and Wellness, Police and Safety, and Personal Counselors. Health and Wellness has added a new aspect to the services that they can provide students who are victims of rape. It is a service that is offered to both on and off-campus students. Patty McMahon, who is a licensed nurse practitioner at Health and Wellness, has just been approved to provide a forensic examination for anyone who may want it at no charge. She attended five full days of training dealing with evidence collection and aiding a recent assault victim.



Melissa Heidt, RN, will be assisting Patty Pasky-McMahon, CRNP, with the forensic exams to be performed on rape victims that choose the option.

PHOTO BY NEIL MAKADIA

This service includes follow up consultations, but it is not a mandatory choice for all students. It is just another option that Health and Wellness is offering to students to help them through the process, but it is completely up to the student's discretion.

Health and Wellness feels that it is important to incorporate as many viable options for victims as possible so that they can receive the help that they need. Patty McMahon remains

on-call after hours. The Coordinators and Police and Safety have her home phone number in case of an emergency. Any rape victim is treated as a medical emergency and given top priority at Health and Wellness. There are many reasons why it is important to seek medical assistance immediately. They include the risk of physical injury, sexually transmitted diseases, or pregnancy. If physical evidence is to be collected,

it is ideal if it takes place immediately following the assault, but can be collected up to 72 hours after a rape has occurred. The collection of the evidence is significant if the victim wishes to prosecute the offender. Just because evidence has been collected, it does not mean that the victim is faced with no other choice than prosecution.

Victims of rape may suffer from many emotional scars, as well as the

physical ones. An array of emotions may be displayed, such as anger, fear, denial, shame, guilt, depression, shock, and anxiety. Physical symptoms can include disruption of the sleep pattern, nightmares, stomach disorders, nausea, and changes in eating habits.

Even though rape is a horrific crime, there are ways of coping, and Penn State - Behrend offers a variety of services to aid those in need.

If You Are Raped

Get to a safe place as soon as you can.

Try to preserve all physical evidence. Do not bathe, douche, use the toilet or change clothing.

Contact the Health and Wellness Center and/or Police and Safety.

Get medical attention as soon as possible.

Contact a close friend who can be with you until you feel safe again. Your friend can also accompany you to the hospital and/or to the police department.

No doze, no duh!



Blood, Sweat, and Tears
Sarah Orr
health page editor

everyday life while attending college. On average, college students can accumulate a sleep debt of about ten hours during the five-day school week.

Approximately 15%-25% of all adults suffers from some form of sleep deprivation. Insomnia is just one of the many types. Insomnia is clinically defined as the dissatisfaction with the quantity, quality, or timing of normal sleep. This is a common sleep complaint among various individuals.

Ok, so maybe you don't suffer from insomnia, but changes in sleeping patterns, high levels of stress and tension, and eating habits can all factor into the quality of sleep that you receive each night. Not getting the proper amount of sleep can result in mood changes such as irritability, sadness, crankiness, and anger. It can also

increase the amount of stress on the body and the body's ability to deal with it. It may increase the body's susceptibility to ward off disease, as well.

Another interesting, yet disturbing side effect of sleep deprivation is an increase in the likelihood of car accidents. Fifty-one percent of all adults admit to driving while feeling drowsy. In a North Carolina State study, 55% of fall-asleep at the wheel crashes involved people 25 years old and younger. Seventeen percent of all individuals interviewed in the 18-29 year old range actually report falling asleep at the wheel. Adding to the cost of "drowsy" driving is the 12.5 billion-dollar price tag annually attached to that diminished productivity and property damage.

To avoid falling too far into a pit of sleeplessness, I have some tips to keep you awake and alert in class and on the road. To function at your best, you want to make sure that you get the recommended hours of sleep each night. For most people that number is eight. It could be different depending on the individual. Get into bright light as soon as possible in the morning, and stay away from it in the evening.

Understand your circadian rhythm. After lunch, avoid coffee, sodas with caffeine and nicotine. Don't drink too much alcohol either. I know, I know, but alcohol has been shown to disrupt normal sleeping patterns. Make sure to relax before going to bed, and don't exercise too close to bedtime.

One of the better ways to stay on track with sleeping habits is not to go off schedule for more than two nights in a row, especially on weekends. Do not go to sleep more than one hour later on the weekends that you do during the week. This technique promotes healthy sleeping patterns, which will help reduce fatigue during the day. And even though the weekends provide ample "sleep-in" time, you shouldn't sleep more than two to three hours later than your normal schedule.

Everyone is different, so what works for one person may not aid another. Find out the amount of sleep that you require each night, get it, and stick to your schedule. If that doesn't help, seek a professional's advice. Happy napping!

Healthy Happenings

Women's Health Program
Tues, March 13
7:00 p.m.
2nd Floor Lawrence



Beer Game
Tues, Feb 20
8:00 p.m.
2nd Floor Ohio

Beer Game
Thurs, March 15
7:00 p.m.
2nd Floor Almy

Blood Drive
Wed, March 28
11:00 a.m. - 4:00 p.m.

"Spring Screening" Health Fair 2001
Wed, April 4
11:30 a.m. - 1:30 p.m.
Reed Commons

ZZZZZZZZzzzzzz.....Don't you wish that you were enjoying an afternoon nap on a cold and overcast day wrapped in the warm security of your favorite blanket? Head lying gently on the soft pillow on your bed, you serenely doze off into a deep and tranquil slumber accompanied by music playing softly on the radio. Your afternoon catnap is making up for an all night studying binge for that marketing 470 test. Nice picture, isn't it? Yeah right.

We are all students who know that sleep deprivation is a part of