Volume 1, Issue 6

March/April 2012

Center for Cadet Counseling

ccc

THE VMI STANDARD

APRIL 2ND IS KICK BUTTS DAY!

WE CHALLENGE YOU TO KICK TOBACCO TO THE CURB!

April: Take Part in VMI's Tobacco Quit Challenge

Take part in the Tobacco Quit Challenge! VMI is having our annual Tobacco Quit Challenge beginning on March 23rd. The challenge lasts one month and will end roughly on April 20th. While participating in the Challenge there will be weekly check-ins to discuss any difficulties and progress made towards quitting, and tips for those who need any extra encouragement. Other than the weekly check-ins there will be weekly prizes for the participants to win prizes for their involvement. The Tobacco

Quit Challenge is open to anyone who uses tobacco in any form. The greatest used form of tobacco at VMI is dip and this is a great way for dip users and smokers to kick their habit. If you are a tobacco user and have been thinking about quitting, make sure to sign up for The Tobacco Quit Challenge, it's a great opportunity to put an end to tobacco use in your life!

Contact CPT Wadsworth for more information.

Cadet Peer Educators

Kaity Harrison– CIC	2012
Amanda Berrios—CIC	2012
Kayla Johnson– ACIC	2013
Jacob Macintyre	2012
Chad Sussman	2012
Jacob Znachko	2012
Jonathon Hampton	2013
Corinne Lariviere	2013
Rhyne Seward	2013
Ben Sykes	2013
Samantha Alpert	2014
Heather Haag	2014
Mary Schriver	2014

Sexual Assault Awareness Month

April is National Sexual Assault Awareness and Prevention Month. This past fall, cadets had the opportunity during a corps wide briefing to hear from Project Horizon which is Lexington's own non-profit organization that *"is dedicated to reducing dating, domestic, and sexual violence in Lexington, Buena Vista, and Rockbridge County area through crisis intervention services and prevention programs."*

Hopefully cadets will not face any situation in which they need to employ the group's services, nonetheless, it is important to be aware that it

CHECK OUT THE NEW CADET COUNSELING WEBSITE:
www.vmi.edu/counseling

TO CONTACT CCC PLEASE CALL OUR OFFICE AT
Ph: (540) 464-7667
OR EMAIL
kirkpatrickke10@vmi.edu

BE SURE TO CHECK OUT THE VMI SELF–ASSESSMENT ON OUR WEBSITE!

*you may learn something about yourself...

is a service available for the community. They are available for information, to discuss past incidents you may have encountered, to help with ways to talk to someone who is being disrespectful with language, or to even help you help a friend.

Project Horizon offers "a 24-hour hotline (540-463-2594), emergency shelter, crisis intervention, counseling, applicable referrals, and legal advocacy. Project Horizon has no income eligibility for the services offered. **All services are confidential and free of charge."**

It is a wonderful service that directly affects our community. Cadets should be able to recommend the service to those in need, and if possible, apply to volunteer to help out Project Horizon. **Check out their website for volunteer information.**

(Information cited from www.Projecthorizon.org)

Other great websites to learn from to be informed this month include

- **Men Against Violence Against Women** (http://www.mavaw.org/index2.asp)
- **Fear2freedom.org**—which focuses on healing from traumatic events.

Safe Relationships

For cadets, April is a busy month with mid-terms and FTX. As soon as Spring and Easter Furloughs roll around, all we want to do is escape the constrictions of barracks life and experience the fun other college students get year round. That being the case, **we need to be reminded to play it safe when it comes to the relationships and behavior we chose to partake in over break.** Please remember that the Post Hospital offers condoms for those who are sexually active and also offers HIV testing if desired.. No matter what fun you decide to have, make sure it's safe.

CPE

APRIL 22ND IS EARTH DAY!

WE'RE ON THE WEB!

"The Standard" is a monthly publication created by the Cadet Peer Educators (CPE) and sponsored by the Center for Cadet Counseling (CCC). The CPE group is a leadership group designed to build up the Corps by encouraging the cadets to lead healthy lives.

For More Information about CPE contact Captain Wadsworth at wadsworthsh10@vmi.edu or call our office (number listed to left).

WWW.VMI.EDU/CPEMEDIA