



Stall Seat Journal

Peer Health Educators
Rm. 3 Wilder Hall
785-8969

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Month of Love

Random Valentines Trivia

- In the Middle Ages, people believed the first unmarried person of the opposite sex you met on Valentines Day morning would become your spouse.
- King Henry VIII declared Feb. 14 St. Valentine's Day in 1537
- Some people believed that if a woman saw a robin flying overhead on Feb. 14th, she would marry a sailor.

www.everythingvalentinesday.com/valentines-trivia.html



Everything Cupid

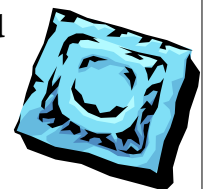
Cupid is synonymous with love and romance since ancient times. It originated from the Latin word *cupido*, which means desire. The ancient Romans considered cupid as the God of love. Cupid is generally shown as a naked boy with wings, bows and arrows. And even today he is considered the supreme lord of the lovebirds all around the world. On Valentines Day cupid with its bows and arrows assumes greater significance on account of its deep association with love and romance. He and Psyche had a child, Pleasure.

www.everythingvalentinesday.com/valentines-day-cupid.html

3 Tips to Safer Sex

www.smartersex.org

1. Become honest with yourself about the risk you are taking and which risks you are willing or not willing to take.
2. Be aware that alcohol can severely alter your judgments; using the buddy system is a good plan!
3. Don't ever feel pressured to have sex.



Healthy Relationships

- **Be flexible.** Most of us try to keep people and situations just the way we like them to be. It's natural to feel apprehensive, even sad or angry, when people or things change and we're not ready for it. Healthy relationships mean change and growth are allowed!
- **Take care of you.** You probably hope those around you like you so you may try to please them. Don't forget to please yourself. Healthy relationships are mutual!
- **Keep expectations realistic.** No one can be everything we might want him or her to be. Sometimes people disappoint us. It's not all-or-nothing, though. Healthy relationships mean accepting people as they are and not trying to change them!
- **Fight fair.** Most relationships have some conflict. It only means you disagree about something, it doesn't have to mean you don't like each other!
- **Talk with each other.** It can't be said enough: communication is essential in healthy relationships!
- **Be yourself!** It's much easier and much more fun to be you than to pretend to be something or someone else. Sooner or later, it catches up anyway. Healthy relationships are made of real people, not images!
- **Show your warmth.** Studies tell us warmth is highly valued by most people in their relationships. Healthy relationships show emotional warmth!

<http://www.k-state.edu/counseling/topics/relationships/relatn.html>

Are you in an unhealthy relationship?

Find Help...

**Counseling Center
785-8073**

**Student Health Center
785-8558**

**Pride Center
785-8870**