

April 1st-7th

PREVENTION MONTH



LEARN THE FACTS ABOUT SEXUAL VIOLENCE

- 1 IN 2 WOMEN** have experienced sexual violence other than rape in their lifetime.
- 1 IN 5 WOMEN** have experienced sexual violence other than rape in their lifetime.
- 4% OF WOMEN** reported experiencing or witnessing sexual violence in the past 12 months.
- 1 IN 3 WOMEN** experience alcohol or drug-related sexual violence.
- 50% TO 95%** of alcohol-related sexual violence occurs after being raped.
- 1 IN 6 BOYS** have experienced sexual violence other than rape in their lifetime.
- 26.2% OF MEN** have experienced or witnessed sexual violence in the past 12 months.
- 18% OF MEN** have sexually abused someone.
- 1 IN 67** men in the United States have experienced sexual violence other than rape in their lifetime.
- 67.5% OF INSTANCES OF RAPE ARE ESTIMATED TO GO UNREPORTED.**
- FEWER THAN 5%** of campus or community sexual violence incidents are reported.
- 9 OUT OF 10** college students believe that sexual violence is preventable.

SEXUAL VIOLENCE THRIVES WHEN IT IS NOT TAKEN SERIOUSLY AND VICTIM BLAMING GOES UNCHECKED.

USE YOUR VOICE TO PREVENT IT

- BELIEVE SURVIVORS
- CHALLENGE VICTIM BLAMING
- RESPECT BOUNDARIES

NSVRC www.nsvrc.org



THURSDAY

Wear Teal

Sexual Assault Awareness Month
THURSDAY APRIL 4TH, 2024

GRAB AN AWARENESS BRACELET & WEAR ALL MONTH

SOUTHEAST COMMUNITY COLLEGE STUDENT ACTIVITIES

CAMPUS STORE PROMO

APRIL IS ALCOHOL AWARENESS MONTH

MYTH: Alcohol only affects your mood. Alcohol is the best outlet to relax and reduce stress.

ALCOHOL MISUSE: The misuse of alcohol can have serious and long-lasting negative effects on your overall health. Moderation and taking the proper steps to mitigate these issues can save lives.

ALCOHOL MISUSE DAMAGES HEALTH:

REALITY: By cutting back on alcohol consumption, you can see changes in everyday life such as: More Energy, Better Sleep, Improved mood, Better physical health. Alcohol increases stress levels on the body. Adrenaline levels increase in the body as we drink. We may feel more relaxed when we drink alcohol, but the body actually comes under additional stress.

ADDITIONAL FACTS: Beer, wine, and liquor all have different amounts of alcohol. Each drink's amount of alcohol may vary.

- 12 ounces of beer (5% alcohol)
- 8 ounces of malt liquor (7% alcohol)
- 5 ounces of wine (12% alcohol)
- 1.5 ounces or a "shot" of 80-proof (40% alcohol) spirits or liquor

FOR MORE INFO/HELP CONTACT:

- ADAPT: (850) 283-7511
- SAMHSA National Helpline: 1-800-662-HELP

APRIL 1-12

SCC CAMPUS STORES

dollar days!

SELECT ITEMS ARE BUY ONE, GET ONE FOR ONE DOLLAR!

if item is the item of the lowest value... while supplies last.

May Grads:

PLACE YOUR CAP & GOWN ORDER AT THE CAMPUS STORE OR ONLINE!

WWW.SCCBOOKSTORE.COM & THEN CHOOSE YOUR CAMPUS

ORDER DEADLINE **4/1/24**

CAPS AND GOWNS WILL BE READY TO PICK UP ~5/6/24

\$34.50 + tax



Be in-the-know about No Shows

Ever wondered why it's so important to attend classes and participate in online courses during the first few days of the term?

One reason is that if you don't, your instructor has to mark you as a "No Show," which drops you from the class.

Here's why SCC reports No Shows:

- We are an attendance-taking institution as defined by the Department of Education.
- We are required to report attendance under their regulations.



If you are reported as a No Show, you remain responsible for paying tuition and fees.



Help Wanted Fall/Spring 2024-25

BEATRICE TUTORING AND TRANSITIONS

***Math *Physics *Biology**

If interested, please fill out the application at this link:
<https://southeast.peopleadmin.com/postings/7286>

The Beatrice Tutoring Center: Your Path to Possible Compass

FREE Tutoring services are tools for SCC student success and confidence!

Work with tutors to:

- Learn at your own pace
- Learn study skills
- Get step-by-step help
- Get individualized help with small group (3-4 students) or one-on-one sessions
- Feel more comfortable with course content

Fall Registration Begins

No Foolin'!

APRIL 1




SPORTS NIGHTS

APRIL OPEN GYM TIME 7PM-9PM

TUESDAY, APR. 2
 TUESDAY, APR. 9
 TUESDAY, APR. 23
 TUESDAY, APR. 30

NO TEAM NEEDED! WE WILL FORM TEAMS AS PLAYERS ARRIVE IN THE GYM. YOU MAY FORM YOUR OWN SCC STUDENT TEAM! SCAN THE QR CODE BRING TENNIS SHOES AND LETS PLAY HAVE SOME FUN.

HELP THE CAMPUS STORES FIND SCC'S FAVORITE SWEATSHIRT!



TOURNAMENT RUNS MARCH 18- APRIL 5! VOTE DAILY IN THE CAMPUS STORE!

AFTER THE FINAL ROUND, A WINNER WILL BE DRAWN FROM ALL VOTES TO RECEIVE A CAMPUS STORE GIFT CARD! (ONE WINNER PER CAMPUS)



BOBCATS
WE'RE HIRING!
 STUDENT AMBASSADORS

Visit the Welcome Center for more info



Resume Review Week!

April 8 - April 12

- Drop off your resume for review in AEC 107 or AEC Front desk and be entered into drawings for gift cards.

Critiques will be returned via email the following week








Inside The Den is a weekly publication for SCC students. Items must be submitted to the student activities coordinator by noon each THURSDAY.

INSIDE THE DEN SPORTS

/////// **MEN'S BASEBALL** x x x x
TRIPLE HEADER x x x x
x x x x

FINAL SCORE

GAME ONE	GAME TWO	GAME THREE	
 12	 9	 11	SCC VERSUS NORTHEASTERN JC
 1	 2	 0	

SCCOBOCATS.COM

/////// **MEN'S BASEBALL** x x x x
x x x x

FINAL SCORE

GAME ONE		NEXT GAME
 16	SCC VERSUS NORTHEASTERN JC	 SCC VS LUNA
 2		 4/5 BEAUMONT

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/////// **WOMEN'S SOFTBALL** x x x x
APRIL WEEK 1 SCHEDULE x x x x

NEXT GAMES

APRIL 4TH	APRIL 6TH	
 VS  BEAUMONT	 VS  BEAUMONT	SOFTBALL WEEKLY SCHEDULE WEEK 1 OF APRIL
 VS  CENTRAL		

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