lewis campus recreation

JANUARY/FEBRUARY 2025 EDITION

STALL STREET NEWS

Lets Talk About Dating Violence

Dating Violence Awareness

Dating violence is more common than people think, especially among teens and young adults. One in three teens in the US will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults, and nearly half (43%) of college women report experiencing violent or abusive dating behaviors.

Warning Signs of Abuse

Dating abuse is a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over a partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse isn't also dating violence

Warning Signs include:

- Checking your phone or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally)
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.

Looking for wellness resources?

QR code for the WELL

QR code for the Timely Care App for 24/7 access

Follow us on social media! @lifeatlewisu

Campus Safety & Resources

The Wellness Center
- Lower Level of Mother Teresa Hall
- (815) 836-5455

Guardian Angel Community Services
- 24/7 hotline for domestic violence: 815-729-1228
- 24/7 hotline for sexual assault: 815-730-8984

University Ministry
- Sancta Alberta Chapel
- (815) 836-5289

Love is Respect
- 24/7 hotline: 866-331-9474, chatline "LOVEIS" to 22522

Survivor Resource Specialist on campus, Emily Morissette
- Email: emorrissette@lewisu.edu
- Walk in hours: Mondays 1-4pm, Wednesdays 9-11:30am, or by appointment
- Office: LR-G28A

Title IX: DeSean Coleman
- Email: dcoleman5@lewisu.edu
- (815)836-5597

UPCOMING RECREATION EVENTS

Daily FREE Group Exercise Classes
Mondays-
Spin & Strength 12pm-1pm
Pilates 2:15pm
Tuesdays-
Spin & Strength 12pm-1pm
Pilates 2:15pm
Wednesdays-
Spin & Strength 12pm-1pm
Yoga 2:15pm
Thursdays-
Spin & Strength 12pm-1pm
Rotating 2:15pm
Fridays-
Pilates & Yoga 12pm-1p

During Community Hour:
1/29: 2025 Winter Welcome Student Engagement Fair: at the Rec Center Courts 1 and 2
2/5: What's on Wednesday: Love and Furry Friendship: join us in the Field House for the annual puppy bowl, DIY Valentine Activities, Je the Dog kissing booth, and much much more!