

Montclair State of Wellness



Wellness Education Newsletter

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February, 2007 Volume 6 Issue 5



I'm a Barbie Girl...? NOT!

By Amie MacMath

We are constantly being bombarded with images in the media telling us what beauty really is or should be. Many children and adolescents base their ideals of beauty on figures such as Barbie and Ken. In reality, if Barbie were a real woman, she would be seven feet tall and have a bust that was between 38-40 inches. Her waist would be 18-24 inches, and her hips around 33-35 inches. Barbie's weight would be 110 pounds. If she were a real woman with these proportions, Barbie would have to walk on all fours because her measurements would not be able to support her frame. If Ken were a real man, he would be seven-feet, eight-inches tall. An average man would have to add seven inches to his chest and about eight inches to his neck to equal Ken's measurements. It is obvious that these standards are both unrealistic and detrimental to a person's self-esteem. Barbie and other "role models" in the media help to perpetuate an ideal of materialism, beauty, and being thin as important elements to happiness in one's life. It's time to break away from this negative pattern of thinking and make some positive changes in your life. Don't let these images define you! Stand up for yourself and be proud of your body.



During the last week in February, Montclair State celebrates Body Acceptance Week. I encourage you, students, faculty, and staff, to be more positive about your body and to celebrate the diversity of all people during this week. And remember...

YOU ARE BEAUTIFUL!

MOST MSU
STUDENTS HAVE
0-4 DRINKS
WHEN THEY PARTY.*

*Based on upon the Campus Norms Survey
conducted at MSU,

Spring, 2005
(n=748)

Condom Quiz

(see back for answers)

1. What were the first condoms made of?
2. Do condoms provide total protection against all sexually transmitted diseases?
3. How many sizes of condoms are there?
4. Can some virus' like HIV are so small they can pass through latex?
5. What are the best lubricants to use with latex condoms?
6. How effective are condoms in preventing pregnancy if used consistently and correctly?
7. How often can condoms be used?

E-MAIL YOUR HEALTH QUESTIONS TO:
WELLNESSED@MAIL.MONTCLAIR.EDU
VISIT US ON THE WEB AT
WWW.MONTCLAIR.EDU/WELLNESS
OR CALL US AT 973-655-7397

Are You In A Healthy Relationship?

We have many different types of relationships in our lives. Whether we have a relationship with a friend, family member, or significant other, it is important to make sure it is a healthy relationship. Having a healthy relationship helps increase self-esteem and improves mental and emotional health.

A healthy relationship is characterized by:

Respect: It is important that your partner values who you are and understands your boundaries. Your partner should admire your individuality and allow you to “be yourself.”

Trust & Honesty: Each partner should be open and truthful regarding his/her thoughts, feelings, and opinions. In a healthy relationship, you should respect one another’s right to privacy.

Fairness: There are two people in a relationship; so there are times when you will have to compromise on various issues. For example, at the movies one person may want to see a comedy, while the other may want to see a thriller. Finding a middle ground, such as seeing a thriller this time and a comedy next time will allow the needs of both partners to be met.

Communication: It’s essential not only to listen carefully to your partner, but also to feel comfortable expressing your thoughts and feelings.

Support: Your partner should be someone you can lean on for support as well as celebrate successes with.



Info from: www.advocatesforyouth.org

FREE HIV TESTING

The Health Center
is now offering
one free HIV test
per student, per year.

Additional testing is also
available for an extra charge.

As always, results are
completely confidential.

For more information,
or to make an appointment,
call the Health Center at
973-655-4361

IT'S BETTER TO KNOW.

ANSWERS TO CONDOM QUIZ

1. Sheep's intestines.
2. No, but other than complete abstinence, it offers the *best* protection against STI's .
3. Though some people have individual preferences, a condom is very elastic and can stretch to accommodate any size.
4. An intact latex condom (or barrier) that is used properly is very effective in preventing the transmission of HIV .
5. Water based only! An oil based product such as Vaseline or baby oil will break down latex.
6. Condoms are between 85- 98% effective if used correctly and consistently.
7. Each condom can only be used one time. A new condom is need *every* time for each sexual act (vaginal, oral or anal).

