SPRING SEMESTER 2021 WELCOME

The Center for Women's Studies welcomes all new and returning students to UNA this spring. We hope classes have started off well.

We hope all of our students will take care to protect themselves and others from COVID-19 this semester. We encourage everyone to socially distance and wear a cloth face covering or mask to help reduce the spread of COVID-19. We would also like to remind students that various services on campus are available to assist students in mitigating the adverse effects resulting from COVID-19. Student Counseling Services, University Case Management, The Pantry, and University Health Services are just a few of the resources that are available.

The Center for Women's Studies is open from 8:00am - 4:00pm Monday - Friday this spring. Please stop by! We also encourage you to participate in the events we have planned this semester.

We wish you a successful Spring 2021 semester.
Free Printing is available at the Center for Women's Studies. Do you need to print a mid-term paper? Stop by!

A Lactation Room is available on a first come, first serve basis to mothers who are breastfeeding. The room locks for privacy and contains a comfy chair and a refrigerator. A sink is available in the communal kitchen and/or gender-neutral bathroom located next to the lactation room.

The Director and the Coordinator of the Center for Women's Studies serve as a Title IX Confidential Reporting Resource. This means that the Director and the Coordinator of the Center for Women's Studies are not legally obligated to inform the Title IX Coordinator at UNA of incidents of sex-based discrimination or incidents of sexual and gender-based harassment and violence. We of course recommend that you reach out to the Title IX Coordinator; however, if you'd like to discuss an issue confidentially, you are welcome to discuss that issue with the Director or the Coordinator of the Center for Women's Studies.

The Center for Women's Studies contributes to the Period Project at UNA. The Center for Women's Studies provides free feminine hygiene products in the 1st and 2nd floor women and gender-neutral bathrooms in Collier Library.

Upcoming Events

January 19th: Human Trafficking Awareness and Prevention Training. Join us on Zoom from 5:30-7:00pm to learn about human trafficking and its prevention. Pat McKay, Chair of the North Alabama Human Trafficking Task Force will lead a presentation explaining what human trafficking is and the role we can play in preventing it. Register at www.eventbrite.com/e/128155788413

February 8th - 12th: Pride’s Pantry Donation Drive. Help us reach our $500.00 fundraising goal to supply The Pantry with personal care items and the Period Project with feminine hygiene products. Want to raise money as a group (sorority, athletic team, RSO, dorm floor...)? The group to raise the most money (minimum of $100.00) earns ice cream vouchers to Trowbridge's for up to 25 students. Personal care item donations - packages of tampons, pads, and pantyliners, shampoo, conditioner, body wash, toothbrushes, toothpaste, dental floss, mouthwash, deodorant, shaving gel and razors - can also be dropped off at the Center.

February 15th: Self-Love Letters. Celebrate Valentine's Day by celebrating YOU! Stop by the Center to craft a love letter to yourself!
Human Trafficking Awareness and Prevention Training

North Alabama Human Trafficking Task Force
Tuesday, January 19th
5:30-7:00pm
Zoom
Register on EventBrite: https://www.eventbrite.com/e/128155788413

HUMAN TRAFFICKING AWARENESS AND PREVENTION TRAINING

Text by the Center for Women’s Studies & Image by the Center for Women's Studies

This past October, the Flor- Ala published an article by Managing Editor Ellen McDonald which voiced concern about human trafficking in Florence, Alabama. Recognizing the importance of educating the UNA community about human trafficking, the Center for Women's Studies contacted the North Alabama Human Trafficking Task Force (Task Force), which was formed to raise public awareness and educate the community about human trafficking in North Alabama. Pat McKay, the Chair of the Task Force agreed to conduct a virtual training to educate the UNA community about human trafficking. The training is timely given that January 11th marked National Human Trafficking Awareness Day and the month of January is Slavery and Human Trafficking Prevention Month.

Human trafficking occurs when an individual, through force, coercion or fraud, is made by another person to perform a commercial sex act or type of labor or service against their will. Human trafficking occurs worldwide and is considered a modern-day form of slavery. It is estimated that tens of millions of individuals worldwide are victims of human trafficking. As the second most profitable form of transnational crime, it is estimated to generate billions of dollars annually.

Exact statistics remain elusive given underreporting, but Polaris, an organization dedicated to combating human trafficking through data-driven practices, and which also operates the United States National Human Trafficking Hotline, reported that 159 trafficking victims, 48 traffickers and 13 trafficking businesses were identified in Alabama in 2019. Additionally, the majority of trafficking cases in Alabama involved sex trafficking. The Task Force has indicated that human trafficking is on the rise in North Alabama, in part due to the pandemic.

Raising awareness about human trafficking is an important first step in working to prevent its occurrence. Not all victims of human trafficking are locked away from view. In fact, you may have recently interacted with a victim of human trafficking and not even known it, as human trafficking can be difficult to detect.

The Human Trafficking Awareness and Prevention Training on January 19th will provide information about human trafficking, specifically sex trafficking, and the steps individuals can take to stop it.

If you or someone you know is a victim of human trafficking, call the National Human Trafficking Hotline: 1-888-373-7888.
FEEL GOOD NAKED WEEK

February 22nd – February 28th marks National Eating Disorders Awareness Week. National Eating Disorders Awareness Week is dedicated to educating the public about eating disorders and supporting those with eating disorders by providing them with various resources to access treatment.

The National Eating Disorders Association (NEDA) estimates that “20 million women and 10 million men in America will have an eating disorder at some point in their lives.” Eating disorders include, but are not limited to, anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia, and compulsive exercise. Various biological, psychological and sociocultural factors influence the development of an eating disorder. For example, having a negative body image/being dissatisfied with your body, can contribute to the development of an eating disorder.

From a very young age, individuals are pressured to look a certain way. Although progress is being made to embrace all body types, certain beauty ideals are still promoted. Feel Good Naked Week at UNA promotes the acceptance of all bodies – ALL BODIES COUNT! Embracing body diversity and a healthier body image is a first step in combating body dissatisfaction.

Join us in the GUC on February 23rd-25th from 11:00am - 1:00pm to deface scales and participate in scale bashing, share body positive messages with your peers, and pick up informational material and resources.

If you are concerned for a friend or yourself, please reach out to Student Counseling Services at 256-765-5215 to speak confidentially to a counselor or to schedule an appointment for a confidential screening. Remember, the earlier an eating disorder is detected, the greater the chances of recovery.

COMMUNITY RESOURCE SPOTLIGHT

Thrive Alabama's Florence clinic provides free HIV testing and sexually transmitted infection (STI) testing for $20.00 or, if you have insurance, your insurance co-pay. Thrive also provides Pre-Exposure Prophylaxis (PrEP), which is a way for people who do not have HIV but are at high risk of contracting HIV to prevent HIV infection. Thrive Alabama's Florence Clinic is located at 112 S Pine Street in Suite 202. You can contact Thrive Alabama via the phone at 256-764-0492.