

THE PULSE

April 2014
Molloy College

April is Here!

The semester is almost done, and Easter break will be upon us soon.

Don't think it is too late to get involved in MNSA. There are always great events to take part in.

We have Boxtown on the 10th, which is a really humbling experience. There is also Relay for Life on the 25th. This takes place on campus, and it is an all night event.

It truly is fun! There is a DJ and events all throughout the night; so come and join us! Do not forget about the last meeting of the semester on the 29th at 3:30pm; this is when we will introduce the new 2014-2015 MNSA board! Come be a part of all that MNSA has to offer!

Upcoming Events

April

- 4th Take Back The Night-Molloy College
- 9th-13th-NSNA Annual Convention
- 10th – Boxtown
- 25th – Relay for Life
- 29th – General meeting 3:30pm

April is
Sexual Assault
 Awareness Month

Did you know...?

- Sexual violence is a very serious public health problem that affects millions of women and men
- In the U.S., 1 in 5 women and 1 in 71 men have been raped in their lifetime
- Nearly 1 in 2 women and 1 in 5 men have experienced other forms of sexual violence at some point in their lives
- 60% of sexual assaults are not reported to police, family, or friends
- 97% of rapists will never spend a day in jail
- 2/3 assaults are committed by someone known to the victim
- 38% of rapists are a friend or acquaintance

Sexual violence negatively effects health in many ways and can lead to long-term physical and mental health problems. Victims may experience chronic pain, headaches, and sexually transmitted diseases. They are often fearful or anxious and may have problems trusting others. Anger and stress can lead to eating disorders, depression, and suicidal thoughts.

We need to be aware of the facts, and stop the stigma that causes victims to stay quiet. If you or someone you know is a victim of sexual assault, the best thing to do is report it so that you can seek justice, and help stop it from happening to someone else. The ultimate goal is to stop sexual violence before it begins.

LET'S BREAK THE SILENCE

-Centers for Disease Control and Prevention

For more information, visit <http://www.cdc.gov/features/sexualviolence/>



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The gear sale will return in the fall for those who still may have missed their chance this year, or for those who still feel the need to shop! Look out for the emails when you get back from Summer Vacation!

National Student Nurses' Association (NSNA)

Why You Should Join!

National Student Nurses' Association is an excellent way to network, and to begin building your resume. Also, as a part of your membership, you will receive the monthly magazine to keep you informed about the nursing field, as well as discounts on NCLEX study guides, test preps, and Barnes and Noble! It is also a great way to learn about upcoming nursing conventions that will enhance your knowledge of the nursing career.

Visit the website! <http://www.nсна.org> & <http://www.nsanys.org>

For MNSA Updates!

We are on Facebook! Type Molloy Nursing Student Association in the search bar to join our group and 'like' our page!

If you have any questions about our organization, feel free to email mnsa@lions.molloy.edu, Klamattina@lions.molloy.edu, or Mballon@lions.molloy.edu for more information!

