

Healthy Relationships Action Week - February 10-14, 2025

Brought to you by Health & Wellness Education, please email healthandwellnessed@middlebury.edu for any questions

About the Calendar

This year, February 10th - February 14th is Healthy Relationships Action Week at Middlebury, and we are celebrating and exploring relationships of all kinds - friendships, romances, sexual relationships, community connections, and relationships with ourselves. During this week of events, we highlight campus and community resources that offer services in support of safe and loving relationships. This is a great time to learn more about healthy relationship practices, deepen your relationship with yourself, and connect with fellow students.

Monday 2/10

I Heart Consent

Davis Atrium

11am-12pm

The Civil Rights & Title IX Office will continue celebrating love and engaging in conversations about healthy relationships and boundaries with an I Heart Consent photo event. Civil Rights & Title IX Coordinator, Butterfly and Deputy Civil Rights & Title IX Coordinator, Taryn will hand out candy consent grams and be available for questions and conversation. Students will have the opportunity to answer the question: "I heart consent because..." as part of a photo series which will be shared on our social media pages.

Tuesday 2/11

Contemplative Cookie Time

McCullough Crest Room

1-2pm

Counselor Leila McVeigh is hosting Contemplative Cookie Time as part of Healthy Relationships Action Week. Join Leila in a 10-minute loving kindness meditation as well as cookie decorating!

Exploring Stories of Self - Making Charm Bracelets

Health & Wellness Education Office, Ross Ground Floor

4-5pm

A workshop for you to explore stories of self to connect with your wants and needs in healthy relationships. Make a charm bracelet or necklace that tells your story, choosing beads that symbolize aspects of your story and yourself. We'll move through a guided exploration of past, present, and futures as a way to connect with the experiences that

shape us and how we decide what we want for ourselves in relationships with self and others.

Wednesday 2/12

Aces and Aros

Prism Center

5-7pm

Come hang out in this ace and aro affinity space and enjoy friendship bracelets, treats, and prizes for all!

Sexy Bingo

Wilson Hall

7-9pm

Join SPECS for a night of BINGO, sexual health education, and FUN prizes! Check out more on the @specsmiddlebury Instagram.

Thursday 2/13

Hey Bestie!!

AFC

12-2pm

Celebrate healthy friendships at the AFC! Enjoy activities and snacks with your best friend! Find out how well you know your bestie, with a prize for the winning team!

Friday 2/14

Be Our Valentine

Ground Floor of Ross, below Ross Dining Hall

2:30pm-4:30pm

Come celebrate all kinds of love - romantic, platonic, community love, and self-love! Interactive activities with peer educators and advocates, fun valentines games, lots of giveaways, and candy!