

MARCH 2025

UNIVERSITY OF CANBERRA **MEDICAL AND COUNSELLING STUDENT NEWSLETTER**

In this edition we will be covering:

- Free Flu Shots
- Health Alert: Measles
- Respect@Uni Week
- Navigating Relationships & Values in Modern Dating
- Harmony Week



Flu Fighters: Get your free flu shot!

Summer is on the way out, and as the temperature starts dropping, the flu is back on tour. Don't let it ruin your plans (or your friend's) this semester.

Protect yourself with a flu shot at UC Medical and Counselling! It's quick, easy, and totally free for all UC students and staff. Announcements will be made on Canvas and in the student/staff bulletins once flu shot appointments are open.

To make an appointment, use the [HotDoc Booking app](#) or call reception at 02 6201 2351. Once booked, you can find us near the Student Centre in Building 1, Level B.



Health Alert: Measles Cases Rise & Free Vaccinations

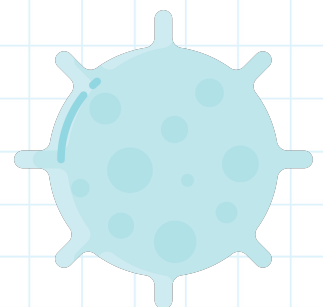
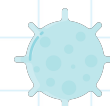
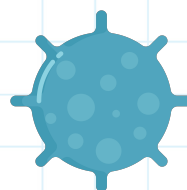


Measles is a highly contagious virus that can affect anyone without immunity. Cases are rising globally, with some reported in Sydney and Melbourne.

In Australia, the measles vaccine has been available since the late 1960s, initially as a single-dose vaccination. In 1994, a second dose was added to the national childhood immunisation schedule to provide greater protection against measles in the community.

Due to the recent increase in cases, **individuals aged 31 to 59 without proof of two MMR doses or immunity can get a free vaccine.** If you're unsure of your immunity status or vaccination history, a blood test at UC Medical & Counselling Centre can confirm it. To make an appointment, use the [HotDoc Booking app](#) or call reception at 02 6201 2351.

The measles vaccine also protects against mumps and rubella, so by getting vaccinated, you're protecting yourself from all three diseases. Vaccination remains the most effective way to prevent measles. For more information, refer to the [ACT Health Factsheet on Measles](#).



Respect@Uni Week

At UC, we are committed to providing a safe, nurturing environment where students can feel included, be safe, and thrive - and this starts with respect. Respect@Uni is a national initiative bringing together Australian universities to **prevent and address sexual harassment and assault**. It ensures students and staff have access to **education, support, and resources** to promote respectful relationships and a safe university environment. This year, UC Medical and Counselling is proud to support the UC Respect.Now. Always team as they lead our first Respect@Uni Week in Week 7 (March 17-20).

We recognise that relationships can be complicated. That's why **Respect@Uni** provides resources and workshops to empower students with the knowledge and skills to navigate relationships, set boundaries, and seek support when needed. During this week, UC Medical and Counselling Centre will be hosting a range of events including an online webinar, bystander training, and a weekly psych session about consent.



Bystander Training

The UC Medical and Counselling Centre is hosting a free 2-hour workshop on bystander intervention for university students.

This training helps to identify safe and effective strategies for common bystander situations, including discrimination, bullying, sexual assault, harassment, intimate partner violence, mental health issues, and the harmful use of drugs and alcohol. The training also discusses the variety of services that can assist in the community and on campus, including the university's reporting process.

Register [here](#) ←

17 March, 9:00-11:00am, 1C50 Clive Price

Mini Market Day

Come and find us outside of the refectory on the 18 March at the Respect@Uni Mini Market Day (Tuesday, Week 7). We will be giving away free goodies and running activities for students.

Weekly Psych Session

During Respect@Uni Week, our weekly psych session will be an online session about consent, run by psychologist Michelle from the UC Medical and Counselling Centre. Michelle will dive into the details of how and when to seek consent, helping participants identify phrases and language that can make it easier to navigate and discuss boundaries with others.

Register [here](#) ←

20 March, 11:00am-12:00pm, online (Zoom)

Respect Webinar

For Respect@Uni Week, UC Medical and Counselling's Director, and experienced GP, Dr. Jenny Weekes, will be recording a webinar on respect, answering anonymous questions from students. Jenny will cover topics including anatomy, myth busting, STIs and testing, contraception, pregnancy, and alcohol. Please feel free to submit any questions related to these topics or anything else you'd like Jenny to address! This is completely anonymous, and no question is too big or small! Registering for this webinar ensures you will be notified when the video is posted online.

REGISTER

ASK AN ANONYMOUS QUESTION

Support services

If you or someone you know needs support, help is available. The UC Medical and Counselling Centre provides free and confidential support services for students.

If you have been impacted by gender-based or sexual harassment or violence, we encourage you to reach out.

You can book a session with a psychologist at UC Medical and Counselling via [Hot Doc](#) or calling reception at 6201 2351 (free for all enrolled UC students).

UC Crisis Support Line call 1300 271 790 or text 0488 884 227.

Student Wellbeing Team

email wellbeing@canberra.edu.au or call 02 6206 8841

Call 000 in emergencies

Lifeline 13 11 14

Aboriginal Legal Service 02 6120 8800

Crime Stoppers ACT 1800 333 000

Citizen Centred Justice Clinic

free legal service for UC students. Book via Medical & Counselling Reception – 6201 2351



★ Navigating Relationships & Values in Modern Dating ✨

Is dating today harder than ever? Social media and changing ideas about relationships are making it harder to know what kind of respect we should expect from others. Sometimes we have different beliefs about communication, financial contribution, household responsibilities, time spent together, or sexual expectations- how should we manage this?

We want dating to be a respectful, and fun experience for everyone. As part of **Respect@Uni Week**, we're exploring the challenges of modern dating, and offering practical tips to help you identify and communicate your values in relationships.

The Divide: Traditional vs. Modern Expectations

Today, there are different views on what relationships should look like. Some people want to go back to traditional roles, where men provide, and women take care of the home. Others push for independence to the extreme, telling people to focus only on themselves. This divide could lead to avoiding dating altogether, either out of fear, or because they assume everyone thinks the same way. Are we making it harder to connect with each other?

Unhealthy Views on Relationships

Here are a few examples of respect quotes that can lead to unhealthy expectations:

- "A man should be the provider"
- "A high value woman never splits the bill"
- "A woman's highest value is her beauty"
- "Men don't show their emotions"
- "Men only want one thing"

These beliefs can lead to hurt feelings and misunderstandings when people's expectations are different. But before blaming your partner, think about this: Are these expectations yours, or are they influenced by social media and other outside pressures? By reflecting on what we truly want, we can set respectful expectations in our relationships.



Avoiding Polarisation and Embracing Listening: What can you do?

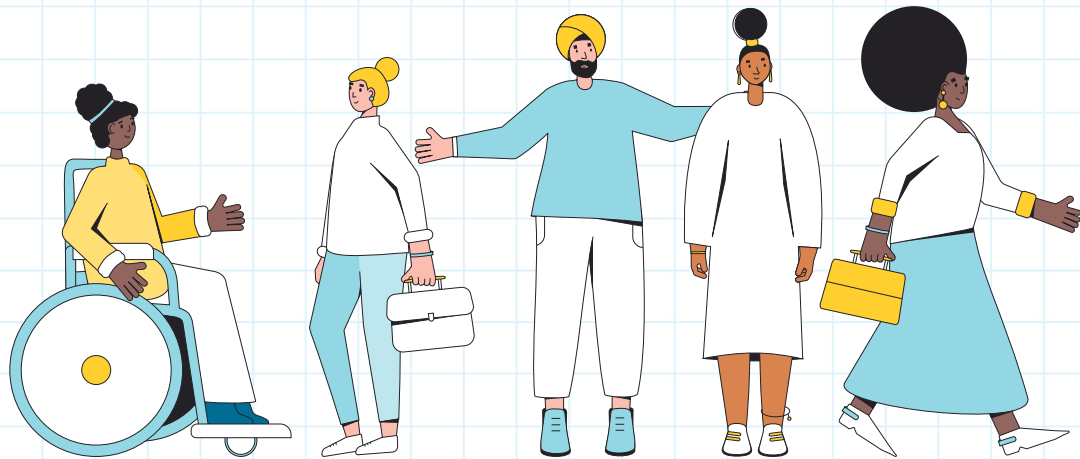
Here are some steps you can take and questions to ask to identify what you truly value in relationships- and how to communicate this to your partner.

- 1. Reflect on what truly matters to you in relationships.**
 - a. "What does respect mean to me in a relationship?"
 - b. "Am I avoiding relationships out of self-respect, or fear?"
 - c. "Am I holding my partner to a realistic standard?"
- 2. Rather than taking a side, choose to listen.**
 - a. What if instead of assuming, we start asking?
 - b. "I feel like we might have different views on this, and I want to understand your perspective better. Can we talk about it?"
- 3. Have open conversations with your partner (not debates).**
 - a. "I respect your views, but I'd love to share a different perspective. Are you open to that?"
- 4. Ask questions and seek to understand.**
 - a. "I want to understand your perspective. Can you explain what you mean by that?"

Navigating relationships with respect requires questioning our influences and reflecting on what we really value. By approaching relationships with more intention, open mindedness, and a commitment to self-reflection, we can create healthier, more respectful connections.

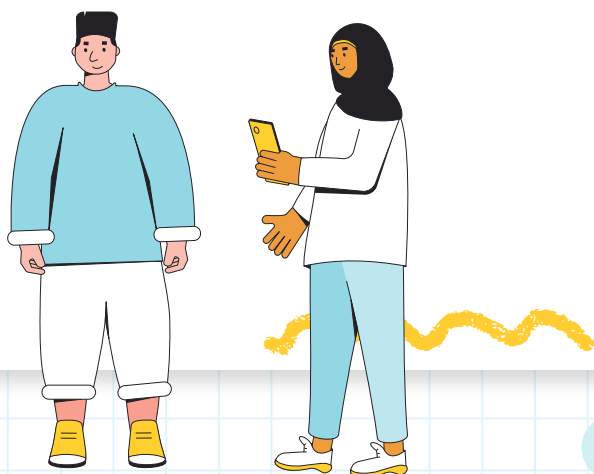
Harmony Week

International Day for the Elimination of Racial Discrimination



Harmony Week celebrates Australia's cultural diversity and the contributions of multicultural communities. The central message is that 'everyone belongs', regardless of their background or culture. At UC, we are fortunate to have a diverse community of students and staff, each bringing their unique backgrounds to contribute to a vibrant multicultural environment. Regardless of who you are or where you're from, we are all part of the UC community!

At UC, we recognise **International Day for the Elimination of Racial Discrimination** as a call to action to eliminate all forms of racial discrimination, injustice, systemic racism and hate. It's a day to swap stories, share traditions, and celebrate the mix of cultures that call UC home. Whether it's the comfort of your favourite childhood food or the excitement of trying something new, International Day for the Elimination of Racial Discrimination is a chance to come together, learn from each other, and enjoy some seriously good eats on campus.





Harmony Week Morning Tea

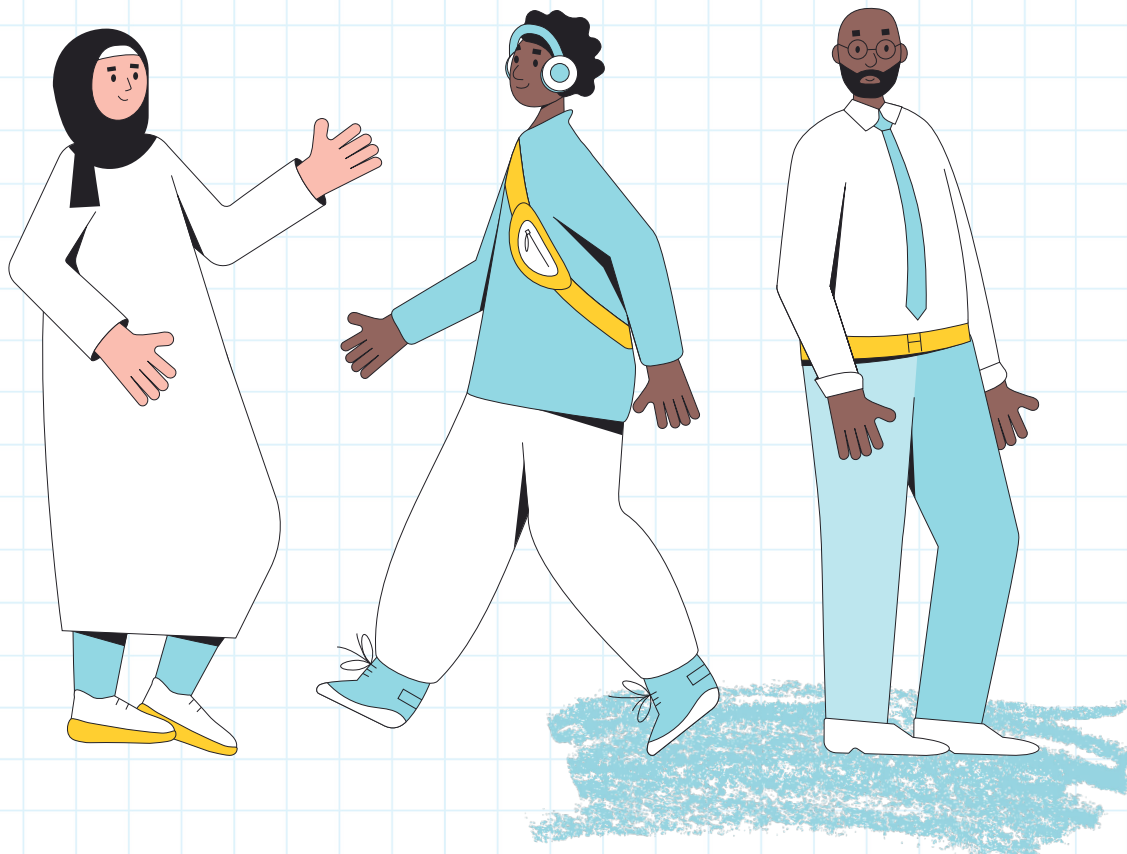
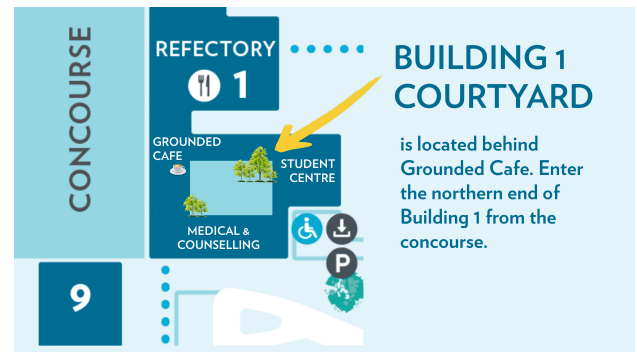
To celebrate **International Day for the Elimination of Racial Discrimination**, Medical & Counselling and UCX will be hosting a free morning tea featuring a delicious selection of international snacks. Details are below:

Date: Friday, March 21

Time: 10:30-12:30am

Location: Building 1 courtyard

Enjoy a relaxing atmosphere with activities such as colouring, free snacks, casual socializing, and even some complimentary giveaways. It's the perfect opportunity to unwind, indulge in delicious treats, and connect with others. We look forward to seeing you there!



OTHER SUPPORTS

Citizen Centred Justice Clinic

Provides free legal advice on a variety of issues including:

- Housing
- Financial matters
- Addressing scams
- Dealing with domestic violence
- Handling divorce cases
- Addressing citizenship issues
- Managing employment situations within the community, such as addressing pay parity for international students.

Appointments are available every Wednesday and can be booked through the UC Medical and Counselling Centre: Building 1, Level B. Phone: **02 6201 2351**.

Student Wellbeing and Support

Can assist with:

- Transition and first year support
- Accommodation and safe housing
- Financial Support
- Navigating Study

Contact: **wellbeing@canberra.edu.au**

International Student Support

Can assist with:

- Settling into life at UC and Canberra
- Programs that aim to enhance your study experience
- Understanding your student visa requirements and what is expected of you
- Tailored support for Australia Awards students
- Under-18 student welfare and accommodation needs
- Connections to other key services at UC and within the community
- Additional support for students

Contact: **InternationalStudent@canberra.edu.au**

UC Thrive and Student Mentor Program

Provides targeted and individualised peer-led support for commencing students through a scaffolded 8-week transition program.

Contact: **ucthrive@canberra.edu.au**

Multi-faith support

- Multi-faith and Chaplaincy

Contact: **Chaplaincy@canberra.edu.au**

Study Skills

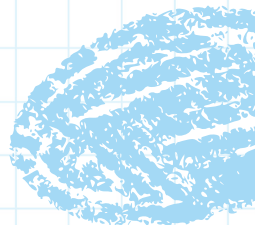
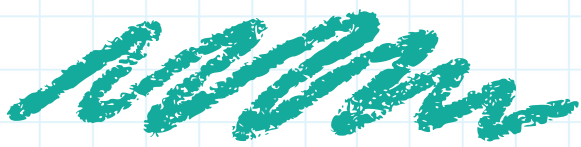
Provides a range of face-to-face and online study help programs for UC students to assist with academic goals. These include:

- Drop in Study Help session
- Peer-Assisted Learning Sessions (PALS)
- The Maths and Stats Help Centre
- The ASK Advisors
- Study Skills English Language Support
- EndNote and Mahara support
- Referrals for Study Skills individual consultations etc.

Contact: **studyskills@canberra.edu.au** or by phone on **02 6201 2205**.

For self-paced online resources and further information about Study Skills programs and services, visit the Study Help UCLearn (Canvas) site (log-in required).





24-hour contacts to keep in mind:

- 6201 2222
UC Security
- 131 444
Police assistance
- 1800 737 732 National Sexual Assault Family
and Domestic Violence Counselling Service
- 02 6280 0900 Domestic
Violence Crisis Service
- 02 5124 2185 Forensic and Medical
Sexual Assault Care
- 1300 224 636
Beyond Blue
- 1300 78 99 78
MensLine Australia
- 1800 184 527
QLife
- 1800 629 354 Access
Mental Health



Keep an eye out for our next issue.

On behalf of the UC Medical & Counselling Centre, **stay safe everyone!**