



TRIO February Newsletter



Characteristics of a Healthy Relationship

In the month of February, Valentine's Day reminds us how relationships play such an important role in our lives. Unfortunately, nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend. Young women between the ages of 16 and 24 experience the highest rate of intimate partner violence which is almost triple the national average. Among female victims of intimate partner violence, 94% of those age 16-19 and 70% of those age 20-24 were victimized by a current or former boyfriend or girlfriend.

Violent relationships in adolescence can have serious consequences by putting the victims at higher risk for substance abuse, eating disorders, and further domestic violence. Only 33% of teens who were in a violent relationship ever told anyone about the abuse. Though 82% of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, 58% of parents could not correctly identify all the warning signs of abuse. If you're curious, we got our statistics on domestic violence from this [source](#).

As we go forward in our lives, we should all take the time to examine our relationships and our roles in them. Make sure to check on your friends and be open about any abuse you, or someone you know, are facing. You can find a helpful quiz on healthy relationships [here](#). If you would like to learn more about healthy relationships and find more resources, feel free to talk to our TRIO Staff or find more information [here](#).

**1. Mutual
Respect**

2. Trust

3. HONESTY

4. Support

5. EQUALITY

*6. Separate
Identities*

7. Good

Communication

Black History Month

Black History Month is a time to celebrate the diversity that makes America great and remember the hardships of the people who fought for the freedom of all. Below are some lesser known people of color that made significant contributions to the fabric of our society and culture.

Count Basie

Born August 21, 1904. Known as one of jazz music's all-time greatest. Count Basie, a bandleader/pianist, was a primary shaper of the big-band sound that characterized mid-20th century popular music.

Ann Cole Lowe

Born December 14, 1898. Known as the first African American to become a noted fashion designer. She was best known for designing the wedding dress worn by Jacqueline Bouvier when she married John F. Kennedy in 1953.

Jesse Leroy Brown

Born October 13, 1926. He was the first African American aviator to complete the U.S Navy's basic flight training program. He was also a recipient of the Distinguished Flying Cross and was the first African American naval officer killed in the Korean War.

Dr. Sebi

Born Alfredo Bowman on November 26, 1933. He was a self-educated man and created natural vegetation cell food compounds geared for inter-cellular cleansing and the revitalization of all the cells that make up the human body.

Henrietta Lacks

Born on August 1, 1920. She was an African American woman whose cancer cells are the source of the HeLa cell line, the first immortalized human cell line and one of the most important cell lines in medical research

Interested in learning more? Check out this [website](#).

Announcements

SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT Feb 1
						ACT Bootcamp Drone Program T Shirt Printing Works!
2	RHS Advising	4	5	6	7	8 ACT Bootcamp Drone Program T Shirt Printing Works!
9	RHS Advising	HHS Group Advising CHS Advising	12	13	Valentine's Day	15 ACT Bootcamp Drone Program HUB Trip to Center for T Shirt Printing Works!
16	PCSD Winter Break Presidents' Day (regio)	CHS Advising	RHS Advising	19	21	22 ACT Bootcamp Drone Program PUB Fort Valley Colleg T Shirt Printing Works!
23	RHS Advising	CHS Advising	26	27	28	29 ACT Bootcamp Drone Program Girls Lock In T Shirt Printing Works!

Go to this button to view the KSU TRIO February Calendar and add the events to your phone by clicking the event on the portal.

[View Calendar](#)

STUDENT SPOTLIGHT



Zykarius Harshaw, Polk UB

Zy has been a part of our program from the very beginning! He has grown in leaps and bounds since he first began. This past fall Zy participated in our ACT BootCamp and dedicated his every Saturday for 9 weeks to prepping for the ACT. In December, he took his first ACT and scored a 21, the highest score in our program! Zy has recently applied to the National Center for Student Leadership conference in Washington, DC. He hopes to join 180 TRIO high school students at Georgetown University to partake in a mock congress, leadership training, and cultural events. We are incredibly proud of our Student of the Month, Zy Harshaw!



Elio Vargas, UBMS

Elio Vargas was chosen to be the Student of the Month for the UBMS Program. He is in the twelfth grade, has a 3.8 GPA, and scored a 28 on his ACT. Elio has been an integral part of the UBMS Program from its start in 2017. He always wears a smile, is respectful to adults as well as his peers, and is always ready to lend a helping hand. Elio has also been involved with the TRIO Drone Program and is currently in Phase 3 preparing to take the FAA Pilot's Test to become a certified Drone Pilot. Elio plans to attend Kennesaw State University in the fall. We are so very proud of Elio and all of his accomplishments! When you see him, please congratulate him for all of his hard work!



Chenese Griffith Hiram UB

This month's student of the month for Hiram Upward Bound is Chenese Griffith! Chenese has been a UB member since year one and has maintained the 80% commitment during both academic and summer sessions. She is currently a senior that has committed to Albany State where she will major in forensics. Chenese makes a point to stop by the UB office every day to check in and offer to help during her free period. She is smart, motivated, and always willing help others! Thank you for all you do, Chenese, we appreciate your hard work and the energy you bring to our program!

SURVEY

If you are going to be a participant in the TRIO Girl's Lock In, please go take our quick survey using this [link](#)!