

Letter: Hello, WAVE

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I recently volunteered for the Wellness, Alcohol and Violence Education program for an English class I am currently taking.

When I volunteered WAVE was putting on a free showing of the documentary "America the Beautiful." The documentary explores our obsession with possessing the perfect beauty and what toll that has taken on women, especially young girls, in America.

I am an average woman; I'm curvy and have had my own issues with body image. So promoting this film for WAVE was really fun and I really enjoyed it because it's a cause I have dealt with myself.

This experience has taught me a lot about WAVE and how important it is that we use the resources they offer to us and, if possible, even volunteer.

WAVE offers free HIV tests once a week to all students and have tables set up twice a week in Corbett Center to pass out information to students. Online they offer tips to reduce your stress, information about relationship issues and toll free numbers students can call anytime they need someone to talk to about their personal issues.

If you choose to volunteer, you can become a peer educator who goes into different classrooms around campus to present a presentation about issues concerning students, such as alcohol, sexual assault, binge drinking, alcohol poisoning, dating safety, stalking and eating disorders. The presentation lengths vary and volunteers can choose a topic they are passionate about presenting to fellow students.

I think WAVE is an amazing program that all students should learn about and get involved with. WAVE offers information and support on so many different issues that it is hard to not find one issue you want to advocate for.

I also want to thank WAVE for an eye opening experience and for letting me help with the cause.

Sincerely, Holly Wilson