

NSULA Gail Metoyer Jones Center for Inclusion and Diversity



TOP 5 MYTHS OF HIV/AIDS

MYTH #1 It's not possible to live a 'normal life' with HIV/AIDS

You can contract HIV through sharing items like cutlery, cups, dishes or towels

MYTH #2 You can't have sex with someone who is HIV positive without risking getting HIV

Individuals who use drugs can only get HIV if they share needles or syringes

MYTH #3 Women who are infected with HIV/AIDS cannot have children without passing on the virus

MYTH #4 You can't have sex with someone who is HIV positive without risking getting HIV

MYTH #5 Women who are infected with HIV/AIDS cannot have children without passing on the virus

December is HIV/AIDS Awareness Month

The United States has made enormous strides in HIV treatment, care and prevention since the epidemic began 40 years ago. HIV was once the leading cause of death for young people, but because of scientific advances, fewer people are becoming infected with HIV, and those who do are living longer and healthier lives.

However, in some ways, progress has stalled, as too many people remain unaware of their HIV status, and too few people living at risk are taking the appropriate pre-exposure prophylaxis (PrEP) medicine. In 2019, there were approximately 1.2 million people living with HIV in the U.S., with 34,800 new infections that year, representing an 8% decrease since 2015. However, an estimated one in eight people living with HIV in the U.S. did not know they'd been infected.

Diversity in the Holiday Season

December marks the beginning of the holiday season. Many different events, both spiritual, religious, and tradition-based, are celebrated in many different ways during these times. Here are a few tips on how to make everyone feel included this holiday.

- Embrace Differences
- Have a Cultural Show and Tell
- Read Books Celebrating Differences
- Talk about Common Themes



Upcoming Events

Mindfulness Based Journaling w/ Cultural Bridge Builders

Join the Cultural Bridge Builders to decorate your own journal while learning how to journal and about the benefits of it. Supplies will be provided!

Iberville Dining Hall
Monday, December 2
9:00PM

Final Snacks

Join us for coffee and donuts during finals week recharge and prepare for finals. Study hard!

Student Union Room 240
Monday, December 9
7:30 AM until supplies run out

Martin Luther King Jr. Celebration

The CID and many other organizations are coming together to celebrate MLK Day with many events and volunteer opportunities. The City of Natchitoches will be co-hosting some of the events and will be providing for lucky volunteers.

January 16- January 21

Graduating Students of the CID



We would like to recognize Claire Guillett for graduating with an Master's degree in Counseling

Congratulations Claire!

Dates to Know

- **World AIDS Day – December 1**
- **International Day of Persons with Disabilities – December 3**
- **Bodhi Day – December 8**
- **Feast of the Immaculate Conception – December 9**
- **International Human Rights Day – December 10**
- **Feast of Our Lady Guadalupe – December 12**
- **Las Posadas – December 16 - 24**
- **Winter Solstice – December 21**
- **Christmas – December 25**
- **Hanukkah – December 25 - January 2**
- **Kwanzaa – December 26 - January 1**

Last Month

Faculty and students enjoyed learning about code switching and being their authentic selves with Sgt. Chris Molina.



Tip of the Month

How to Stay Safe During the Holidays

Let someone you trust know when you're traveling during the holidays. Inform someone who's trustworthy where you will be and when you might be expected back to your residence. Ask a neighbor or other dependable persons to watch your house and retrieve your newspapers and mail if possible.

Click [HERE](#) for more safety tips

