

THE EDGE OF IX

The Student-Powered Prevention Initiatives Newsletter

SPECIAL ISSUE: VALENTINE'S DAY 2021

It's *The Edge of IX!*

Welcome back to NSU's student-produced newsletter where we give you a comprehensive run-down of all things related to healthy and unhealthy relationships, intimacy, and dating! This is a Special Valentine's Day Issue! This content is generated by our Peer Educators with V-Day in mind. Whether you are a pop culture junkie, podcast aficionado, TV series weekend binger, or just want to listen to music, this is a MUST-READ. Our goal is to connect you to relevant and timely content that you can watch, read, listen to, and talk about with your friends and family.

Edited by the Graduate Assistant for Title IX Prevention Initiatives, and fueled by our NSU Peer Educators, this is the voice of NSU students who want to eradicate sexual violence and promote healthy relationships and positive sexual experiences. Our content is on the EDGE of IX, separate from the compliance work that NSU's Title IX staff does - we focus on prevention through engagement with pop-culture and one another.

February 2021

Issue Curated by Kirsten Wood, Graduate Assistant for Title IX Prevention Initiatives

In This Issue

- **Reading:** Queer Romance Media, Best Black Romance Movies, Valentine's Day Self Care Routine, Apology Languages, and more!
- **Listening:** Letting Go of Toxic Relationships, Setting Boundaries, Verbal Consent, and more!
- **Watching:** Tea and Consent, Healthy Relationships, and a Bath Bomb!
- **Other Stuff We're Loving:** Acts of Love, The COVID Chat, New Dating Rules, and more!



CONNECT WITH US

Like what you see? Want to chat more with us? Have suggestions for our next issue? Get in touch!

Follow the NSU Peer Educators on Instagram @nsupeereducators.

Email the editor at kw1598@nova.edu.

As this is a student-run publication, if you or a friend has experienced sexual misconduct, please visit <http://nova.edu/title-ix> to learn more about resources or report directly to NSU's Title IX Coordinator.

Please feel free to pass this along to your friends and colleagues!

To join our mailing list, please email kw1598@nova.edu.



READING

Check out all the reading that our Peer Educators are loving around Valentine's Day!

Queer Romance Media For Valentine's Day

By Bella FitzPatrick

OutRight Action International

[Read More](#)

29 of the Best Black Romance Movies Through the Decades

By McKenzie Jean-Philippe

The Oprah Magazine

[Read More](#)

A Survivor's Guide to Getting Through Valentine's Day

By Ally Hirschlag

Allure

[Read More](#)

Attachment Style Quiz: Which Game of Thrones character are you in relationships?

The Game of Desire

[Take the Quiz Here](#)

The Ultimate Valentine's Day Self-Care Routine

By Jessica Truschel and Carolyn Fagan

Psycom

[Read More](#)

Valentine's Day is not about giving roses; but about consent and respect

By Yeshna Dindoyal

Voices of Youth

[Read More](#)

Your Everything-to-Know Guide to Apology Languages

By Taylor Andrews

Cosmopolitan

[Read More](#)

Consent Culture: Why Valentine's Day Misses the Mark

By Simran Singh

Her Campus

[Read More](#)

Valentine's Day Special: Philosophers on Love, Relationships, Jealousy, Autonomy, Respect, Affairs, Desire, & more

By Justin Weinberg

Daily Nous

[Read More](#)

This Valentine's Day, Skip Date Night and Talk About Consent

By Alexander Cheves

Them.

[Read More](#)

This Valentine's Day, Remember: Love Is Not an Excuse for Abuse

UK Says No More

[Read More](#)

Love Shouldn't Hurt on Valentine's Day or Any Day

By Lindsey Crusan-Muse

St. Peter's Health Partners

[Read More](#)

Doing Valentine's Day Differently

By Meg-John Barker

Rewriting The Rules

[Read More](#)

For Valentine's Day, Focus on Factors of Strong, Healthy Relationships

By Martha Filipic

The Ohio State University

[Read More](#)

Valentine's Day Doesn't Obligate You to Performing Sexual Acts

By Sammy Nickalls

Teen Vogue

[Read More](#)



LISTENING

We put together a playlist for you - some of our new favorite tunes, and some from the charts! These are songs about love, sex, race, relationships, human psyche, and the current state of the world. This list features some of our favorite artists, and some we've just discovered! While you enjoy these sick beats, we invite you to think critically about the lyrics and messages in these songs. Now more than ever, it is absolutely necessary for us to fully consider the content we absorb. As a critical consumer of media and an introspective individual, let these lyrics expand your mind and allow you to consider a multitude of perspectives.

Enjoy!

Please note that this playlist features explicit content.

[LISTEN HERE](#)

Consider while you listen...

- Does this relationship feel healthy to you? Does it feel unhealthy? Why?
- Can you relate to the perspective they're singing from?
- If the artist were your best friend, would you be concerned for them? If so, what advice would you give them?
- How do you feel other listeners should consume this song? With skepticism? An open mind?



MORE LISTENING



The School of Greatness: Let Go of Toxic Relationships

“Take it from me: toxic relationships are not worth it, whether they are romantic, professional, family, friends, whatever. But it can be really really hard to end them if you don't know how.”

[Listen Here](#)



Relationship Advice: Setting Emotional Boundaries In Your Relationship

“Do you feel like you're constantly on the receiving end of your partner's emotions? In relationships we want to be emotionally available for our partners and maintain healthy communication. However, sometimes emotional boundaries need to be set to help protect your personal mental health and to benefit your relationship.”

[Listen Here](#)



Verbal Consent Podcast: Speak Love To Me

“This week on the Verbal Consent Podcast - Elaina and Meika share their thoughts on love languages. The ladies share how they navigate love languages within relationships, why they are important, what they learned from them, as well as how it has helped them overall when it comes to processing love.”

[Listen Here](#)

Ugh, those feels again

By Snoh Aelegra

[LISTEN](#)

Pulp

By Ambré

[LISTEN](#)



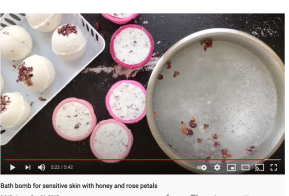
WATCHING



Tea and Consent
Thames Valley Police
[Watch Here](#)



8 Habits of Healthy Relationships
By Psych2Go
[Watch Here](#)



Bath bomb for sensitive skin with honey and rose petals
Bee Creative
[Watch Here](#)



OTHER STUFF WE'RE LOVING

Opinion: Valentine's Day Should Be More Inclusive

By Ellie Shippey
The Breeze
[Read More](#)

How has pop culture and the media influenced our perspectives of love and sex?

By Natalie Ng
Meld Magazine
[Read More](#)

You're Doing Valentine's Day Wrong If You Don't Talk About Sex & Consent

By Priscilla Blossom
Romper
[Read More](#)

Share a Time You Saw an Act of Love in an Unlikely Moment

By Elisabeth Goodridge
The New York Times
[Read More](#)

Coronavirus FAQs: What Are The New Dating Rules? And What About Hooking Up?

By Isabella Gomez Sarmiento
NPR
[Read More](#)

The COVID Chat: How to Respectfully Say "No"

Washington State Coronavirus Response
[Read More](#)

How to Say No to Holiday Invitations Gracefully During COVID-19

By Cassy Cassata
Healthline
[Read More](#)