

Make Respect the Rule!

Respect is more than being nice. It means recognizing that everyone has the right to dignity, boundaries, and safety. October is both [Domestic Violence Awareness Month](#) and [National Bullying Prevention Month](#), two observances with important reminders: Everyone deserves to feel safe, respected, and valued in their relationships. Bullying and domestic violence are not the same, but both can involve patterns of behavior intended to intimidate, humiliate, threaten, control, or harm another person. And both can have lasting effects on emotional and physical well-being. Here's more about each:

- Bullying can happen at any age and in many settings - school, work, online, and more. It may include verbal abuse, deliberate exclusion, spreading rumors, threats, harassment, or other repeated behaviors that exploit a real or perceived power imbalance.
- Domestic violence occurs within intimate or family relationships and can take many forms beyond physical violence. Abuse may be emotional, verbal, sexual, financial, or digital. A person may use threats, isolation, intimidation, monitoring, or control of money and other resources to exert power over someone else.

Raising awareness matters because harmful behaviors often thrive when people dismiss them, excuse them, or simply look the other way. We can all help create a culture in which respect is expected and mistreatment is taken seriously. This starts with our own behavior. Treat others with dignity, even during disagreements. Think before posting or commenting online. Don't participate in gossip, humiliation, or harassment.

If you witness bullying, speak up when it is safe to do so or report it to someone who can help. And if someone confides that they are experiencing abuse, listen without judgment. Avoid blaming or pressuring them about what they "should" do. Let them know that help and support are available.

Most importantly, if you are being bullied, threatened, controlled, or abused, you do not have to handle the situation alone. Reach out to your EAP for confidential support, guidance, and resources. You can also reach out to the [National Domestic Violence Hotline](#) at the link or call **1.800.799.SAFE (7233)**.

October Quick Reminders

- **Get That Flu Shot:** Flu season runs from October to May, but you can get the flu anytime. Most health care insurance covers the annual flu vaccination as part of preventive care. See this handy guide: [What to Know to Prepare for the 2026-2027 Flu Season](#). Why not call your doctor or your local pharmacy today to schedule your vaccine?
- **Get That Mammogram:** October is [Breast Cancer Awareness Month](#), a good time for women to get a mammogram, the most reliable way to detect breast cancer early, when it is small, easier to treat, and up to 99% curable. See the [Top 5 Reasons to Get a Mammogram](#).

★ Featured



October Webinar

Saving Strategies

This webinar will help you learn techniques that will motivate you to set and keep your savings goals, such as money for emergencies, purchases, college, and retirement. You'll leave the session with valuable tools and techniques to start improving your financial health immediately.

To access this Webinar and related resources, simply log in to www.HigherEdEAP.com during October.



October Training Selections

We offer a few online video trainings suggestions below from our vast selection of learning topics, or search for your own themes. Simply click on “**Member Login**” at www.HigherEdEAP.com, sign in, and click on the comprehensive training library in the “**Training Center**.”

- **Cybersecurity Essentials | Course ID: SVL_104417**

This 35-minute training is designed for people without a robust technical background. Learn about creating a secure workspace while avoiding social engineering, phishing, malware, and more.

- **Respect at Work: Addressing Harassment and Bullying | Course ID: SVL_1023275**

Incivility can lead to bullying and harassment, which can escalate to workplace violence. In this 5-minute lesson, learn the spectrum of behaviors that lead to a breakdown of respect and civility.

- **10 Tips to Manage Your Anger | Course ID: SVL_1020048**

This 8-minute course offers techniques you can use to control anger by responding logically instead of emotionally when you feel frustrations start to rise.

More Key October Dates

- [Cybersecurity Awareness Month](#)
- [National Down Syndrome Awareness Month](#)
- [Safe to Sleep: SIDS Awareness Month](#)
- [Liver Cancer Awareness Month](#)
- [10/4 - 10/10 – Mental Health Awareness Week](#)
- [10/4 - 10/10 – Fire Prevention Week](#)
- [10/10 – World Mental Health Day](#)
- [10/15 – International Shake Out Day](#)
- [10/22 – International Stuttering Awareness Day](#)

Access Your EAP Training Center

1. Go to www.HigherEdEAP.com and click the ‘**Member Login**’ button.
2. If you’ve already created an account, log in with your Username/Password.
3. If it’s your first time, click **REGISTER** to create your Username and Password. *You only need to register once.*
4. Click the ‘**Training Center**’ and then choose ‘**Comprehensive Training Library**’.
5. In the **Search bar at the top of the screen**, type the course code or search for a topic.
6. Click the course icon and click the ‘**Play**’ or ‘**Start**’ button to begin.

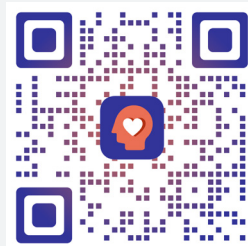
To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

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Explore
More of Your
Employee
Benefits



Download
Talkspace Go
For iPhone
Or Android



How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)



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