

THIS SHIT
IS FOR
ME

To: Nkechi '15
From: Molly B. '12
To: Joni Jeter '18
From: Nkechi Kai '??
Joni: This gift was given
to my 1st year HA by
grad who graduated in
15 my oldest
wanted to give it
to you! -Nkechi



A SAFETY PLAN

$$\frac{x-A}{SD}$$

SUM
of draws

$$EV = NA$$

$$SE = \sqrt{N} \times SD$$

$$Z = \frac{x-A}{SE}$$

NUMBER
of draws

$$EV = N \cdot P(E)$$

$$SE = \sqrt{\frac{P(E)(1-P(E))}{N}} \cdot N$$

PERCENTAGE
of draws

$$EV = P(E) \cdot 100\%$$

$$SE = \sqrt{\frac{P(E)(1-P(E))}{N}} \cdot 100\%$$

A or B

B

(A or B)

A

Y or NOT

→ SET

OUTCOME

→ IS A →

AMPLE RAIN

Kitchen

or keep

Thank

$$SE = \frac{SD}{\sqrt{N}}$$

STMT UP!

SD is Variance

What is a safety plan?

NAME:



SELF CARE \Rightarrow COMMUNITY CARE

Self care is not an indulgence.

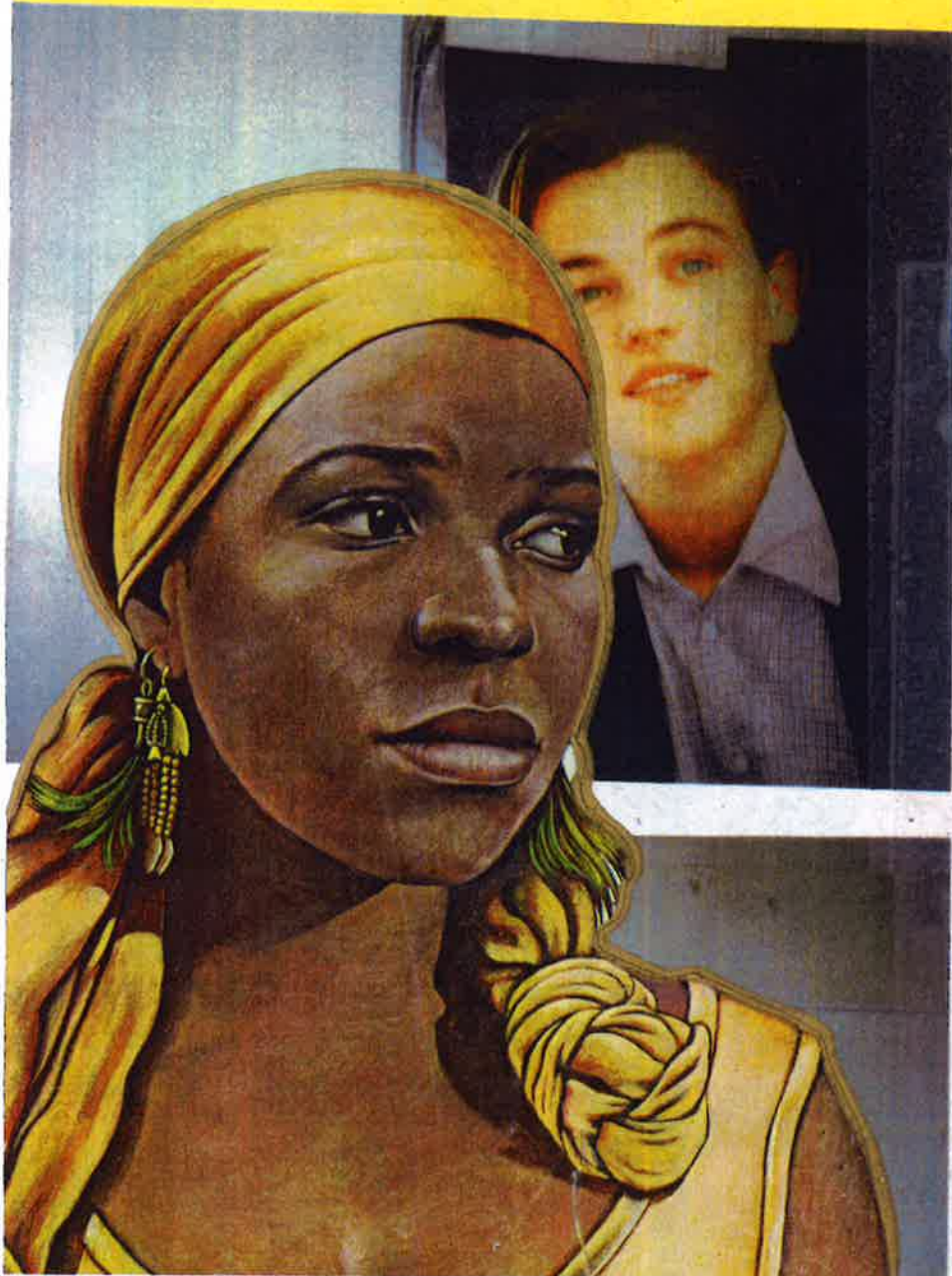
It is active caretaking — attention to need and awareness of yourself

What do you need?



A collage of images and text. At the top is a blue square with a white floral pattern. Below it is a photograph of four people (three women and one man) sitting on the floor, looking at something in their hands. Overlaid on the collage are several identical labels for 'Pre-made tattoo needle' with the following text: 'CE0197 Art No. 1203RL Lot No. This needle was sterilized by E.O.Gas Expire on JUN2020'. There are also several hand-drawn stars scattered around the collage.

YOU CAN TELL I'M STRESSED WHEN I DO THIS:



I RELIEVE STRESS BY-



on line 5 if so
SFI Certified Source
www.sfi-program.org
SFI-00511

- + THROWING OUT STUFF I DON'T NEED
- + WATCHING THE VINE OF THE PUPPY IN ITS OWNER'S BREASTS
- + PUTTING ON FUN MUSIC AND DRESSING UP
- + CLEANING SOMETHING - ANYTHING
- + WRITING SOME POETRY AND HIDING IT SOMEWHERE ^{TOP SECRET}
- + CRYING AS LONG AS I NEED TO AND TAKING SELFYS
- +
- +
- +

(TAKE NOTE OF WHICH STRESS RELIEVERS FEEL HEALTHY)
AND WHICH YOU NEED TO LIMIT OR AVOID.

When I'm down I can invite a friend to:

- + Share a 20pc McNuggets
- +
- +
- + Help me fold laundry
- +
- + Break glass & clean it up
- + Plan a themed party
- +
- +
- + Find out if we are astrologically compatible with our crushes

ICS AOA | 1st TRIPS

APPLES: Picking up bookkeeping ^{past} Getting my dumb unit ^{will} ~~break~~ console support. Reassuring, ^{acknowledging} ~~acknowledging~~ expressive, confident in getting wants. ^{Energy} Light up a room. People wanna be around cause they feel good, not bc my ego. Just getting ICS. Comments in meetings. Don't shy away from healthy conversation. Hands on care of unit. Stepping into this role even w/o

ONIONS: Sucked in to ^{course} ~~course~~ things Dipping to make out, doing well on fine / classic onion. Trump card moments in disproportionate influence, Disagreement w/ chair → quick to overpower (but good self correcting) over involved / over emotional in camp not be healthy. IS memory thing clarity? So holy

Opting in to apply. Different relationship is fun w/ Dy. Magistrate. "everyone you meet feels attracted to everything you say" using that power for good. Community keycard so funny. Let's hang. Sibling vibes. Unchecked in an awesome way. Loud but not dominant. Project confidence - good leader. Inspire confidence in young people. Volume and quality of work when buckled down.

PEOPLE I CAN CALL AT 4AM:

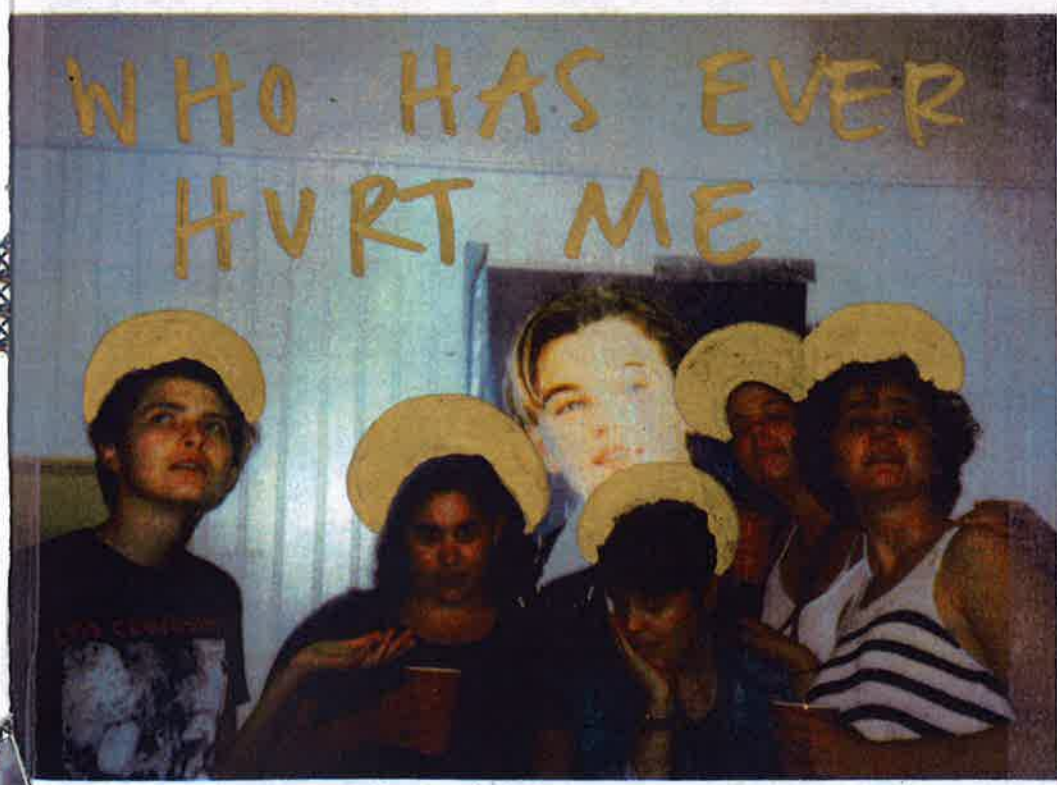
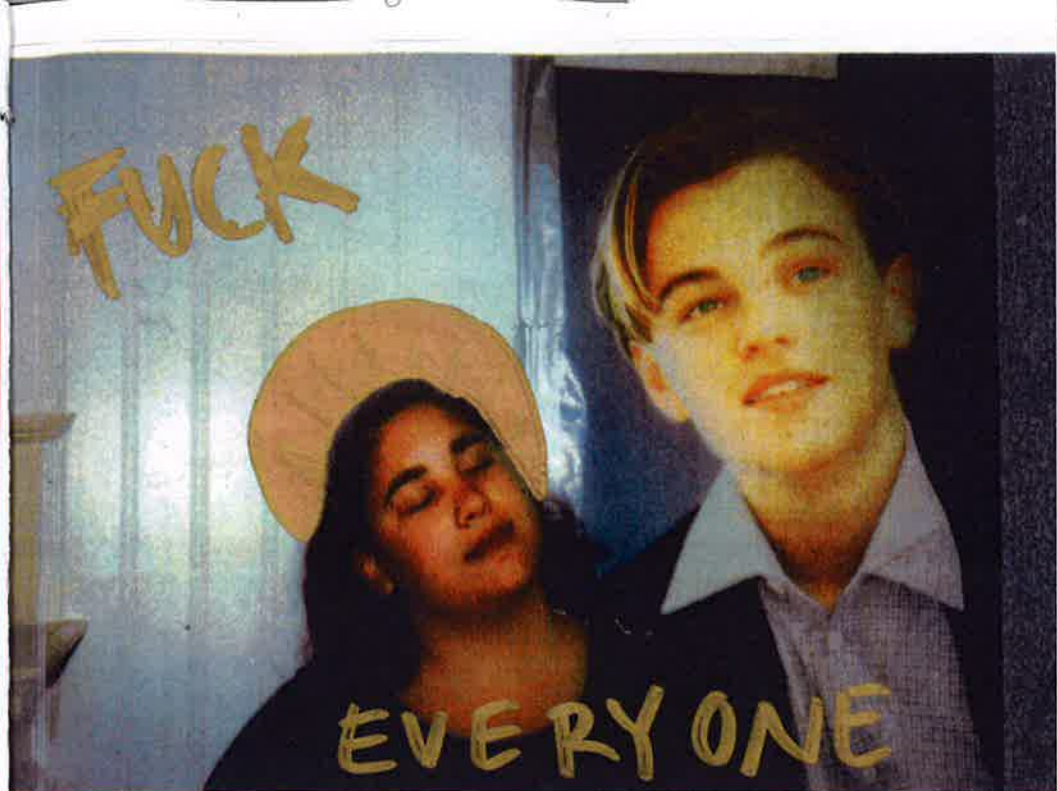


- ♪ CAROLINE - AMINÉ ♦ CLIMAX - USHER ♦ 679 - FETTY WAP FT. REMY BOYZ
- BLACK BEATLES - RAE SREMMUR ♦ SUCCIMANE
- LIPGLOSS - LIL MAMA
- KISS YOU - ONE DIRECTION
- NO HANDS - WAKAFLOCKAFLAME
- BEAUTIFUL SOUL - JESSE Mc CARTNEY
- MISS INDEPENDENT
- PEACHES (PASSION PIT REMIX) - IN THE VALLEY BELOW
- NE-YO ♦
- SURVIVOR - DESTINY'S CHILD
- SORRY - JUSTIN BIEBER
- LOLLIPOP - LIL WAYNE
- SUPER BASS - NECKI MINAJ





THINGS THAT MAKE ME FEEL SAFE:





A gift for you

Happy birthday to my girl my rock. - baby

- WATCH THESE -

CROSSROADS ☆ HUM AAPKE HAIN KOUN
 LOVE AND BASKET BALL ☆ BRING IT ON
 PRACTICAL MAGIC ☆ BRATZ: THE MOVIE
 GOOD BURGER ☆ THE PRINCE OF EGYPT ☆ 9 TOS
 HOOP DREAMS ☆ ROMEO + JULIET: MUSIC EDITION
 STRICTLY BALLROOM ☆ ALI: FEAR EATS THE SOUL
 SAVED! ☆ DRIVE ME CRAZY ☆ THE CRAFT
 WET HOT AMERICAN SUMMER ☆ GOSSIP GIRL
 DAZED AND CONFUZED ☆ KNIGHT'S TALE
 10 THINGS I HATE ABOUT YOU
 PUMP UP THE VOLUME ☆
 FROM UP ON POPPY HILL

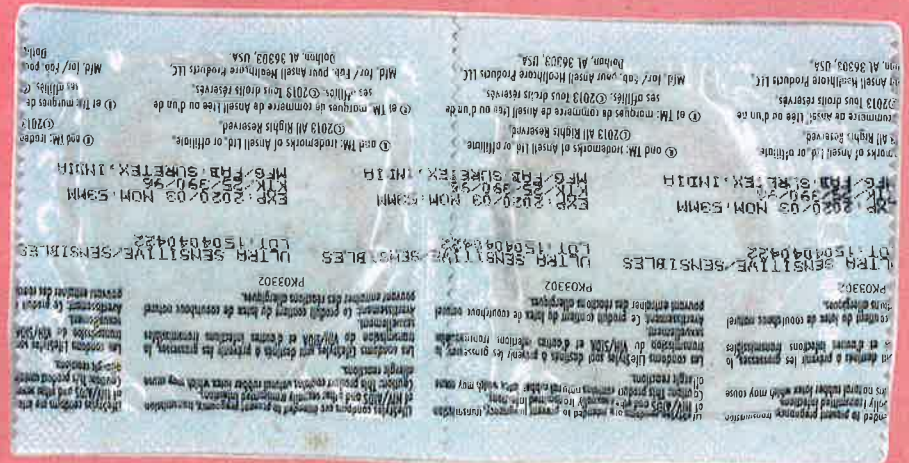


— LISTEN TO THESE —

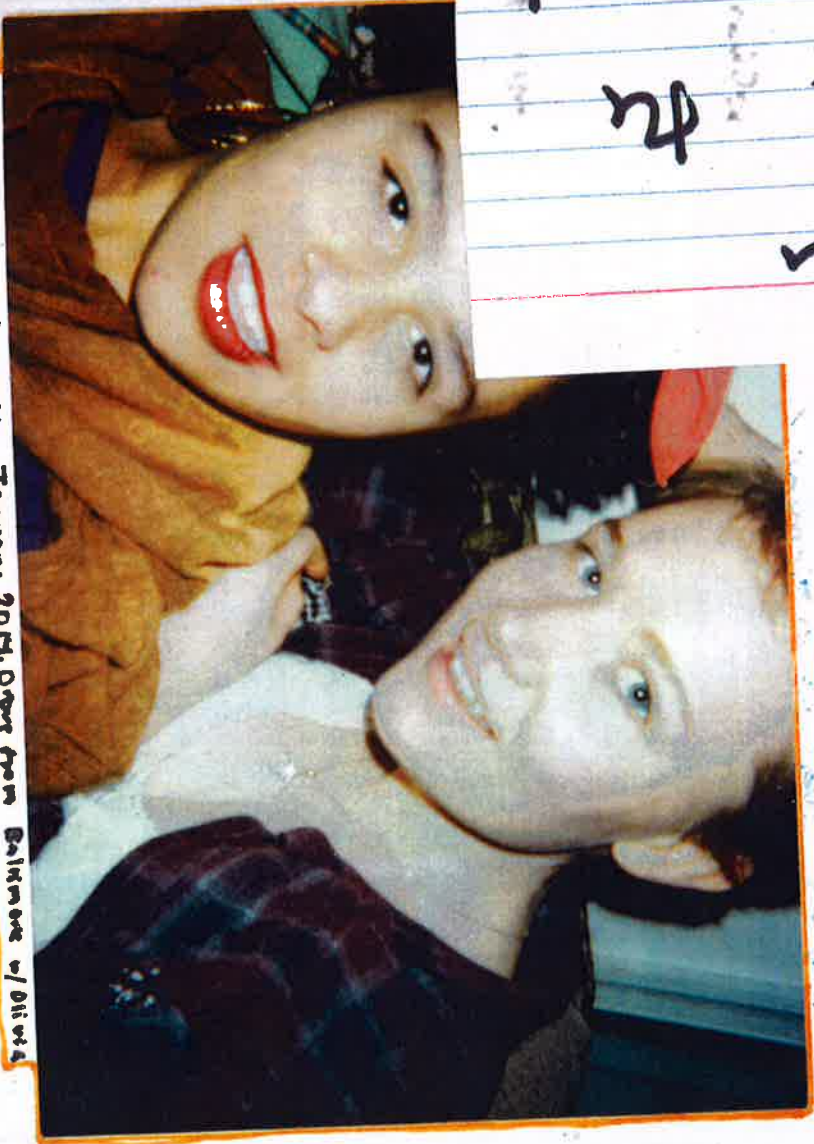
PURPOSE - JUSTIN BIEBER / AH UM - CHARLES MINGUS
 I PUT A SPELL ON YOU - NINA SIMONE / MAYA - M.I.A.
 BOYS FOR PELE - TORI AMOS / 1992 - PRINCESS NOKIA
 THE FAME - LADY GAGA / TAKE CARE - DRAKE / LPI + FKA + WIGS
 SATISFACTION GUARANTEED - JUNGLE PUSSY / YEEZUS - KANYE
 WINTER'S DIARY 2 - TINK / BROKE WITH EXPENSIVE TASTE -
 AZEALIA BANKS / BLUE - JONI MITCHELL - CLOUDS

— READ THESE —

PARADISE - TONI MORRISON
ONE HUNDRED YEARS OF SOLITUDE -
 GABRIEL GARCÍA MÁRQUEZ
THE CLUE OF THE BROKEN LOCKET -
 CAROLYN KEENE
MOSES, MAN OF THE MOUNTAIN -
 ZORA NEALE HURSTON
THE BEAUTIFUL ONES ARE NOT YET
BORN - AYI KWEI ARMAH
DIVING INTO THE WRECK -
 ADRIENNE RICH
LILITH'S CAVE: JEWISH TALES OF
THE SUPERNATURAL -
 HOWARD SCHWARTZ



Ebi visiting me in Gloucester. January 2014. Over from Baltimore w/ Divya



in the Great
the
or

event 9
if...
hair
stream
vial formula
= (2,3)
if that

RAPID RESULTS in 1 MINUTE

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FIRST RESPONSE PREGNANCY

RAPID RESULT Pregnancy Test
Detects Multiple Forms of the Pregnancy Hormone



OVER 99% ACCURATE*

2 TESTS

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EASY GUIDE ON SIDE PANEL

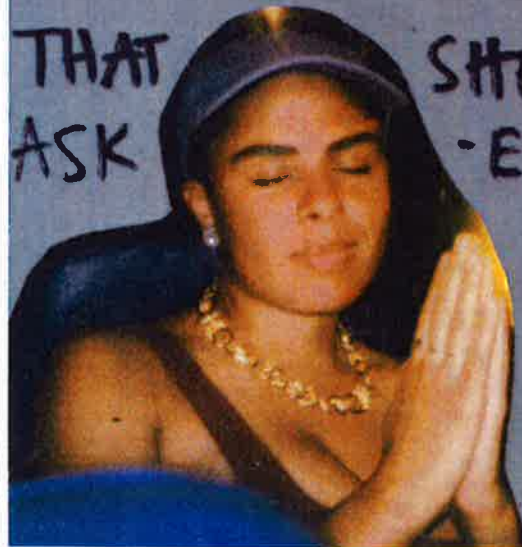
*99% accurate at detecting typical pregnancy hormone levels. Note that hormone levels vary. See insert.

With the purchase of this product, *ON-LINE REBATE. Lift Sticker For Details. Offer Expires 12/31/16. ← LIFT HERE

SAFETY IS BEING PREPARED FOR THE UNSAFE

JONI JETER IS A JUNIOR
AT BRYN MAWR COLLEGE.

SHE DOESN'T LIKE BROWN
LIQUOR AND ALL OF
HER TATTOOS ARE
SLOPPY. SHE JUST HAD
ANOTHER BAD YEAR AND
IS SURE THAT IT IS BECAUSE
OF HER VENUS IN LIBRA.
SHE IS STILL BUMMED
THAT SHE DIDN'T GET
ASKED TO PROM.



VENMO HER
\$4.20 AT
FAMOUSBOYFRIEND