



"POTTY TALK"

Welcome Class of 2011!!!



College is a time of fun, new adventures, meeting new and diverse people, and learning about yourself. The **WELLNESS CENTER** wants to help you enjoy your time here and also make **SAFE & HEALTHY** choices in the process. Watch for "POTTY TALK" in your RLC bathroom stalls each month. **ENJOY and WELCOME TO SCU!!**

What is Potty Talk?

"Potty Talk" is a monthly Health and Wellness newsletter created by Health Educators within the Wellness Center at Santa Clara University.

This newsletter is distributed in bathroom stalls across campus (hence the name "Potty Talk") as a means to reach students and educate the campus community on topics relevant to college students today such as:

- Alcohol & Drug Use
- STDs & Sexual Health
- Stress
- Eating Disorders
- Relationships
- Dating Violence
- Nutrition
- Exercise & Much More!



Look for monthly issues in bathrooms throughout campus or go check us out online at www.scu.edu/wellness/pottytalk.cfm



10 Things You Should Do While at Santa Clara University

- Get involved!! Join a Club or student organization
- Study Abroad
- Take a yoga class at Malley
- Play on an intramural sports team 
- Explore San Francisco
- Help build a house during an alternative spring break
- Have lunch with your professor
- Join the Ruff Riders and cheer at a soccer game
- Have a midnight picnic in the Mission Gardens
- Check out a sunset from Swig's 11th floor

HANGOVER HELP:

Headaches, nausea, pain = UGH!! ☹
How Do You Prevent the Morning After Hangover???



SCU 101: Your guide to information about Sex, Drugs, Alcohol, "The Freshman 15" and more!

- Do you know where to find health & wellness resources on campus?
- Did you know that you can get massages at SCU or see a Registered Dietitian?
- Wanna know what's available at the Health Center?

Come to SCU 101 presented by Health Educator Wendy Baumbach from the Wellness Center to learn what is available for FREE and LOW COST at SCU.

Where: The Williman Room in Benson Center
When: Tuesday, October 9th 6:30-7:30 p.m.



Want Accurate Health Information Online?
Go to - www.MyStudentBody.com

This website has up-to-date, accurate information about a host of important health and wellness topics relevant to college students such as: STDs, Stress, Alcohol, Tobacco, Marijuana, Eating Disorders, Nutrition, Sexual Assault, Mental Health Issues, etc.

How Do I Log in?

- Go to www.mystudentbody.com.
- In the box that says "Is this your first time? Click here to register." Click the word "Go."
- On the page labeled "First Time Users", enter our Student Code, BRNCOS, in the box labeled "School Code."
- Create a username and password for yourself.
- You can go back to this site anytime you want. Use it for class projects or bulletin boards in your halls. Browse around and enjoy!!

WHAT TO DO BEFORE YOU DRINK

- ❖ Eat: Don't drink on an empty stomach
- ❖ Drink milk: Milk coats the lining of your stomach and can help minimize the amount of alcohol you absorb.
- ❖ Take multivitamins: They can help you minimize the nutrient loss.

WHAT TO DO DURING DRINKING

- ❖ Follow the Party Tips listed below in this Potty Talk issue
- ❖ Drink water constantly: One glass water for every glass of alcohol.
- ❖ DON'T mix different types of alcohol
- ❖ Know your body and what you can and cant drink—if you know your body can't handle tequila—DON'T DRINK IT. DUH!

WHAT TO DO AFTER DRINKING

- ❖ Drink plenty of fluids (at least 2 large glasses of water) before bed. This helps prevent dehydration, the main cause of hangovers.
- ❖ Eat before you go to bed. This can lessen the intensity of the next day's hangover
- ❖ NEVER take acetaminophen (found in Tylenol) before you go to bed. It is metabolized by the liver just like alcohol and combining the two can cause SERIOUS liver damage.

How to Drink & Still Stay in Control

- Drink only when you are in a good mood or in situations where you feel comfortable.
- Drink only occasionally. Regular drinking may quickly become a routine and/or habit that will later be difficult to break.
- Set your drinking limit before entering a social, drinking occasion.
- Keep track of how much you drink.
- Space your drinks. One per hour is a good rule.
- Alternate alcoholic drinks with non-alcoholic beverages.
- Sip your drinks. Don't pound, shotgun or straight-shot
- Eat before and while drinking. With food in your stomach, alcohol gets absorbed more slowly.



"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:
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Responsible alcohol use means that you won't be sorry in the morning.