



"POTTY TALK"

Welcome To SCU!!!



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. "POTTY TALK" is a monthly newsletter aimed at educating the campus community about important Health and Wellness topics. Watch for it each month in your RLC and online!! **ENJOY and WELCOME TO SCU!!**

Want Accurate Health Information Online?

SCU has purchased a subscription to MyStudentBody.com for the year. 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?

1. Go to www.mystudentbody.com.
2. In the box that says "Is this your first time? Click here to register." Click the word "Go."
3. On the page labeled "First Time Users", enter our Student Code, BRONCOS, in the box labeled "School Code."
4. Create a username and password for yourself.
5. 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!!



TOP 5 THINGS MOST FRESHMAN DON'T KNOW ARE AVAILABLE AT SCU. . .

1. **TOTALLY FREE COUNSELING** is available! Talk about relationships, parents, homesickness, depression, anxiety, eating disorders etc. Call the **Counseling Center** at x 4172 to find out more. Located in Cowell.
2. **FREE HEALTH CARE VISITS** at the Cowell Center . Go there for colds, strep throat, flu, mono, STD & pregnancy testing, urinary tract infections, minor injuries, and more. Call x 4501 to learn more.
3. **PROFESSIONAL MESSAGES** are available for **ONLY \$1 per minute** at the Wellness Center (call x 4409).
4. **STEP, KICKBOXING, YOGA, PILATES, and MORE.** The Malley Fitness Center has low cost Fitness Classes available each quarter. Call x 4068 to find out more.
5. **FREE SUPPORT GROUPS.** 12-Step Alcoholics Anonymous and Overeaters Anonymous groups are offered on campus. Call x4172 to learn more.



Think Everyone Drinks???

Think Again.... Most SCU Students Drink Less Than You Might Think



While about **75%** of SCU students choose to drink alcohol to some degree, the VAST majority drink responsibly, thereby avoiding losing control and having negative consequences such as hangovers, black-outs, vomiting, accidents, rapes, sexual assaults, passing out, physical fights or alcohol poisoning.

Some facts

- 56.4% of SCU students had 4 or fewer drinks the last time they partied.
- The average number of drinks that a SCU student has when they party is 4.
- 87.8% of SCU students have never tried a cigarette or haven't had one within the past month
- 80% of SCU students have never tried marijuana or haven't used it within the past month
- 87% of SCU students have not had their academic performance impacted by their use of alcohol
- 82.7% of SCU students either don't drink at all or drink less than 10 days per month
- 67.3% of SCU students kept their BAC level below .10 the last time they partied.
- 85% of SCU students do not drink to cope with difficult feelings (shyness, sadness, anger, loneliness, etc)
- 79% of SCU students do not find it difficult to stop drinking once they have started.
- 41% of SCU students "never" or "rarely" get drunk when they drink.



Are you surprised by these numbers? Research shows that college students consistently tend to overestimate how often their peers are engaging in behaviors such as drinking, smoking, having sex, and doing other drugs. WHY? Because you don't tend to focus on all the people at the party who are sipping their drinks and taking breaks during the night. You remember the 1 guy or 1 girl that had way too much and is doing something that will be a great story to tell the next day, right? Or.....who is in your peer group? Do you tend to hang out with a very heavy drinking group of friends? That could greatly skew your perception of what is "normal". Think about it--- is your drinking in the majority or minority at SCU?

The facts show us that **MOST SCU students** (and students across the country) drink responsibly.



WE GOT THE FACTS FROM YOU!!

Stats compiled from NCHA Health Survey administered in Spring 2006 (n= 729 undergraduate SCU students)



Straight Talk with Queer Abby

Sex, Dating & Relationship Advice for ALL Sexualities



- How can I manage my long distance relationship?
- I'm not in love with my boy/girlfriend anymore, what can I do?
- I'm gay and need help coming out to my parents?
- How do I protect myself/my partner from pregnancy & STDs?
- My boy/girlfriend cheated on me, what should I do?
- I think my partner has a drinking problem, what can I do?

Whether your **attractions and relationships** are same-sex, opposite-sex, both, or unclear, **Queer Abby** is **ALL ABOUT** helping you understand your sexual health & relationship needs.



Send your questions to: QABBY@scu.edu

See past Queer Abby questions & answers here: <http://www.scu.edu/wellness/QA-responses2.cfm>

Alcohol Poisoning Alert

What to Look For:

1. Person is known to have consumed large quantities of alcohol (or alcohol combined with other drugs).
2. Person is unconscious, cannot be woken and does not respond to being pinched and/or shaken.
3. Person has cold, clammy, unusually pale or bluish skin.
4. Person is breathing slowly or irregularly (less than eight times a minute or ten seconds or more between any two breaths).
5. Person vomits, urinates or defecates while passed out and does not wake up during or after.

What to do:

1. Do NOT leave this person alone. This is a medical emergency.
2. Call the EMTs at x4444 or 911 for help.
3. Turn the person on his side to prevent choking from vomiting.
4. Watch his/her breathing. If breathing stops, administer CPR.



"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:

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