

POTTY TALK

Welcome Back!!!

Potty Talk is a monthly newsletter provided by the Wellness Center. Every month it provides various health and wellness information that is relevant to students like you! It's posted in residence hall and Malley Center bathrooms, online at www.scu.edu/wellness, and is also available in the Wellness Center and in Benson.

Santa Clara University's Medical Amnesty/Good Samaritan Statement



Medical Amnesty is the reduction of judicial consequences for students who receive medical attention due to alcohol intoxication and/or alcohol poisoning. This statement applies to violations that occur on and off campus and will require documentation by Campus Safety, EMS, law enforcement and/or emergency personnel.



Good Samaritan is the elimination of judicial consequences for a student/students who may be under the influence of alcohol and who make(s) a good-faith call for medical help on behalf of a fellow student. This statement applies to violations that occur on and off campus and will require documentation by Campus Safety, EMS, law enforcement and/or other emergency personnel. *Good Samaritan* is not limited to alcohol-related incidents and encourages the witnesses of the assault, vandalism, and other violations of the Student Conduct Code to also report such events.

For more information on the Medical Amnesty/Good Samaritan Statement, visit:



www.scu.edu/medicalamnesty/



On Facebook: [SCU Medical Amnesty & Good Samaritan](#)

Signs & Symptoms of Alcohol Poisoning:

- Slow or irregular breathing (fewer than 8 times/minute or more than 10 seconds between breaths).
- A weak pulse, or a very slow or very fast pulse.
- Disoriented or unconscious
- Cold and clammy skin that is pale or blue in color.
- Vomiting, urinating, or defecating while unconscious/sleeping.

THIS IS A MEDICAL EMERGENCY!

What to do Next:

- **On-Campus:** Call Campus Safety at (408) 554-4444
- **Off-Campus:** Call 911; from a cell phone call SCPD (408) 615-5580
- Do not leave the person alone
- Turn the person on his or her side to prevent choking or suffocating
- Try to keep the person awake and warm
- Stay with the person until medical help arrives

Important Wellness Center Information

All Wellness Center Services are Free and Confidential!

WHAT? A health education and prevention resource center

WHERE? The Wellness Center is located in the *Pat Malley Fitness & Recreation Center*

WHO? Services are available to all registered SCU students

WHEN? M – Th: 9 am – 6 pm and F: 9 am – 5 pm



Like us on Facebook (search "SCU Wellness Center") to have Potty Talk and health and wellness tips delivered straight to your computer!

Tracking your Drinks

Before you start drinking, set a limit. Know how much you plan on drinking.

- Send yourself a text message for every drink you have. Count them. Have you reached your limit?
- Use the buddy system with a friend who has a similar drink limit. With each other's support, you can keep each other on track.
- Use a physical "marker" to count your drinks. Example: Place pennies in one pocket. For every drink you have, move a penny to the other pocket. When the pennies are gone, you're done for the night!

What is Potty Talk?

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

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

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|--------------------|----------------------|
| Alcohol & Drug Use | STIs & Sexual Health |
| Stress | Eating Disorders |
| Relationships | Dating Violence |
| Nutrition | Exercise |

...and many more!

Look for monthly issues on campus, check us out online (www.scu.edu/wellness/pottytalk.cfm), or like us on Facebook and get it as a post!

KNOW THE CODE: 0-1-2-3

This "Code" is a good guide for being safe if you choose to drink. Remember: It is illegal to drink if you are under 21.

0 = Sometimes **zero** drinks is your best option. Listen to your instincts! Avoid drinking...

- If you're under 21 (more consequences if you drink underage)
- If you have to drive
- If you haven't eaten
- If you have a low tolerance
- If you have a strong family history of alcoholism
- If you're drinking to "escape" negative feelings



- 1** = No more than **one** drink per hour (12 oz beer, 5 oz wine, 1.5 oz shot).
- That's all your liver can handle at any one time.
- 2** = Limit your drinking to no more than **two** times per week.
- High-risk drinkers consume alcohol three or more times per week.
- 3** = No more than **three** drinks in one day.

- People who drink to get drunk are at higher risk for problems.
- Studies show that people who drink four or more drinks in a day are at a greater risk for developing an alcohol problem.

And remember to **ALWAYS**... "Party with a Plan!"

Source: www.partywithaplan.org

BYSTANDER RESPONSIBILITY

On college campuses, the first month of the school year is the most vulnerable time for sexual assault.

The bystander effect is the phenomenon that the greater the number of people that are present, the less likely an individual is to help someone in distress. By joining this community, pledge to not only take care of yourself, but to also take responsibility for and care for others.

Bystander Responsibility: Being a responsible bystander means interrupting situations that could lead to assault before it happens or during an incident, speaking out against social norms that support sexual violence, and having skills to be an effective and supportive ally for survivors. With a few well-timed words or actions, you could save a friend from being sexually assaulted or committing the crime.

Some things to be aware of as a bystander are if a person:

- Seems very intoxicated
- Appears to be very uncomfortable
- Is being physically blocked or controlled by someone
- Is receiving seemingly unwanted physical contact
 - Is in conflict with someone



Important Resources: Campus Safety (408) 554-4444; Every 2 Minutes/ 1 n 4 e2mandin4@gmail.com; Office of Student Life (408) 554-4172; Wellness Center (408) 554-4409; YWCA Rape Crisis Hotline (408) 287-3000

HOW TO **HELP** AS A BYSTANDER

- Carefully assess the situation before taking action. Choose the most effective way to help without escalating the situation.
- Decide how you will intervene – directly or indirectly. Direct interventions require you to be the primary helper. In indirect interventions, you enlist others for help. This could be someone who knows the person well or a professional (EMT, police, etc.).
- If possible, intervene early, before a situation becomes a crisis.
- Understand boundaries, limits, and make safe choices. Keep the situation from escalating and putting yourself or others in danger. Engage other bystanders for help. (Adapted from www.steupupprogram.org)

"Potty Talk" is brought to you by the Wellness Center!

Alison Bateman, Ph.D., Health Educator
ABateman@scu.edu

Sarah Maciel, Asst. Health Educator
SMaciel@scu.edu

Located in Malley; 408-554-4409; www.scu.edu/wellness
Find us on Facebook! (search "SCU Wellness Center")

