

# "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](http://www.scu.edu/wellness), and is also available in the Wellness Center and in Benson for free.*



### Santa Clara University's Medical Amnesty/Good Samaritan Statement

**HELLO**  
my name is:

**Medical Amnesty**  
*Help a Friend; Save a Life*

**HELLO**  
my name is:

**Good Samaritan**  
*Help a Friend; Save a Life*

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 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/](http://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.
- Unconscious, and it is difficult to awaken the person.
- 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



#### Happiness.

Interested in learning how to get it...For free and on campus!

Contact Maya Borqueta at CAPS to find out more information about joining a 6-week positive psychology workshop to add enjoyment, engagement, and meaning to your life, no matter how happy or unhappy you are!  
(408) 554-4172  
[aborgeta@scu.edu](mailto:aborgeta@scu.edu)

#### Cough Safe!

"Why Don't We Do it in Our Sleeves?" is a short, funny, & informative video posted on the Wellness Center website ([www.scu.edu/wellness](http://www.scu.edu/wellness)) & it answers this very question! Watching this video (trust us, its funny!) will give you insight into why coughing or sneezing into one's sleeve is the best way to do so, and is one of the best ways to prevent passing one's cold/flu on to someone else!  
Source: [www.coughsafe.com](http://www.coughsafe.com)

#### Important Wellness Center Information

All Wellness Center Services are Free and Confidential!

**WHERE?** The Wellness Center is located in the Pat Malley Fitness & Recreation Center  
**WHO?** Services are available to all registered SCU students.  
**WHEN?** Our office hours are Mon-Wed & Fri: 9 am-5 pm  
Thurs: 9 am-7 pm

#### What is Potty Talk?

"Potty Talk" is a monthly Health and Wellness newsletter created by the Health Educator at 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:

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

And many more!

Look for monthly issues on campus or check us out online at:

[www.scu.edu/wellness/pottytalk.cfm](http://www.scu.edu/wellness/pottytalk.cfm)

Feel free to stop by the Wellness Center to pick up your own free copy!

#### 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 are your best option. Listen to your instincts! Don't Drink . . .
    - 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](http://www.partywithaplan.org)



#### Sexual Assault and Bystander Responsibility

On college campuses, the first month of the school year is the most vulnerable time for sexual assault, mainly due to the increased consumption of alcohol (not knowing your limit) and lack of self-awareness. During this time, students practice the fewest safety measures.

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 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:** Office of Student Life (408) 554-4172 ; Campus Safety (408) 554-4441 ; YWCA Rape Crisis Hotline (408) 287-3000



#### Safety Tips for Residence Hall Living

1. Be aware of people who do not "belong" in your halls. Report any suspicious people to Campus Safety (x4444).
2. Never prop outside doors open, even for a few minutes.
3. It may seem harmless, but don't post any contact info (cell phone numbers, etc.) or notes on your door memo board saying where you are or what your schedule is. This could invite unwanted and even dangerous attention. Leave that info with your roommate inside.
4. Always tell others where you are going and with whom you are going. Always go to parties with others and watch out for each other.

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

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Located in Malley; 408-554-4409; [www.scu.edu/wellness](http://www.scu.edu/wellness)

