



Toilet Talk



Manchester University

April 2014

Issue 147

Alcohol Awareness Month!

April is Alcohol Awareness Month and with May Day weekend coming up, we would like to take this opportunity to raise awareness about drinking. Alcohol is the most commonly used addictive substance in the United States. 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence. Several million more individuals engage in risky behavior when under the influence of alcohol. Choosing not to drink is the safest option however if you are 21 and decide to participate in drinking (off campus of course), follow these safety tips:

- Know your limits and pace yourself
- Eat food while you drink – drinking on an empty stomach is never a good idea
- Sip (don't chug!) your drink
- Appoint a designated driver – don't drive after consuming alcohol
- Stay hydrated by also drinking water
- Avoid unfamiliar areas or drinking alone
- Use the buddy system
- Have no more than one drink per hour – remember a standard drink is one 12 oz. beer, one 5 oz. glass of wine, or one 1.5 oz. shot of 40% alcohol.
- If you have any concern that you or anyone around you is experiencing alcohol poisoning, tell someone!
- Do not leave your drink unattended
- Don't make any sexual choices while you've been drinking – an individual heavily intoxicated cannot give clear consent to sexual activities.

If you do plan on drinking during May Day Weekend, or any other weekend, *please be safe (familiarize yourself with **MU's Medical Amnesty Policy**)*. Many harmful accidents can happen when under the influence of alcohol. Keep yourself and everyone around you safe by following the tips listed above or abstaining from drinking alcohol.

For more information, please visit:
http://www.manchester.edu/osd/medical_amnesty.htm
<http://www.indiana.edu/~engs/hints/holiday.html>
<http://www.wikihow.com/Drink-Responsibly>

It's Time To Talk About It!

April is National Sexual Assault Awareness Month (SAAM) and your voice can make an impact. One in five women and one in 71 men will experience sexual violence at some point in their lives. Sexual violence occurs when someone is forced or manipulated into unwanted sexual activity without their consent. Sexual violence can happen anywhere and to anyone; it is our job as a community to prevent sexual violence and assist in establishing healthy relationships that are based on respect, safety, and equality. So, how do you become an agent of change?

- Know your power – your voice is valuable and influential. It's important for your community and peers to hear your voice and learn about your experiences.
- Engage peers and build a network – be a role model of healthy behaviors for those around you.
- Connect with your community
- Take a stand against oppression – work towards a positive social change.

Your voice can and should be heard. Don't be afraid to speak up and work towards preventing sexual violence!

For more information, go to <http://www.ashastd.org/>

“No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.”

-Maya Angelou

Brought to you by Wellness Services! ☺

Questions? Comments? Contact us at HealthServices@manchester.edu