



Toilet Talk



Manchester University

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“The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt.”

-Max Lerner-

World Health Day

The month of April includes World Health Day! The theme for this year's world health campaign deals with improving food safety. Over 200 diseases are caused by unsafe food containing harmful bacteria, parasites, viruses, and chemical substances. As food supply becomes increasingly globalized, new threats are constantly emerging concerning contaminated food. To keep your plate safe, follow these helpful food preparation safety tips:

- Clean – always wash your hands and surfaces often.
- Separate – do not cross contaminate. Keep your meats separate from your fresh foods.
- Cook – cook your food to the right temperature.
- Chill – refrigerate promptly (within two hours) after purchasing.

For more info, go to <http://www.who.int>

National Volunteer Week

National Volunteer Week is April 12th through the 18th and is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage individuals in their communities. The purpose of this week is to inspire a change in society and work towards communities being at the center of social change! Inspire those around you this month by participating in and encouraging volunteer activities in your community and on campus! ☺

It's Time to Act: Safer Campuses, Brighter Futures

April is Sexual Assault Awareness Month (SAAM) and this year, the SAAM campaign is providing preventative resources and information concerning sexual violence on college campuses. Research suggests that as many as 1 in 5 women are sexually assaulted in college and one in 16 men have been victims of an attempted or completed assault while in college. These statistics are very real and sexual violence is a serious public health issue that affects all communities, which includes college campuses. Colleges and universities are in a unique, powerful position to create a campus culture that is safe for all students, faculty and staff. The first step towards ending sexual assault is to raise your voice and talk about the issue! Prevention programs are not as effective if individuals do not communicate, fail to spread the word, and raise awareness on the issue. In order to talk about sexual assault, you must know the definition of consent and healthy sexuality. Healthy sexuality means having the knowledge and power to express sexuality in ways that enrich one's life. Healthy sexuality includes approaching sexual interactions and relationships from a perspective that is consensual, respectful, informed, and excludes coercion and violence. Healthy sexuality is out values, attitudes, feelings, interactions, and behaviors. So, the next thing you should know is the definition of consent. Consent means granting permission for something to happen or agreeing to do something. Sex without someone's agreement or permission is sexual assault. Remember, the absence of a "no" does not mean "yes." Consent is clear and specific. Communication and consent are key to healthy sexual interactions. It is important to understand that it is ok to say no! This April, let's talk about the issue of sexual assault on campus and let your voice be heard!

For more info, go to www.nsvrc.org



Brought to you by Wellness Services! ☺

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