

The Monthly InSTALLment

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, www.rochester.edu/uhs/healthpromotion

October 2010



Have a safe and happy halloween!



Words to wiz by since 2005!



Fat Talk Free Week—October 18-22



Fat Talk Free Week is a campaign to draw attention to body image issues and the damaging impact of the thin ideal. It is also an opportunity to reach out to those you love, including yourself, and develop a more positive dialogue about body image.

Fat Talk Free Week was started by Delta Delta Delta in an effort to stop the negative fat talk such as “look how fat she looks” or “can you believe they are wearing that?” The campaign also seeks to eliminate positive talk that supports thinness, such as, “You look great! Have you lost weight?”

Want to learn more about Fat Talk Free Week on campus? Check out the Fat Talk Free Week website: www.endfattalk.org or check out the group on Facebook!



Sexual Assault Awareness Week October 24-30

Recent statistics show that 1 in 5 women will experience a sexual assault before they complete college* & about 1 in every 10 rape victims are male.**

Please check the University Calendar for a complete list of programs, times, and locations. Programs featured during the week include:

Clothesline Project 10/24-10/30

Hirst Lounge, Wilson Commons
www.clotheslineproject.org

*Fisher, Cullen, & Turner, 2000. **U.S. Dept of Justice. 2003 Nat'l Crime Victimization Survey.

Project HopeLine 10/24-10/30

Do you have an old cell phone that you are willing to donate to survivors of domestic violence? Please drop it in one of the HopeLine boxes found in Wilson Commons, the ID Office in SBA, or UHS.

Self Defense Program 10/24

MAC Room, Goergen Athletic Center

After Sexual Assault 10/27

An interactive and informative program about the options for survivors after a sexual assault.

Take Back the Night 10/28

A night of community building and support to help shatter the silence of sexual assault.
www.takebackthenight.org



Bee-Lieve it!

59% of UR students surveyed last fall described themselves as “about the right weight.” The best way to maintain a healthy weight is to get plenty of rest, eat meals containing healthy starches, proteins, fruits, and vegetables, and participate in a moderate amount of exercise on a regular basis!

Healthy Monday

The UHS Health Promotion Office will bring this new initiative to campus with activities, resources, and events aimed at helping students live healthier.

Each month you can look forward to the following events:

Restock Monday: Stock up on essential items like cold care supplies, sexual health items, and more on the first Monday of each month.

Move-It Monday: Learn how to become more active on the second Monday of each month.

Flexitarian Monday: On the third Monday of each month learn about the benefits of replacing meat with other forms of protein and how to incorporate healthy food choices into your meals!

Stress Less Monday: Relax, breathe, connect! Stress reducing events will be organized the fourth Monday of each week.

Want more Health Monday information?
www.healthymonday.org

Trick or Treat?

Looking for some treats that won't trick your waistline this Halloween? Here are some ideas for keeping your holiday healthier this year!



1. opt for low fat or no fat candy, but watch out for all those empty calories!
2. Participate in games that involve apples or pumpkins—it's a great way to get in some of those 5 servings a day!
3. Recognize that Halloween is only one day of the year and its ok to indulge! Go ahead and TREAT yourself!

Worth the wait!

44% of UR students indicated that they did not have any sexual partners in the past 12 months! Guess that goes to show—NOT everyone is doing it!



Questions? mkelley@uhs.rochester.edu

Wrap that Mummy!

62% of sexually active UR students indicated that they mostly or always used a condom when they had sex! Using a condom is always recommended. Here are some tips to make sure you are wrapping that mummy right!

1. Lubrication—always a must! Water-based is best with latex.
2. Pinch the Tip! You have to leave space for ejaculate fluid.
3. Hold the rim of the condom before you pull out—a condom left behind is no friend of mine!



Remember, the best method of protection is the one that is used correctly and consistently!

Flu Shots!

It's that time of year once again! Flu shots are recommended for every one who wants to avoid getting the flu. UHS will be holding flu vaccine clinics later this month. Watch for announcements in the Weekly Buzz and on flyers. If you prefer, you can schedule an appointment at UHS for a flu shot.

Did you know you need a flu shot every year to be protected from the most common strains of the flu for the year? This year's flu shots include protection from H1N1, our not-so-favorite flu last year.



Sex & Chocolate



A Sexual Health and Safety Fair

Monday, November 1st

Hirst Lounge, Wilson Commons

11:30 AM—1:30 PM

*Come for the chocolate, come for the fun!
We will have FREE information to keep you sexually healthy
and safe as well as FREE condoms and give-a-ways!*

Free Gift Bags to the first 100 students!

Spooktacular websites to sEEK!

sleep.health.columbia.edu www.rochester.edu/uhs
www.scenariosusa.org www.fda.gov