



"POTTY TALK"

Welcome To SCU!!!



College is a time of fun, new adventures, meeting new and diverse people, and learning about yourself.

The WELLNESS CENTER wants to help you enjoy your time here and also make **SAFE & HEALTHY** choices in the process. "POTTY TALK" is a monthly newsletter aimed at educating the campus community about important **Health and Wellness** topics.

ENJOY and WELCOME TO SCU!!

PARTYING AT SCU

While almost 70% of SCU students choose to drink alcohol to some degree, the VAST majority do it responsibly and follow the tips below, thereby avoiding negative consequences such as hangovers, vomiting, accidents, rapes, sexual assaults, passing out, physical fights or alcohol poisoning.



If you choose to drink, please stick to these guidelines to avoid getting sick or losing control:



- ✓ **Eat before and while you are drinking (83% of our students do)**
- ✓ **Keep track of how many drinks you have to ensure you don't go overboard. (73% of our students do)**
- ✓ **Set a drink limit before you start drinking and stick to it! (38% of our students do)**
- ✓ **Space and pace your drinks. A good rule is no more than 1 drink per hour (25% of our students do)!**
- ✓ **Alternate alcoholic drinks with non-alcoholic drinks (30% of our students do).**
- ✓ **Avoid drinking games and high risk drinking, (i.e. shots, beer bonging, Century Club, Keg stands, etc.) (37% of our students do)**
- ✓ **Use a Designated Driver (87% of our students do)**
- ✓ **Avoid mixing different types of alcohol**
- ✓ **Be Aware of your mood - don't drink to cover up anger, stress, or sadness. Alcohol can intensify your emotions, making you more depressed or angry.**
- ✓ **Don't accept open containers from others**
- ✓ **Never leave a party with someone you don't know (or let a friend do so).**



TOP 5 THINGS MOST FRESHMAN DON'T KNOW ARE AVAILABLE AT SCU. . .

1. **TOTALLY FREE COUNSELING** is available! Talk about relationships, parents, homesickness, depression, anxiety, eating disorders etc. Call the **Counseling Center** at x 4172 to find out more. Located upstairs in Benson 201.
2. **FREE HEALTH CARE VISITS** at the **Cowell Health Center**. Go there for colds, strep throat, flu, mono, STD & pregnancy testing, urinary tract infections, minor injuries, and more. Call x 4501 to learn more.
3. **PROFESSIONAL MASSAGES** are available for **ONLY \$1 per minute** at the **Wellness Center**, located in the Malley Fitness Center (call x 4409).
4. **STEP, KICKBOXING, YOGA, PILATES, and MORE.** The Malley Fitness Center has low cost **Fitness Classes** available each quarter. Call x 4068 to find out more.
5. **FREE SUPPORT GROUPS.** **12-Step Alcoholics Anonymous** and **Overeaters Anonymous** groups are offered on campus. Call x4172 to learn more.



10 Things You Should Do While at Santa Clara University

Get involved!! Join a Club or student organization



- Study Abroad
- Attend a campus liturgy
- Play on an intramural sports team
- Explore San Francisco
- Help build a house during an alternative spring break
- Have lunch with your professor
- Join the Ruff Riders and cheer at a soccer game
- Have a midnight picnic in the Mission Gardens
- Check out a sunset from Swig's 11th floor



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. Leave that info with your roommate inside. This could invite unwanted and even dangerous attention.
4. Always tell others where you are going and who you are going with. Always go to parties with others and watch out of each other.
5. Don't attach your ID or room number to your keys



Straight Talk with Queer Abby



Sex, Dating & Relationship Advice for ALL Sexualities

- How can I manage my long distance relationship?
- I'm not in love with my boy/girlfriend anymore, what can I do?
- When do you know if you are ready for sex?
- I'm gay and need help coming out to my parents?
- How do I protect myself/my partner from pregnancy & STDs?
- My boy/girlfriend cheated on me, what should I do?
- I think my partner has a drinking problem, what can I do?
- Is my relationship healthy?

Whether your **attractions and relationships** are same-sex, opposite-sex, both, or unclear, **Queer Abby** is **ALL ABOUT** helping you make sense of your sexual health & relationship needs.



Send your questions to:
QABBY@scu.edu



HANGOVER HELP:



Headaches, nausea, pain = UGH!! @
How Do You Prevent the Morning After Hangover???

WHAT TO DO BEFORE YOU DRINK

- ❖ Eat: Don't drink on an empty stomach
- ❖ Drink milk: Milk coats the lining of your stomach and can help minimize the amount of alcohol you absorb.
- ❖ Take multivitamins: They can help you minimize the nutrient loss.

WHAT TO DO DURING DRINKING

- ❖ Follow the Party Tips listed above in this Potty Talk issue
- ❖ Drink water constantly: One glass water for every glass of alcohol.
- ❖ DON'T mix different types of alcohol
- ❖ Know your body and what you can and cant drink—if you know your body can't handle tequila—**DON'T DRINK IT. DUH!**

WHAT TO DO AFTER DRINKING

- ❖ Drink plenty of fluids (at least 2 large glasses of water) before bed. This helps prevent dehydration, the main cause of hangovers.
- ❖ Eat before you go to bed. This can lessen the intensity of the next day's hangover
- ❖ NEVER take acetaminophen (found in Tylenol) before you go to bed. It is metabolized by the liver just like alcohol and combining the two can cause **SERIOUS** liver damage.

"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:

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