



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Indiana University of Pennsylvania Counseling Center

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## Spring Break Safety Tips

1. Do your research before you go!
2. Avoid traveling alone
3. Keep your identification handy
4. Be careful with money
5. Avoid placing yourself in dangerous situations
6. Choose a code word with friends
7. Practice safe sex



## Spring Break Facts

- **Approximately 75% of all students on Spring Break report never or rarely using a condom.**
- **During Spring Break the average male consumes about 18 alcoholic drinks a day, and the average woman consumes 10 alcoholic drinks per day.**
- **During Spring Break each year, over 2,500 American citizens are arrested abroad.**
- **Every year, between 1.5 and 2 million students in the US go on Spring Break and collectively spend over \$1 billion.**

### New Ways to Connect!

Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing. In the community people support each other, safely monitored by licensed and registered mental health practitioners.

[www.togetherall.com](http://www.togetherall.com)



togetherall

Have Fun  
&  
Be Safe!

IUP  
Crimson Connect



IUP  
Student-  
Life

