



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

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Spring Break is right around the corner, and it is important to be safe while enjoying the warm sun (hopefully) away from classes and other responsibilities. Read the information below to find out how to have a safe spring break!

Don't fall prey to the misperception that all college students drink on spring break; the majority do not.

Safe Spring Break



If you plan to drink, consider the following:

- * **Pace yourself.**
- * **Limit your number of drinks.**
- * **The safe rule** is 1 drink per hour and no more than 2 drinks total for a female and 3 for a male per day
- * **Know the liquor laws** of wherever you'll be vacationing.
- * **Drinking & driving is always dangerous.** Avoid this by having your safe mode of transportation home planned before you go out. Designate a DD to get everyone home safe.
- * **Access a helpful tool** right from your cell phone. Visit B4UDrive.Mobi to estimate your BAC (Blood Alcohol Concentration) levels.



Source: www.safespringbreak.org/safety-tips/

What's Your SPF?

Sexual Protection Factor

SPF 1	Decide your own sexual boundaries and limits and commit to honoring them.
SPF 2	Abstinence is the best prevention against STIs and unplanned pregnancy.
SPF 3	If you choose to be sexually active, use a latex condom or other barrier every time.
SPF 4	Keep medically fit — If you are sexually active, have an STI checkup every year.
SPF 5	Sex is safer and better if sober.
SPF 6	Alcohol can impair your sexual decision making.
SPF 7	Speak up about what you want out of a relationship.
SPF 8	Know your partner's HIV/STI status.
SPF 9	Communication is key in any relationship.
SPF 10	Friends need to look out for each other.
SPF 11	Trust your gut and be more than a bystander.
SPF 12	Make sure you have mutual consent for sexual activity. If you don't know — ask!
SPF 13	People don't really get any better looking if you're drunk, nor do you become a better lover.
SPF 14	Don't let anyone pressure you into doing something you don't want to do.
SPF 15	Above all, respect yourself and others.

Leavin' on a jet plane?

...or some other way?

- ◆ **Make sure someone at home has all the information of where you will be staying and the phone numbers where you can be reached.**
- ◆ **Make sure all luggage contains your contact information. Put a fun tie on your bag handle to help differentiate your bags from others.**
- ◆ **Give yourself plenty of time at the airport. Check with www.tsa.gov for a complete list of prohibited items and your airport website for your local recommended time to arrive.**
- ◆ **Make sure your car is prepared with a spare tire, jack, first aid kit, maps, flashlight, & a blanket. Don't overdo it when it comes to driving. If you are tired, pull over at a rest area & take a break.**
- ◆ **Check the condition of your wiper blades, turn signals, brakes, and headlights. Make sure your oil has been changed within 3 months. Check the tread on your tires and properly inflate your tires.**

Visit the [Health Hut](http://HealthHut) for Safe Spring Break Supplies Pick up FREE condoms (male and female), sunscreen, deodorant, feminine products, and latex finger cots. CHWB Main Lobby | www.iup.edu/healthhut

Spring Break ~ Not Bake!

- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter
- Select cosmetic products and contact lenses that offer UV protection
- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long sleeved shirts, and pants
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Avoid tanning beds

Source: www.webmd.com/skin-problems-and-treatments/guide/sun-safety-tips

