

POTTY MOUTH

By Students

For Students

FEB / MAR 2018
ISSUE 5

TIPS FOR A

SAFER SPRING BREAK



BE AN ACTIVE BYSTANDER

See something? Say something. Do something.



BE PROTECTED

For sexual activity, make sure to have protection with you.



BE PREPARED

Have addresses, phone numbers and transportation accessible at all times. Keep your phone charged.



BE INFORMED

Know the laws and your Title IX rights. Understand and seek consent. JMU conduct policies apply even during Spring Break.



BE AWARE

Impairment from alcohol can increase in unfamiliar settings. Monitor your drink and know its alcohol content.



BE CAUTIOUS

The intentions of others may not be in your best interest



BE YOUR BEST SELF

Respect others' boundaries, communities and yourself.

WOMEN'S HISTORY MONTH

March is Women's History Month, where we highlight and celebrate the accomplishments of women who have changed the world.

REMINDER!

BE SURE TO REFILL YOUR PRESCRIPTIONS FROM THE PHARMACY BEFORE YOU LEAVE FOR SPRING BREAK!



GET READY FOR SPRING!

MARCH IS

NATIONAL NUTRITION MONTH

FOCUS ON THESE 7 STEPS TO LEAD A HEALTHY LIFESTYLE THIS MARCH!

1. Include a variety of healthful foods from all the food groups every day.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, using MyPlate as a guideline.
5. Always use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian.



CONCUSSION AWARENESS

Brain injury awareness month is March!

Concussion is a type of brain injury that does not involve structural damage but instead can interfere with normal brain function. Symptoms include headaches, fogginess, concentration problems, mood changes and dizziness. Symptoms are usually mild and short lived with most concussions lasting less than 2 weeks.

If the concussion lasts more than 2 weeks and is not improving, you should seek further evaluation at the JMU Health Center or with a Sports Medicine Physician off campus. If you have long-term (more than 6 weeks) symptoms affecting your academic performance, the Office of Disability Services (ODS) can provide info you'll need to apply for accommodations.

SAVE THE DATE!

UPCOMING EVENTS & ANNOUNCEMENTS

- GLO' UP: A NIGHT OF GLOW YOGA**
02/16 | 8 p.m. | Festival Ballroom
- SAFE SPRING BREAK TABLE**
02/28 | 11 - 2 p.m. | SSC
- APARTMENTS ON GRACE OPEN HOUSE**
3/1 | 7 - 9 p.m.
- UPPER CLASS RESIDENCE HALL TOURS**
03/1 | 8 - 10 p.m.
Must schedule a tour at www.jmu.edu/orl.
Call 540-568-HOME or email at res-life@jmu.edu
- "HEAD GAMES"**
3/20 | 7 p.m. | Grafton-Stovall
ODS & Crossroads to Brain Injury
Recovery movie & panel discussion
- REAL TALK: ALCOHOL AND SEX**
03/21 | 7 - 8 p.m. | Madison Union Ballroom
- TAKE BACK THE NIGHT: SPEAKER**
4/3 | 7 p.m.
- TAKE BACK THE NIGHT: SPEAK OUT**
4/5 | 6:30 p.m.

HEALTHY HUMOR

Q: Why did the banana go to the doctor?

A: Because it wasn't peeling well

Q: What kind of nuts always seems to have a cold?

A: Cashews!

Q: What are twins' favorite fruit? A: Pears!

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