

POTTY MOUTH

By Students

For Students

JAN / FEB 2018
ISSUE 4



TIPS AND TRICKS

HOW TO KEEP YOUR NEW YEARS RESOLUTIONS



KEEP IT SIMPLE.

Choose something that will be realistic. Narrow down your goal so that you can make it happen within a reasonable time frame.



FIND SUPPORT.

Keep friends, family and others in the loop. They can provide support, hold you accountable and keep you motivated.



KEEP TRACK.

Take measurements. Take photos. Take notes. You'll be able to better visualize your progress and habits.



MAKE A SCHEDULE.

Avoid the "maybe tomorrow" approach and create a timeline of events. Structure your goal so that it becomes a priority.



STAY POSITIVE.

Have an optimistic outlook and practice self-kindness. This will help your journey be a more pleasant and successful one.



HAVE PATIENCE.

Trust in the process. Change is gradual and doesn't happen overnight. Give yourself time to grow and reach your goal.



DON'T GIVE UP.

Fall down 7 times, stand up 8. You've come so far! Remember that setbacks and slip-ups are a part of the process.

FEBRUARY 14

NATIONAL CONDOM DAY



Chlamydia, Gonorrhea, and Syphilis rates are at a **record high** in the United States.



1 in 2 sexually active Americans will contract an STI by the age of 25.

REMEMBER TO PRACTICE SAFER SEX!

UHC's Safer Sex Centers offer a variety of free condoms and other safer sex supplies.

FEELING UNDER THE WEATHER?

Don't forget to check out the University Health Center's Self Care Station!



FEBRUARY IS

EATING DISORDERS MONTH

1. Eating disorders are a mental illness and have the highest fatality rate of any mental illness.
2. Binge-Eating Disorder is the most common eating disorder. It affects about 3% of our population, with rates similar amongst males and females.
3. Eating disorders can be recognized by a continuous pattern of unhealthy eating or dieting behavior that can cause health problems and/or emotional or social distress.

SAVE THE DATE!

UPCOMING EVENTS & ANNOUNCEMENTS



HEALTHY SEXUALITY WORKSHOP Part One

1/17 | 7 - 8:30 p.m. | SSC 1075



SHREKFEST LATE NIGHT BREAKFAST

1/18 | 10 p.m. - 12 a.m. | Festival



EATING DISORDERS PANEL

2/6 | 6 - 7:30 p.m. | SSC 1075



SEXUAL RESPONSIBILITY WEEK

2/12 - 2/16 | Check the web for more info!



HEALTHY SEXUALITY FAIR

2/13 | 4 - 7 p.m. | Madison Ballroom



HEALTHY SEXUALITY WORKSHOP Part Two

2/15 | 7 - 8:30 p.m. | SSC 1075

Visit the UHC website for additional events. jmu.edu/healthcenter.



Enroll in Duo by **January 17** to access JMU resources (SSL VPN, MyMadison and soon Canvas).

MEET THE UHC SURVIVOR ADVOCATES

If you've been sexually assaulted, you are not alone. There are people who can help.

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ARIANNA SESSOMS

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JANUARY IS

HUMAN TRAFFICKING AWARENESS MONTH

Human trafficking is a form of modern-day slavery in which traffickers use force, fraud, or coercion to control victims for the purpose of profiting from their exploitation. In Virginia alone, 83 cases of human trafficking have been reported this year. Over half of these cases were sex trafficking cases.

IF YOU SUSPECT SOMEONE IS BEING TRAFFICKED, CALL THE NATIONAL HUMAN TRAFFICKING HOTLINE AT 1-888-373-7888.

To learn more, visit www.humantraffickinghotline.org.

