

POTTY MOUTH

By Students

For Students

FEB / MAR 2019
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.

SIBS & KIDS DAY



Invite your sibling(s) to campus for Sibs & Kids Day on April 13th! Visit jmu.edu/parents for more information.

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 STEPS TO LEAD A HEALTHIER LIFESTYLE!

1. Include a variety of healthful foods from all the food groups every day.
2. Be mindful of portion sizes. Eat and drink the amount that's right for you, using MyPlate as a guideline.
3. Always use good food safety practices.
4. Find activities that you enjoy and be physically active most days of the week.
5. Realize the benefits of healthy eating by consulting with a registered dietitian. (Like Michele Cavoto at the UHC!)

ONLY 1 IN 4 JMU STUDENTS EAT BREAKFAST. BE UNIQUE!*

* Source: 700+ students surveyed on Assessment Day in Spring 2018
Assessment Day: Measuring the Change

EATING DISORDERS

1. Eating disorders are serious but treatable mental and physical illnesses that can affect people of every age, sex, gender, race, ethnicity, and socioeconomic group.
2. Binge-Eating Disorder is the most common eating disorder. It is 3 times more common than the other eating disorders combined.
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.

WHAT IS SOGIE?

Our LGBTQ & Ally Program has a new identity! We now identify as SOGIE (Sexual Orientation, Gender Identity and Expression) and the program space is now called the Lavender Lounge. Stop by for Puppy Pride, Queers and Coffee or any other time to study or just hang out and relax!

SAVE THE DATE!

UPCOMING EVENTS & ANNOUNCEMENTS

- CRAZY COMMONS**
2/19 | 11 a.m.-1:30 p.m. | Warner Commons
- TRIVIA NIGHT**
2/20 | 8 - 10 p.m. | Festival
- PUPPY PRIDE**
2/20 | 1 - 2 p.m. | Lavender Lounge
- REAL TALK: ALCOHOL & SEX**
2/20 | 4:30 - 5:30 p.m. | Madison Union 405
- REACH BODY IMAGE TABLING**
2/20 | 12 - 2 p.m. | SSC
- TRI SIG'S LESLIE GEORGE SPEAK OUT**
2/20 | 7 p.m. | Memorial Hall
- FUNNY FREAKIN' FRIDAY**
2/22 | 8 - 9 p.m. | TDU
- INNOVATION X**
A JMU Bluestone Hackathon
2/22-2/23 | 6 p.m - 6 p.m. | Lakeside
- EATING DISORDERS PANEL**
2/25 | 6 - 7:30 p.m. | Grafton
- REACH SAFE SPRING BREAK**
2/27 | 12 - 2 p.m. | SSC 1075
- QUEERS AND COFFEE**
3/13 | 12:30 - 1:30 p.m. | Lavender Lounge
- REACH NUTRITION EXPEDITION**
3/19 | 6 - 8 p.m. | SSC 1075

HEALTHY HUMOR

We hope you find this *humerus!*

I swallowed a dictionary the other day. It gave me thesaurus throat I've ever had.

What do you give a sick bird?
A tweet-ment

This issue of Potty Mouth is brought to you by the UHC Marketing Team:

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Potty Mouth Questions?
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