

POTTY MOUTH

By Students

For Students

JAN / FEB 2019
ISSUE 4

TIPS AND TRICKS

HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS



KEEP IT SIMPLE.

Choose something that will be realistic. Narrow down your goal so that you can make it happen



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.

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, 98 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.



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.



Stop by The Well Wednesday or Thursday
12:30 - 4:30 p.m. during the two weeks
before your 21st birthday for a brief
session to get an awesome Coupon Book!

SEXUAL ORIENTATION, GENDER IDENTITY AND EXPRESSION

Our LGBTQ & Ally Program has a new identity: Sexual Orientation, Gender Identity and Expression (SOGIE). The program space in SSC 1310 is now called the Lavender Lounge. All are welcome to this space!



DID YOU KNOW JUULING PRODUCES THIRDHAND SMOKE?

The chemicals in e-cigarette vapors remain on surfaces and in dust even after the vapor is gone. People and pets can be exposed to these chemicals, possibly causing them harm. Protect those you love (including your pets!)

SAVE THE DATE!

UPCOMING EVENTS ANNOUNCEMENTS &



CRAZY COMMONS

1/9 | 11 - 1:30 p.m. | Warner Commons



ICE ICE SKATING

1/11 | 7 - 9:30 p.m. | Festival Ballroom



REAL TALK - STALKING

1/14 | 5 - 6 p.m. | Festival Allegheny Room



LATE NIGHT BREAKFLIX

1/17 | 10 p.m. - 12 a.m. | Festival



SEX SMARTS - THE FIVE CIRCLES

1/23 | 6 - 7 p.m. | SSC 1075



PUPPY PRIDE

1/24 & 2/20 | 1 - 2 p.m. | Lavender Lounge



FUNNY FREAKIN' FRIDAY

1/25 | 8 - 9 p.m. | TDU



HOW RESEARCH IS BEING MIS(USED) TO SUPPORT THE MARGINALIZATION OF TRANSGENDER PEOPLE

with Brynn Tannehill

1/28 | 7 - 9 p.m. | Madison Ballroom



A CONVERSATION WITH DR. MILLER

1/30 | 7 p.m. | Festival Highlands



SOGIE PROGRAMMING OPEN HOUSE

2/6 | 11 a.m. - 1 p.m. | Lavender Lounge



SEXTACULAR

2/12 | 4 - 6 p.m. | Madison Ballroom



SEXUAL RESPONSIBILITY WEEK

2/11 - 2/15 | Check the web for more info!

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to you by the UHC Marketing Team:

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