

THE STALL SEAT JOURNAL

© 2007 Office of Health Promotion, Virginia Commonwealth University

Vol. No. 3

Fall 2007

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When you see a **RED FLAG** say something.

What do you say when you see a RED FLAG?

Anyone can be a victim of sexual assault, relationship violence, or stalking. If a situation doesn't seem right to you, it probably isn't.

Red flags are what prompt you to say something or do something when you or a friend are in a situation that is uncomfortable, whether it be with a stranger or someone you know.

The Office of Health Promotion can help sexual assault survivors identify existing needs and determine the most appropriate campus and community services to provide needed assistance.

Our Sexual Assault Services Coordinator, Tammy McKeown (828-2085):

- Provides advocacy and meets individually with survivors

of sexual assault, relationship violence, stalking, and sexual harassment.

- Provides information to student groups, student leaders, faculty, and staff on sexual assault, relationship violence, and sexual harassment.
- Sponsors Sexual Assault/Domestic Violence Awareness Months in April and October and other campus-wide events throughout the year

VCU is committed to providing quality services to students who experience sexual assault, relationship violence, and stalking. Services can be obtained anonymously, are confidential and are available to survivors, their families, significant others, and friends.

We strive to ensure that our services are sensitive to issues of race, gender, culture, religion, individual capabilities, and sexual orientation.



For tips on how to prevent dating violence and to see more posters like this one, check out www.theredflagcampaign.org.



How do you deal with stress?

Even college students need a "timeout" when life seems to be leaving us in the dust.

Exercise and your favorite relaxing activities are healthy ways to cope with stress. Sleep, exercise, healthy eating, and laughter can all decrease your stress level.

So take time out to listen to music, read a good book, try yoga, go for a walk, watch a funny movie or do something else to relax.

Still stressed out?

Katie Vatalaro Hill (827-0231) can help!

Our Health Resource Library includes materials to help you cope with the stressors of college. Educational programs are also available by request for student groups and classes.

VCU students know how to party smart

Students have shared their great ideas with us, and you can find them — including the Bike Lock Strategy — at www.yourstrategy.org.

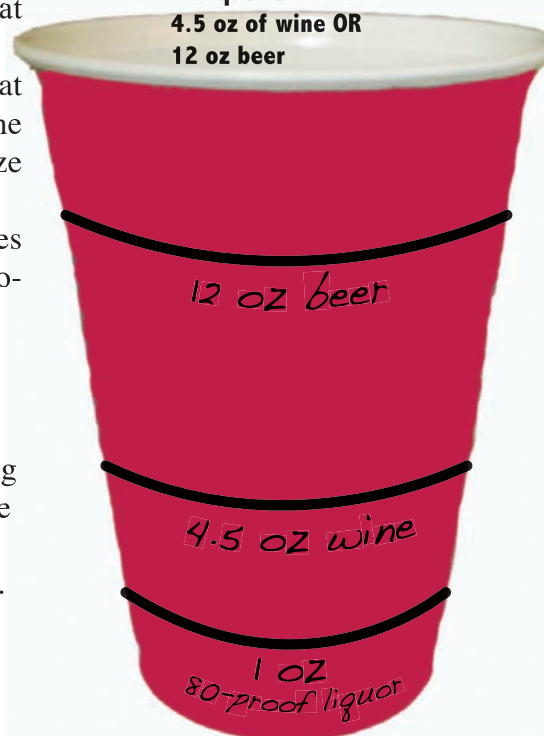
Do you have a strategy that works for you? Submit it at the website and you could be a prize winner!

Our Substance Abuse Services Coordinator, Kristen Kidd Donovan (828-2086):

- Provides substance abuse prevention programs to the entire VCU community.
- Participates in disseminating information about substance abuse issues using a social norms marketing campaign.
- Organizes the National Collegiate Alcohol Awareness Week activities and other campus-wide lectures and events.
- Administers the confidential and anonymous online alcohol assessment for those who wish to examine their relationship with alcohol and other drugs. Log onto www.myonlinesurveys.com/vcu and call the Substance Abuse Services Coordinator at 828-2086 for a password.

How much is a drink?

One alcoholic drink =
1 oz shot of 80-proof liquor OR
4.5 oz of wine OR
12 oz beer



VCU students are healthier than you think!

Most VCU students drink on 5 or fewer days a month, and most drink 4 or fewer drinks when they do choose to drink.

Think you're the only one not drinking? Look around, and you will see that many VCU students choose not to drink at all!

Test your nutrition know-how!

Are you concerned about your eating habits or those of a friend? Would you like to learn more about nutrition?

Our Nutrition Services Coordinator, Katie Vatalaro Hill (827-0231):



Provides individual appointments with students concerning disordered eating, body image, and general nutrition.



Works with the Dietetic Intern Program to coordinate nutrition counseling available at Student Health.



Sponsors Body Awareness Week in February.



Provides information to student groups, faculty and staff about nutrition, disordered eating and body image.

Whether you eat on or off campus, choosing balanced meals with protein, colorful fruits and vegetables, and whole grains will gear you up for a great semester!

For strategies, history, research:
www.YourStrategy.org



Office of Health Promotion

Division of Student Affairs and Enrollment Services
828-WELL • www.students.vcu.edu/health