



Health Center Toolkit:  
Risk Reduction

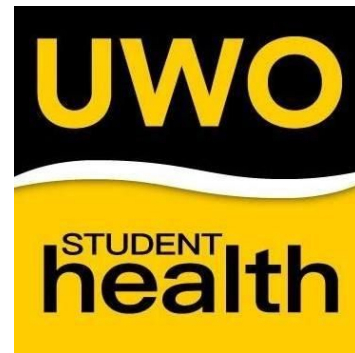
Madeline Vasseau and Alicia Moon

# UWO

## Student Health Advocates

How to encourage your students to pursue a healthy and safe school year.

Step 1. Have each student like and follow *UWO Student Health Center* on Facebook, and follow *@UWOTitanLife* on Twitter when you have your first floor meeting of the year.



Step 2. Introduce September as the harm reduction and campus safety month. Tell them about the Safe Walk, give them the phone number, and have them download the UWO app.



Step 3. During one-on-one meetings with the students, make sure they understand how the app works as well as the Safe Walk.

Step 4. During subsequent meetings, ask students if they are using the resources and are reading the Facebook and Twitter posts. Record the information using the following handout.

## Student Survey

Simply have the student answer yes, no, or n/a

Did the student like the Facebook page?

Twitter?

Does the student engage with either page?

If yes, do they like the information?

Has the student used the UWO app?

Safe walk?

Additional Comments

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## **How to Use:**

- The months are set up on a week to week schedule. Copy and paste as many (or as little) posts to their respective social media outlet each week. Make sure to keep groups of postings consistent and follow the guides.

**T/F- Twitter and Facebook Friendly**

**T- Twitter Friendly**

**F- Facebook Friendly**

# **September:**

## **Risk Reduction**

### General Campus Safety Risk Reduction

- Safe walk
- Titan Alerts
- Bystander Intervention
  - RED Zone

### Positive Choices

- Traveling in pairs
- Understanding an accurate “drink” amount

## September Facebook/Twitter Posts:

### First weekend of classes:

#### **Safe Walk:**

**T/F** “Welcome back! While you’re out enjoying your first weekend back on campus, don’t forget the Safe Walk is there to help you get from point A to point B safely. Save **(920) 424-1212** under “Safe Walk” in your phone and have a safe weekend back with friends!”

### First week of classes:

#### **Focus: Campus Safety**

**F** “If you’re Pinterest obsessed like I am... you’re always pinning your favorite recipes, decor, your dream outfits and vacations, and jewelry you’ll probably never be able to afford. But today, I was scrolling through my adorable feed and stumbled upon something unique to my page: “Campus Safety.” I am so excited to share these 5 helpful Safety Tips with you from “Sorority Secrets.” Stay tuned through the month of September to gather these tools!”

**T** “I am so excited to share these 5 helpful Safety Tips with you from “Sorority Secrets.” Stay tuned through the month of September to gather these tools!”



#### **Event Focus: Taste of Oshkosh**

**T/F** “Welcome back! Taste of Oshkosh is coming up and we want to personally, yes personally, invite you to experience life at

UWO. Imagine being able to sample all of the clubs, groups, and opportunities our growing campus has to offer. In campus organizations, you can find friends and grow your family. Who knows what awaits at Taste of Oshkosh!”

## Focus: Campus Safety

**F** “CAMPUS SECURITY TIP NUMBER ONE: Earlier this week, we teased you with some campus safety tips. And here is number one! Know your numbers. “911” and the Safe Walk can be a huge helper in an emergency. Program the police department into your phone if you don’t already have an emergency phone button and don’t forget the Safe Walk! “(920) 424-1212” We encouraged students to add Safe Walk to their phone during the first week of classes, and if you didn’t know, well Pinterest agrees with us :P Your new favorite contact? “Safe Walk.”

**T** “CAMPUS SECURITY TIP NUMBER ONE: Earlier this week, we teased you with some campus safety tips. And here is number one! Know your numbers. “911” and the Safe Walk can be a huge helper in an emergency. Program the police department into your phone if you don’t already have an emergency phone button and don’t forget the Safe Walk! “(920) 424-1212”

## Focus: First Six Weeks:

**T/F** “It’s crunch time people! The first six weeks of back to school are the most critical. Check out the attached article for more information on how to get the most out of what is going on.

[https://safesupportivelearning.ed.gov/sites/default/files/HigherEdUpdateFirstFewWks\\_0.pdf](https://safesupportivelearning.ed.gov/sites/default/files/HigherEdUpdateFirstFewWks_0.pdf)”

## Week 2:

### Focus: Responsible Drinking

**F** “How much is one drink? A standard drink is 12 ounce beer, 8-9 ounces of malt liquor, 5 ounces of table wine, 1.5 ounces of wine or a 1.5 ounce shot. Make sure you’re drinking a glass of water with every drink to prevent a hangover and keep yourself in the “fun zone.”





### **Event Focus: Rec Fest**

**F**“The second week of classes is upon us! By now, you are starting to fall into a routine, develop habits, and hopefully, you’re feeling more and more comfortable navigating your way through campus. If you haven’t already stopped in, make sure to check out the Student Recreation and Wellness Center! The Rec Center is FREE, that’s right FREE, to students! Stop on into the rec to experience Rec Fest this week **[INSERT DATE AND TIME]** and don’t forget to make healthy living part of your routine this semester!”

### **Focus: First Six Weeks**

**T/F** “This critical time for students (the first six weeks) is an opportunity to get off on the right foot with routines and management. Take a look at this article to learn why these six weeks are so important to campus success!

<http://www.lifezette.com/momzette/why-first-six-weeks-of-college-critical-kids/>”

### **Focus: Campus Security:**

**F** “CAMPUS SECURITY TIP NUMBER TWO: “Use technology. There *is* an app for that. There are a lot of apps for that actually. BSafe is one personal safety application. They focus on turning your phone into a GPS based panic button. Using the app, you can program your phone to automatically notify your family, 911, or your friends of your exact location with the push of a button. It can also be setup to “fake call you” which could be rather handy during a bad first date. BSafe offers a free basic version of their service or you can pay \$20 a year for premium service. Another popular app is called Watch Over Me. Watch Over Me allows you to create your own safety rule tied to a specific amount of time. For example, you might set it before you walk home alone from class at night to call your emergency contact if you don’t check-in within 15 minutes. Finally, you might want to take a look at OnWatch. Like the other apps OnWatch allows you to preset emergency contacts for a one button dial. You can connect it to your local 911, campus security, or even a safe list of friends.”

### Week 3:

#### **Focus: Healthy eating AND risk reduction**

**T/F** “If you’re planning to go out this weekend, don’t forget your Nature Valley Fruit and Nut Bar! It sounds silly, but a granola bar is a quick way to add some calories throughout the night to prevent going too far. Cheap and easy to carry, you’ll be happy you’ve got it on you.”



**F** “CAMPUS SECURITY TIP NUMBER THREE: Demand that your residence hall is safe! If your school is not using an electronic lock system ask them when your lock was last changed. I don’t mean a recycled lockset either. You deserve a brand new lock set that is yours and yours alone. Check out the facility and look for individual deadbolts and peepholes. See if there is a place to lock your valuables or invest in a small safe to keep things that are valuable to you. It is every individual’s right to feel safe in their home!”

#### **Filler Posts (can be exchanged with other posts or added to fill gaps):**

**T/F** “Staying focused on healthy eating the further you get into the semester is so hard! Don’t forget your snacks to keep your brain and body positive! Check out one of my favorite easy, five second snacks <https://www.pinterest.com/pin/521150988109570511/> “

**F** “It’s Friday, Friday, gotta get down on... Yup, it’s Friday. And we’re cheesin’ for a reason. It’s the weekend! But most importantly, before you get too excited (like we clearly already are), make sure you have your partner in crime for the night! Traveling in pairs is the best way to stay safe (and have fun)! Whenever you’re walking from point A to point B, you should have someone you trust with you. Make sure you and your friend are reliable on a Friday and Saturday night to keep your nights ending with as much fun as possible!”

## Week 4:

### Beginning of Week:

**F** “CAMPUS SECURITY TIP NUMBER FOUR: “I’m here to remind you to lock the door. Going to the bathroom? Lock your door. Going to your neighbor’s room? Lock your door. The #1 way a burglar is going to get into your space is by walking through an unlocked door after they piggy back into a building. God bless you for being so kind and holding the door for strangers but when it comes to your dorm it has to stop. It is always better to be safe than polite. If you feel bad slamming the door on someone you need to put your big girl pants and just do it. You can’t always be polite in life because when you let a stranger in your home you are not only putting yourself in danger but everyone else too. *Yes* I know he is hot but so was one famous killer who doesn’t deserve to be named. The people breaking into on-campus homes are not obvious criminals. The people that are breaking into dorms are RAs, football players, basketball players, cross country team members, and indy musicians, your neighbor, your classmate.”

### End of Week:

**F** “You’ve been following Pinterest’s top five Campus Security tips all month and it’s finally time for our last one! Here it is! CAMPUS SECURITY TIP NUMBER FIVE: “Trust your gut. As women we are so programmed to be nice to others but you also have to be nice to yourself. If you are in an elevator and a stranger joins you it is okay to step off the elevator. If someone asks you for help it’s okay to reciprocate by finding a security officer or calling for help. If someone knocks on your door it’s okay to let them know you are there but not accepting visitors. If your girlfriend wants to stay at a club to hang out with strangers, it’s okay to force her to leave with you. All of these situations are uncomfortable but when you push through the discomfort you will be stronger and fierce. You will become the kind of woman we need in this world. It’s better to be safe than polite.” Thank you Pinterest and Sorority Secrets for sharing this tips with us!”

## October: Hygiene/ Flu Shot:

- On Campus flu shots
  - 3 flu shot clinics around campus
- Secure appointments on Portal
- Handwashing



## October Twitter and Facebook Posts:

### Week One:

**T/F** “Brrrr. It’s getting colder and colder as the weeks pass. And with cold weather naturally comes... colds. Runny, sneezing, coughing stuffy colds. But don’t worry, the UWO Student Health Center has just the cure...literally. Make sure to stop by one of our three on campus, flu clinics this fall! **[INSERT DATES AND LOCATIONS AND DO REMINDER POSTS THROUGHOUT MONTH]**

### Week Two:

**T/F** “So, my best friend and I were talking yesterday. “I feel awful,” she said. And naturally, I asked what’s wrong. We got into a long conversation about how she felt so ill, but she didn’t have a doctor in the area. “Oh my god! I’ve been there, but the health center is free. Just go there.” And she complained about how complicated it was to go to the Health Center. But guess what, it was complicated. *WAS*. Not anymore! Introducing the secure portal! Schedule an appointment, fill out your paperwork and then, just show up! We will process everything, get you results, and update all your information securely through your health portal! Check it out below **[INSERT USER GUIDE]**”

**F** “ **CDC estimates** (<https://www.cdc.gov/flu/about/disease/2015-16.htm>) that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. During flu season, flu viruses circulate at higher levels in the U.S. population. (“Flu season” in the United States can begin as early as October and last as late as May.) An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community. You can get vaccinated right here on campus by visiting one of our upcoming flu clinics! **[INSERT DATES AND LOCATION]**”

## Week Three:

**HAND WASHING 101**

EVERYDAY we touch things that harbor germs, bacteria and viruses. Elevator buttons. Gas pumps. Doorknobs. Keyboards and cell phones. Germs lurk EVERYWHERE. And their impact on the spread of illness and overall health should not be ignored. Here are a few insights that we hope will inspire you to wash your hands a little more often.

**THE PROBLEM: GERMS ARE EVERYWHERE**

**ONLY ONE OUT OF 3 ADULTS WASH THEIR HANDS AFTER COUGHING OR SNEEZING**

Only one-third (33%) of US adults report always washing their hands after coughing or sneezing. And only one-quarter (25%) always wash their hands after handling money.

**GERMS THRIVE UP TO 48 HOURS ON SOME SURFACES**

In 2002, hospital-acquired infections resulted in death nearly 3 times as often as those who die within 30 days of an auto-accident.

**1 OUT OF 2 WON'T GO IF IT'S NOT CLEAN**

47% of students say that sometimes they don't use the bathroom because it isn't clean.

**33,800 DEATHS**

**HOSPITAL-ACQUIRED INFECTIONS: 99,000 DEATHS**

In 2002, hospital-acquired infections resulted in death nearly 3 times as often as those who die within 30 days of an auto-accident.

**\$25 BILLION IN PRODUCTIVITY LOSSES**

The economic cost of lost productivity in the US due to the common cold approaches \$25 billion.

**THE SOLUTION: WASH YOUR HANDS**

**THE MORE YOU KNOW THE MORE YOU WASH**

Hand hygiene education and soap prevented 50% of cases of gastrointestinal illness.

**6 STEPS**

- 1 WET** Wet your hands with clean, running water.
- 2 LATHER** Add soap and rub hands together to create a rich lather.
- 3 WASH** Rub your hands together for 20 seconds.
- 4 RINSE** Rinse your hands well under running water.
- 5 DRY** Dry your hands with a clean paper towel.
- 6 PROTECT** Use the paper towel to turn off the faucet.

**CLEAN HANDS IMPROVE HEALTH AND ATTENDANCE**

An increase in hand hygiene behavior led to an overall 20% increase in the number of children with zero absences.

**DON'T FORGET TO DRY**

Using paper towels to dry hands reduces bacteria on finger pads by 76% and on palms up to 71%.

**BROUGHT TO YOU BY GEORGIA-PACIFIC PROFESSIONAL**

Since 2002 enMotion® towel dispensers have helped dry about 272 BILLION HANDS. That's about the same as the entire U.S. population washing their hands 107 times.

**enMotion** **Georgia-Pacific**

**T/F** “ $\frac{1}{3}$  of adults wash their hands. That’s it. Don’t be the majority.”

**F** “Periodontitis is common but fairly preventable. The cause is usually poor oral hygiene. Periodontitis can lead to tooth loss. It's a risk factor for heart and lung diseases.

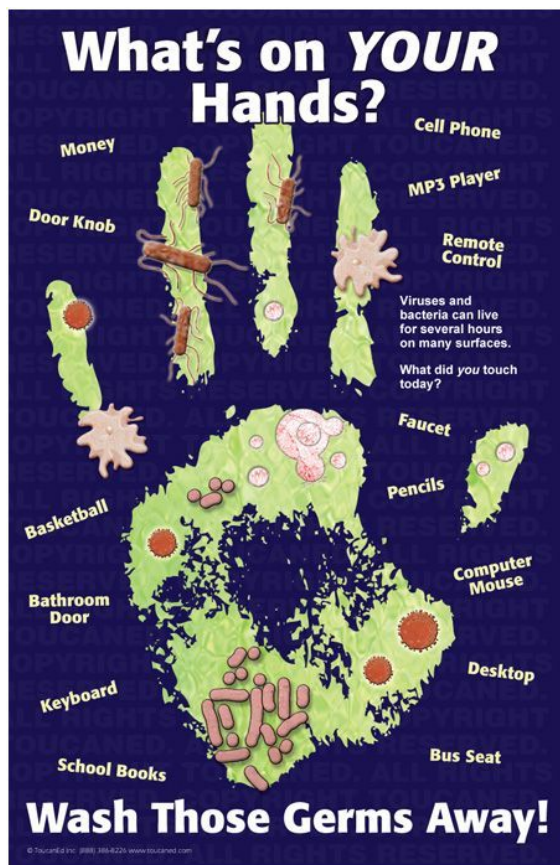
Symptoms include swollen, red, and tender gums.

Treatment includes professionally cleaning the pockets around teeth to prevent damage to surrounding bone. Advanced cases may require surgery.”

## Week Four:

**T/F** “We’re looking to increase our hand-washing on campus this semester and prevent colds. Hold your neighbor responsible. Would you want them to not wash their hands?”





## **November: Sleep**

- Better to sleep than to cram before a midterm
- How much sleep does an 18-22 year old really need
- Sleep schedule and Midterm correlation



## Facebook/Twitter post:

### Week one:

**T/F** To Start: “Have you been feeling cranky? Having issues with gaining weight? The culprit might be lack of sleep! People ages 18-22 should be getting 8-9 hours of sleep every night.”

End of Week One:

**T/F** “Better Sleep Tip #1: Keep your phone and other electronics turned off in the bedroom to help get the recommended 8-9 hours. Bright lights cause your brain to stay turned on, even when you’re trying to turn off.”



**T/F** “Having trouble falling asleep? Check out this handy guide for best falling asleep (and staying asleep) practices! Number 3 is our favorite!”

### Week Two:

**T/F** “Better Sleep Tip #2: Lack of sleep can cause problems with decision making, problem solving, controlling emotions and behavior, and coping with change. A good night sleep will improve learning.”

**F**“We’ve all been there, looking in the mirror and being unhappy with what we see. Somedays, even the littlest of things might set us off. But would you believe me if I said you were beautiful? Because you are. This semester, we want students to feel more positive about their bodies and themselves. Join us for Body Positive Yoga on **[INSERT DATE HERE]** and namaste.”

**F**“Look over this list of common signs of a sleep disorder, and talk to your healthcare provider if you have any of these signs on three or more nights a week:

- It typically takes you more than 30 minutes to fall asleep at night.
- You awaken frequently in the night and have trouble falling back to sleep.
- You awaken too early in the morning.
- You often don't feel well rested despite spending seven to eight hours or more asleep at night.
- You feel sleepy during the day and fall asleep within five minutes if you have an opportunity to nap, or you fall asleep unexpectedly or at inappropriate times during the day.
- Your bed partner reports that you snore loudly, snort, or make choking sounds while you sleep, or your partner notices your breathing stops for short periods.
- You have creeping, tingling feelings in your legs that are relieved by moving or massaging them, especially in the evening or when you try to fall asleep.
- You have vivid, dreamlike experiences while falling asleep or dozing.
- You have episodes of sudden muscle weakness when you are angry or fearful, or when you laugh.
- You feel as though you cannot move when you first wake up.
- Your bed partner notes that your legs or arms jerk often during sleep.
- You regularly depend on wake-promoting products, such as caffeinated beverages, to stay awake during the day.”

**T** “Does it typically take you more than 30 minutes to fall asleep? You may have a sleep disorder. Make sure to check out our Facebook page to know the other signs.”

### Week Three:

**T/F** “Better Sleep Tip #3: Don’t pull an all-nighter before your big exam, you will most likely forget the material you tried to study. It is best to get a good night sleep because your brain is forming new pathways to help you learn and remember information.”

**T/F** “Healthy Eating on a Budget starts next week! The best way to feel good about your body is to put good into it! Put good in, get good out!”



**F** “Do you have half an hour today? We’re telling you it’s okay to take a nap and catch some extra zzzzzzzs. Believe it or not, sleep is one of the most beneficial things you can give yourself. Yep, your school is telling you to enjoy the cat nap, power nap, whatever. Turn off the lights, detach from your phone, and just snooze.”

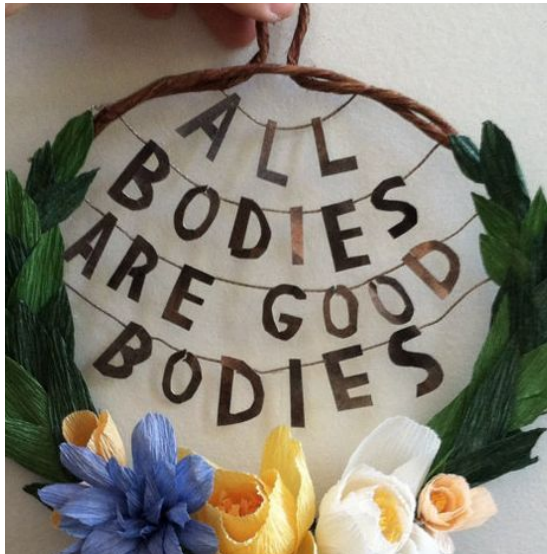
### Week Four:

**T/F** “Better Sleep Tip #4: Being sleep deprived can cause problems paying attention. Many students who lack sleep get lower grades and feel stressed.”

**F** “Throughout the semester, we’ve been preaching about healthy eating and healthy living. But want to see these practices in action? Make sure to attend our Healthy Eating on a Budget workshop on **[INSERT DATE]** to learn first hands what it means to eat healthy on a college budget.”

**F** “In preparation for Body Positive Yoga, we’re sharing one of our favorite flows to keep you Zen. <https://www.pinterest.com/pin/58687601371933388/>”

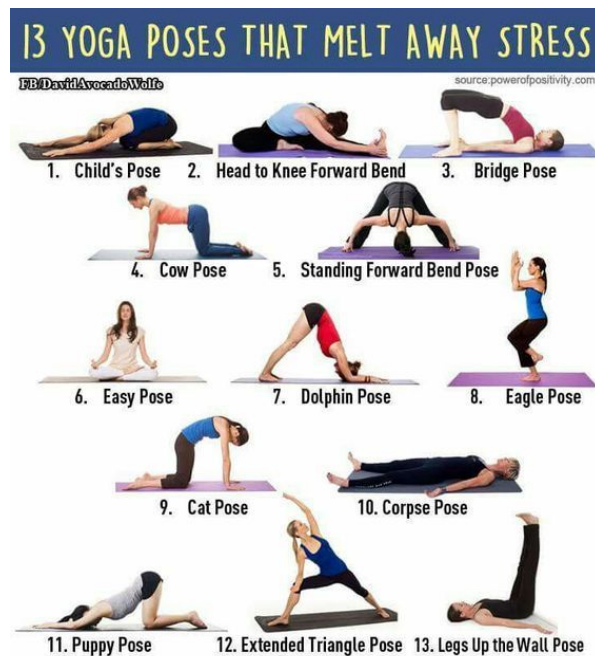
**T** “All bodies are good bodies.”



# December:

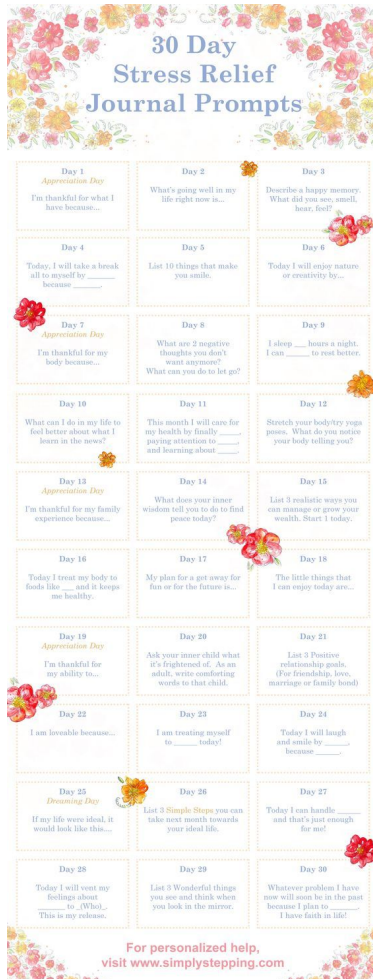
## Stress Management and Mental Health

- Stress Management:
  - Reduction workshop
  - Yoga at the Rec
  - Working in pairs or groups to study, work out, etc



## Facebook/Twitter Posts:

### Week One:



**T/F** “Happy December friends! This month we’re helping you focus on stress reduction and management! We’ve got a 30 day journal prompt guide to help you through one of the busiest times of the year. Get your favorite pen ready!

**T/F** “Is there too much stress in your life? Take this quiz to find out and make sure to stay tuned for our stress reducing tips throughout the month of December!

[https://greatergood.berkeley.edu/quizzes/take\\_quiz/stress\\_and\\_anxiety](https://greatergood.berkeley.edu/quizzes/take_quiz/stress_and_anxiety)”

**T/F** “The importance behind understanding mental illness is always to understand what you see, might not be how someone is actually feeling. Check out this great video to learn more about the truth behind mental illness. <https://www.youtube.com/watch?v=54sDdNa9vek> “

#### End of Week One:

**T/F** “Stress Reduction Tip #1: Manage your time! Flexible routines lower stress levels by increasing daily predictability.”

#### Week Two:

**T/F** “Stress Reduction Tip #2: Prepare for the day! Take ten minutes every night to get ready for the next day.”

**T/F** “Destress fest is coming! Relaxation, stress management tools, and the best of the best-puppies. Make sure you’ve got it on your calendar! **[INSERT DATE HERE]**”

#### **F** “**Why Practice Stress Management?**”

Your mind deserves better than to be loaded down with the never-ending job of worrying! Some stress can be beneficial and may lead to actual problem-solving, but a lot of our stress is unnecessary and even harmful. Research is clear that stressed brains do not operate the same way as non-stressed brains. John Medina, Ph.D., director of the Brain Center for Applied Learning Research at Seattle Pacific University, says creativity, productivity, motivation and sometimes even your immune system will all suffer chronic stress.”

#### Week Three:

**T/F** “Finals are fast approaching! Lucky for you, you’ve been following our stress reduction tips all month. Just in time for finals, here is the third one! Stress Reduction Tip #3: Enjoy the little things! Slow down and take a minute to breathe and think positive.”

#### Week Four:

**T/F** “Stress Reduction Tip #4: Keep a journal! Journaling promotes reflection and organization of thoughts.”

# **January:**

## **Physical Activity and Maintaining New Year's Resolutions**

- Maintaining NY resolutions
  - Health fest- promotion
- Free REC
  - T-Shirt
  - Titan ID
  - Change of shoes
- Active in day to day life
  - Stairs
  - Parking



## Facebook/Twitter Posts:

### Week One:

**T/F** “What’s your New Year’s resolution? Comment below! We will be offering tips all month to help you keep up with your goals!”



**F** “How many calories do you burn going up the stairs instead of taking the elevator? You burn an extra 5 to 10 calories per flight, depending on your size and how fast you walk or run up them. On campus most of the buildings are 2 or 3 levels high. If you attend 2 classes on the second floor three days a week, that would equal approximately 1680 extra calories in the semester. Just from taking the stairs. Not only does it burn a few more calories, it builds muscle, which in turn burns more calories!”

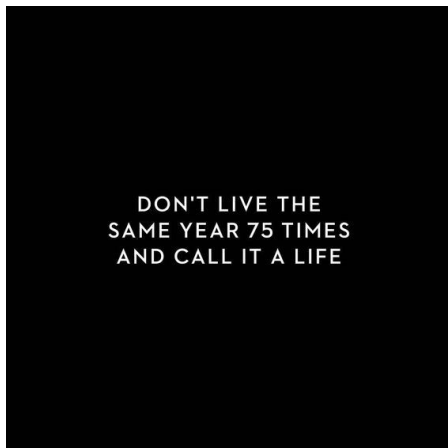
**F** “Winter is the perfect time for outdoor sports such as downhill and cross-country skiing, snowboarding, and other snow-based activities. “If it’s nice out, even walking in the snow is great cardio because it takes more effort than walking on a clear sidewalk or track. Also, this is fun to do with friends,” says Quilter. Snowshoeing is another enjoyable [seasonal activity](#) that's good for winter sports novices. It requires minimal equipment — just the snowshoes. Read the rest of the article below!

<https://www.everydayhealth.com/healthy-living-photos/ways-to-stay-active-in-the-winter.aspx#0>

### Week Two:

**T/F** “It may be Winter, but that doesn’t mean we don’t have great options for you to stay healthy and maintain those New Year’s goals! The Student Rec and Wellness Center is still open to students! The best part? It’s free! All you need is a sleeved shirt, change of shoes, and Titan I.D.”

**T/F** “Make this year your best year yet! The best way to maintain your New Year’s resolution, is to journal! Keep track of your goals, what you’ve accomplished so far, what you’re proud of, and what you still need to work on. How are your goals coming so far this year?”



### Week Three:

**F** “One of our favorite New Year’s resolutions we’ve heard this year is “volunteer more.” How great is that?? We’ve got some great volunteer ideas for you that can help you stay active as well! Choose [volunteering opportunities](#) that enable you to be physically active while you work. Consider volunteering at a soup kitchen, participating in a toy drive for a children’s hospital, or canvassing your neighborhood for donations to a food bank. Volunteering enables you to do good for others while staying active. Seek out volunteering opportunities through your local city or town hall, religious organization, or hospital, or visit the [Volunteering in America](#) Web site.”

**T/F** “Before the 14 week semester starts up again, make a resolution to read more! Reading for fun is a great way to unwind, build creative, and boost mental health! Check out this awesome 2018 reading list from PopSugar!

<https://www.popsugar.com/entertainment/Reading-Challenge-2018-44138581>”

Week Four:

**T/F** “As the month winds down, we want to know how you’re doing on your New Year’s resolutions? What do you still need help with? Where are you succeeding? Comment below to share with others and make sure to check out our Resolution fest next month!”

# **February:**

## **Nutrition**

- Fruit Fridays
- Healthy eating on a budget
- Healthy breakfasts

## Facebook/Twitter Posts:

### Week One:

**F** “Proteins are often called the body’s building blocks. They are used to build and repair tissues. They help you fight infection. Your body uses extra protein for energy. Good sources of protein are seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Protein from plant sources tends to be lower in fat and cholesterol and provides fiber and other health-promoting nutrients. Here are some great, easy, protein snacks to help get your daily fix

[https://www.pinterest.com/pin/AX6xPgn-nbWYCqOvNtluFXctLn29zVgF8TeOlBgkc\\_pXE4O4Taib4nw/](https://www.pinterest.com/pin/AX6xPgn-nbWYCqOvNtluFXctLn29zVgF8TeOlBgkc_pXE4O4Taib4nw/) “

**T/F** “What’s your favorite fruit? Veggie? Do you know the difference between the two? For the longest time, I thought tomatoes were a veggie! But I was wrong. Check out this great article on breaking down fruits and veggies and stay tuned each Friday for our Fruit Fridays in February! <https://www.betterhealth.vic.gov.au/health/healthyliving/fruit-and-vegetables> “

### Friday of Week one:



**T/F** “One of the simplest way to get your daily dose of fruits, is in a smoothie form! This chart is great for keeping things unique and having your fruit fix!”

## Week Two:

**F** “We live in a society focused on the latest trend. We often see things on social media: instagram, Twitter, Pinterest, and Facebook, that may try to be spreading a positive message. But sometimes, these fads, diets included, can do more harm than good. Check out these three articles on how to tell what is good and what is trending and the importance behind staying away from fad diets.

<http://www.eatright.org/resource/health/weight-loss/fad-diets/staying-away-from-fad-diets>

<http://www.fitday.com/fitness-articles/fitness/weight-loss/4-reasons-why-you-should-avoid-fad-diets.html>

<https://www.webmd.com/diet/features/why-do-we-keep-falling-for-fad-diets#1> “

## Friday:

**T/F** “Happy (fruit) Friday everyone! Fruit is a great way to combat aging skin! Check out some of these awesome anti aging fruit benefits!

<https://www.pinterest.com/pin/491736853042080537/>”

**T/F** “Healthy breakfasts are easy! And inexpensive! Check out these morning toast ideas from Pinterest!

<https://www.pinterest.com/pin/573786808758459748/>”

## Week Three:

**T/F** “Join us on **[INSERT DATE]** for the latest updates on your January resolutions! Resolution Fest is here! We can’t wait to see you all and get updates on how you’re doing!”

## Friday:

**F** “Personal favorite way to get Fruit in my diet. Fruit Pizza. May not be the all time healthiest thing, but it’s not the worst either! Check out Pinterest’s idea of a healthier fruit pizza and share your own ideas with us in the comments! <https://www.pinterest.com/pin/419045940316315019/>”

Week Four:

**T/F** Love your body day: Post this stand alone photo with a heart emoji



Friday:

**T/F** “This week we are mixing things up a bit for our final Fruit Friday! Fruit and veggie pops! These are delicious! Try them out and let us know what your favorite flavor is!

<https://www.pinterest.com/pin/Abzmnvb-gv32Da2tMe4biQSJAwsX3Nvc1ONLgL9YcvW4xbrd9wGUeY/>”

## **March: Alcohol**

- Positive choices in regards to drinking
- Risk reduction



## Facebook/Twitter Posts

### Week One:

**F**

“<https://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Is-your-drinking-pattern-risky/Whats-Low-Risk-Drinking.aspx>

Research shows that women start to have alcohol-related problems at lower drinking levels than men do. One reason is that, on average, women weigh less than men. In addition, alcohol disperses in body water, and pound for pound, women have less water in their bodies than men do. So after a man and woman of the same weight drink the same amount of alcohol, the woman's blood alcohol concentration will tend to be higher, putting her at greater risk for harm.”

**T/F** “It’s finally March and I am sure you are all getting really excited for Spring Break! Check out these Spring Break safety tips <https://www.pinterest.com/pin/142567144432303466/>”

### Week Two:

**F** “<http://www.telegraph.co.uk/health-fitness/nutrition/eat-big-night/>

Alcohol diffuses through the walls of the stomach very quickly. The less is in there, the faster it will enter your bloodstream. From a social point of view, you’ll feel its effects much quicker. From a physiological point of view, the faster it is absorbed into your body, the bigger impact it has upon your liver, digestive system, kidneys, and cardiovascular system. Eat before your drink and the alcohol will drip into your body's systems, rather than flooding them.”

**T** “Eat before your drink and the alcohol will drip into your body's systems, rather than flooding them. <http://www.telegraph.co.uk/health-fitness/nutrition/eat-big-night/> ”

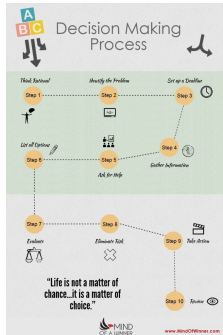
### Week Three:

**F** “The best choice of food before a night out is something that has a natural fat content, which helps slow down the rate at which food leaves the stomach. The longer food stays in your stomach, the slower the alcohol gets absorbed into your bloodstream.

This doesn't mean lard burgers. I'm talking foods like salmon and avocados. Combine the two in a wrap with some mayonnaise and you have a good on-the-go pre-pub meal that will help you avoid succumbing too drastically to the effects of alcohol.”

## Week Four:

**T/F** “Making decisions is hard, especially when you are in a situation of pressure. This Spring Break, we want you to enjoy yourself and make positive choices. Check out this helpful kind to making good choices”



## **April: Sexual Health**

- Birth control
- Barrier methods
- Emergency contraception
- Free STI testing-
  - Gonorrhea
  - Chlamydia

## Facebook/Twitter Posts:

### Week One:

#### **F “FAST FACTS**

- Unprotected vaginal or anal sex puts you at risk of HIV and other sexually transmitted infections (STIs).
- During unprotected sex, HIV can be transmitted via the bodily fluids of an infected person (blood, semen, vaginal fluid, pre-cum or anal mucus) to their sexual partner.
- There is higher risk of HIV infection during anal sex because the lining of the anus is more delicate than the lining of the vagina and is more easily damaged, providing entry points for HIV.
- The risk of HIV transmission during unprotected oral sex is very low, but there is a risk of other STIs.
- Using condoms is the most effective way to prevent HIV and STI transmission.

Barrier Birth Control methods are available for free at your Student Health Center! Stop in today!”

#### **T “FAST FACTS**

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#### **T “FAST FACTS**

- During unprotected sex, HIV can be transmitted via the bodily fluids of an infected person (blood, semen, vaginal fluid, pre-cum or anal mucus) to their sexual partner.”

#### **T “FAST FACTS**

- There is higher risk of HIV infection during anal sex because the lining of the anus is more delicate than the lining of the vagina and is more easily damaged, providing entry points for HIV.”

#### **T “FAST FACTS**

- The risk of HIV transmission during unprotected oral sex is very low, but there is a risk of other STIs.”

#### **T “FAST FACTS**

- “This month, we want you to get tested! The Student Health Center offers free STI testing and you can even make a secure appointment through the portal!”

### Week Two:

**T/F** “What is consent? Know it. Understand it. Read this article to learn more about consent.

<http://www.medicaldaily.com/healthy-sex-apps-8-apps-better-and-safer-sex-life-270347> “

**F** “This upcoming weekend, we are sure many of you will be out with your friends enjoying Pub Crawl. We are asking students to stay safe, and if you choose to drink, please make good choices. Know your limit, travel in pairs, remember to stay hydrated and keep healthy snacks on you.

[https://www.pinterest.com/pin/AdgJyvpGsQkUxa-fmXRYiVoxQoYH3G4n\\_zdf2rVL\\_-L9GBB4lwJ7vSA/](https://www.pinterest.com/pin/AdgJyvpGsQkUxa-fmXRYiVoxQoYH3G4n_zdf2rVL_-L9GBB4lwJ7vSA/) “

### Week Three:



**T** “We want to help you understand safe sex, check out this great post by Pinterest!

<https://www.pinterest.com/pin/91620173639319501/>”

**T** “With all the technology and Apps out there, there are even apps for consent! Check out this article on consent apps to learn more about keeping yourself safe.

<https://lifehacker.com/are-consent-apps-a-good-thing-1796457302> “

### Week Four:

**T/F** “It’s not too late to get tested! Schedule an appointment with the Student Health Center through Secure Scheduling on the portal! STI’s are more common than you may think

<https://www.pinterest.com/pin/175921929168068683/> “

**May:**  
WRAP UP!

## Facebook/Twitter Posts:

### Week One:

**F** “The end of the year is almost here, as May begins, Finals are just around the corner. Some of you may be celebrating graduation or enjoying the end of your first year. Whatever the case, we have some great final snacks, health reminders, and stress management tools for you coming up over the next few weeks!”

**T/F** “These 11 tips are sure to keep you feeling healthy both mentally and physically! Which one is your favorite?”



- 0 *empty calories / processed foods*
- 1 *hour of exercise / reading*
- 2 *liters of water*
- 3 *cups of green tea / green juice*
- 4 *mental and stretch breaks*
- 5 *things you're grateful for*
- 6 *am meditation*
- 7 *minutes of laughter*
- 8 *hours of sleep*
- 9 *thousand steps daily*
- 10 *pm time to sleep*

### Week Two:

**T/F** “Want flatter abs for this Summer? Here are 57, thats right, 57! Tummy tightening foods!”

<https://www.pinterest.com/pin/9570217941334488/>

**F** “This could be you in just a few short weeks! Before we head into the Summer, make sure to schedule your secure appointment with the Health Center through the portal! Go into Summer with a clear bill of health.”



### Week Three:

**T/F** “18 awesome tips to nail your finals!

<https://www.pinterest.com/pin/149604018853363672/>”

**T/F** “Eat seasonally! These awesome fruits and veggie are in season now! What is your favorite May themed recipe? <https://www.pinterest.com/pin/369435975667891470/>”

### Week Four:

**T/F** “Thank you all for a great year! Head out and have a great Summer! Until next time! Love, the student health center!”



## **Facebook Posting Tools:**

- Thursday and Friday afternoons are the best times to post on Facebook
- If you post on a Monday-Wednesday post between 2 p.m. and 4:30 p.m. for the highest traffic

DO NOT POST BETWEEN 10 p.m. and 4 a.m.

## **Twitter Posting Tools:**

- 12 p.m. 5 p.m. and 6 p.m. are the best times to post on Twitter to get the most engagement
- Weekends are great for sharing recipes and things for followers to try. Do so between 9 a.m. and 1 p.m. to get the most engagement

DO NOT POST BETWEEN 8 p.m. and 8 a.m.

Keeping your schedule of posting consistent (I.E. recipes always on Fridays, workouts on Thursdays, events on Wednesday etc) can help create a consistent following by viewers.