Obtaining Consent Doesn’t Have to Be Awkward

April is Sexual Assault Awareness Month and we want you to remember that consent is more than just a “yes” or “no.” Consent is an ongoing dialogue about your desires, needs, and level of comfort in engaging in sexual interactions. Before progressing with a partner, make sure you are clear about what you’re asking and what you’re answering; consent can be withdrawn at any point. Consent cannot be given by an individual who is incapacitated by alcohol or other drugs. Consent does not have to be awkward or “ruin the mood.” Asking questions can make the experience more intimate and ensure that both partners are able to clearly express what they want. If you want to learn more about sexual violence or Sexual Assault Awareness Month, visit Katie’s Angels, the Center for Health Education and Promotion’s sexual violence group for information on upcoming events (www.millersville.edu/cheap). April 7 there will be a teal finger nail table to promote awareness, the week of April 13–17 the clotheline project will be on the Montour House lawn, and on April 21 Sexual Violence and Sexual Responsibility and Healthy Relationships will be presenting an open program, The Hook-Up, at 7 p.m. in SMC 249.


I Got This — Sexual Violence Campaign

Fiber Up, Slim Down

Most people have experienced sitting in class thinking about lunch, dinner, or a snack to eat. Losing weight can be frustrating and difficult when you feel hungry all the time. High-fiber foods can help you feel full with fewer calories because they often require more chewing and take longer for your stomach to digest. This can trigger your body to recognize it is full before you continue to eat more food (which can really help with portion control). Having fiber-rich foods and whole grains in your diet helps keep blood sugar levels in check, and can decrease the risk of cardiovascular disease. Fruits, vegetables, beans, whole grains and legumes are all great options for high-fiber foods. Some great ideas for high-fiber snacks are pears, plums, raspberries, poppy seed, Greek yogurt, peanuts, and almonds.

Source: http://www.betterhelp.com/hpr/GettingHealthy/WeightManagement/LosingFiber/Fiber-Up-Slim-Down_UCM_322704_Article.jsp

News You Can Use:

How many standard drinks are in a keg cup?

Answer: 1-1/3. A standard drink of regular beer is 12 ounces and a keg cup holds 16 ounces. Partying for 3 hours and consuming 5 standard drinks would produce a BAC of .17 for a 140 pound female. Having 5 keg cups would virtually double the BAC to .31.

When pouring a mixed drink in a keg cup the volume up to the bottom line is:

Answer: 2 shots. A 160 pound male who drinks 4-mixed drinks in 3 hours of partying and pours 2 shots in each would have a BAC of .12. Each contains 3 shots it will be .21, high enough to blackout. If you chose to drink, be sure to get all of the good stuff and none of the less good stuff out of your relationship with alcohol.

If you have any questions or wish to know more about your relationship with AOD, take the alcohol or eTOKE self-assessment on the Counseling Center webpage at Millersville.edu or contact the AOD Guy at John.Baltzer.edu or call at 872-3222.

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Coming Attractions!

Wellness Wednesdays:

Sexual Responsibility and Healthy Relationships
April 8, Outside SMC Bookstore; 11 a.m.–1 p.m.
Alcohol and Other Drugs
April 15, Outside SMC Bookstore; 11 a.m.–1 p.m.

Wellness Week; April 6–10
• Wellness Week outreach (Earth Day–healthy eating)
• April 6: Promenade; 4–5 p.m.
• Marijuana Event
April 16; 420 Forum; SMC MPR; 7 p.m.
• Not Fooling Me Open Program
April 20th, Atrium, 8–9 p.m.

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