



THE WELLDAWG

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007: Sex and Travel
Winter 2007

SEX SPEAK

In a national survey, 34% of married men said sex was better in marriage than anywhere else.

22% of men and 17% of women have had at least one homosexual experience, according to a national survey.

37% of male college students think about sex at least once every 30 minutes.

10:34 pm: The time at which Americans are most likely to have sex

33.24: The length of average sex session, including foreplay

12 minutes: The average number of additional minutes women say they would like each session to last

Sex is natural antihistamine.

Sex is the safest tranquilizer in the world. It is 10 times more effective than Valium.

The missionary position (man on top) probably got its name because Christian missionaries taught it as the "proper" way to have intercourse.

A national survey showed that 53% of men and 41% of women enjoy an active sex life after age 65.

In the 19th century, physicians thought that women who felt sexual desire were

"a few exceptions amounting in all probability to diseased cases."

73% of men and 68% of women have had sex in a car.

In ancient Greece, same-sex relationships between men repre-

(Continued on page 5)

In one study of 750 orgasmic women, 58% had faked orgasm at least once to please a partner or avoid hurting or disappointing him.

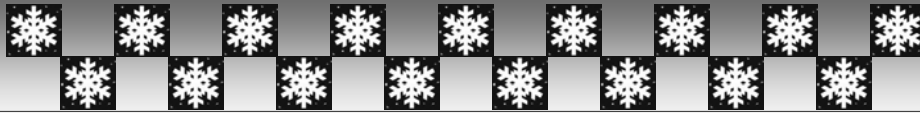
37% of women prefer bikini while 17% prefer boy shorts.

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UHELP Mission:

Helping people make informed, voluntary, health-promoting decisions.



For the Ladies

Nothing is more cliché than a cheap box of chocolates on Valentine's Day. Valentine's Day is aptly defined in the dictionary as: a *day for the exchange of tokens of affection*. Oh and how the female population takes those tokens to mean how much their significant other cares for them... so keep this in mind: it is the thought that counts. A little effort means a lot.

If you can afford it...

Classic. Dinner at a fancy restaurant. Reserve ahead, bring flowers, & turn on the charm; a girl loves to dress up.

Jewelry. A necklace or bracelet that will have sentimental value to her.

Lingerie. Don't get the wrong idea; girls just like to wear something cute underneath it all. Browse the store, but to play it safe, try a set from the PINK collection at Victoria's Secret or the boy shorts at American Eagle.

If you have the time...

Time Together. Plan out a day to build memories. Think of activities that you would both enjoy: walking downtown or in a park, visiting the zoo, going places neither of you have been to in Seattle... Bring a camera and take pictures throughout the day. Put together an album for her at the end.

At Home. Cook dinner for her - if you don't

trust yourself, ask for her help. Rent a movie and buy some of her favorite snacks. Alone time together is always nice.

Surprise. Almost all will agree that a surprise is a sweet gift. You know her best and know what will make her smile, so put that information to use! If you need help, recruit her friends to keep her clueless.

These are just a few ideas & the list goes on: teddy bears (Build-A-Bear), tickets to any concert or event she'll enjoy, or a card; some extra attention and flowers are a good way to go, too. And if you need to go with the chocolate, make it some darned *good* chocolate.

VALENTINE'S DAY GIFT IDEAS...

For the Gentlemen

Having trouble finding your man the perfect gift for Valentine's Day? Do not fret, as we here at the WRC have come up with a plethora of gift options that will keep your man satisfied. To begin, the gift should be based on the interests and hobbies of the receiver. Most gifts fall within these three categories: entertainment, sports, or technology. While some guys may not be into sports or gadgets, most won't mind getting a CD or DVD, so the entertainment category is a good fall-back option. (Disclaimer: Please do not use this gift-giving opportunity as a way to buy yourself something...meaning do not buy yourself those two tickets to *Disney On Ice* and pass it off as a "gift" to him. We see through your dirty tricks.) After figuring out the type of gift, a realistic price range needs to be set. The price of the gift all depends on where you (and him) think the relationship is at. Feel like you're both getting to know one another? Narrow your gift to something between \$20-\$40. If the relationship isn't quite new, but neither one of you have dropped the "L-Bomb", consider setting spending \$30-\$75 dollars. Finally if the names of all eleven of your babies have been decided, please grab the checkbook and plan on spending \$75 dollars or more.

Gifts ideas for the guy into...

Entertainment:

CD/DVD's (Movies/TV Box Sets, CD's, Records)

- Approx. Cost = \$15-60
- Places to shop: <http://www.deepdiscountdvd.com> (cheap, legitimate site w/ usually free shipping)

Concert Tickets

- Approx. Cost = \$20-100
- Places to shop: ticketwest.com, ticketmaster.com, ebay.com

Sports:

Clothing of his favorite team (Shirts, hoodies, caps, etc.)

- Approx. Cost = \$10-\$60
- Places to shop: <http://eastbay.com>, <http://fogdog.com>

Tickets to the Mariners, Sonics, Seahawks, or UW Football/ Basketball Games

- Approx. Cost = \$12-\$100
- Places to shop: ebay.com

**The Sonics are offering their \$15 Student deal on Valentine's Day for their game against the Phoenix Suns. Get great seats for a fraction of the price! See <http://nba.com/sonics> for more details. **

Technology:

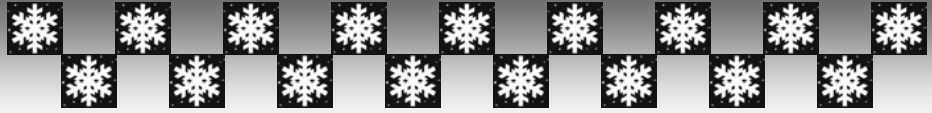
Accessories for his MP3 player (ie. Headphones, cover case, portable speakers, car adapter, etc.)

- Approx. Cost = \$25-100
- Places to shop: ishop.com, xtrememac.com, pricegrabber.com, cnet.com

Video game rental pass (think NetFlix for videogames)

- Approx. Cost = \$21 a month
- Places to shop: gamefly.com

Allows your man to rent any two video games at a time, through the convenience of his own mailbox!



Protect Yourself from Date or Acquaintance Rape

When people think of rape, they often think of a girl walking home alone at night and some strange guy jumping out of a shadowy bush to sexually attack her. But that is not what date/acquaintance rape is about. It's about violence, assault, and forced sex, often by someone whom the victim knows and trusts.

Rape has nothing to do with love. Rape is not about sex or passion. Rape is an act of aggression and violence. One in three women will be assaulted in her life, and the assaulter is often someone close to her. Men are be raped too, but only comprise 7-10 percent compared to women. Imagine that this could happen to you today, so protect yourself by taking these precautions when you go out, hangout, or chill out with a date.

1. **Go out in a group** with new dates, because date rape typically occurs when the couple is alone.
2. **Avoid drinking or doing drugs:** Alcohol affects your judgment and can make it easier for someone to take advantage of you. Be aware that date rape drugs could be slipped into your drink when it's unattended. These drugs often have no color, smell, or taste and are easily added to flavored drinks without your knowledge. An individual cannot give consent when under the influence.
3. **Know your sexual desires and limits** and exercise your right to those limits. Be assertive, direct, and firm when someone is pressuring you by speaking up: "What you're doing is making me uncomfortable," or "You're hurting me," or "Stop touching me," or "I don't want to do this"

or "No" or "Stop now!"

4. **Be conscious of the signals you send out, intended or not,** so your date doesn't have to guess what you mean. Be aware that the way you dress, walk, gesture, and talk all give others a sense of who you are. However, these signals do not mean that you are "asking for it." Try to communicate your expectations clearly. Remember, you have the right to your own individuality and the right not to be raped.
5. **Be aware of your personal space** and whether your date is intruding your space by watching for nonverbal cues like standing too close, keeping a hand on you, and being a little too friendly for your liking.
6. **Pay your own way** to avoid having your date feeling like you "owe" him/her something in return for your meal or favor. Don't be afraid to discuss it upfront. Interesting statistic: 18% of males think that their partner owes them sex if they buy them dinner.
7. **Have a plan to get yourself home:** Either carry extra money for taxi and know how to contact a taxi company. Or, plan to have a friend available to pick you up.
8. **Avoid going to a date's home** or inviting them to yours until you know them well. Ask yourself, do you really want this person to know where you live? Also, let others know where you are.
9. **Trust your instincts.** If you feel uncomfortable, remove yourself from the situation immediately. Do this, even if you think you're being rude. If you feel something is wrong, it probably is.

10. When everything fails and you are faced with the situation, be **prepared to physically defend yourself.** It is always a good thing to know some self defense moves so take a class if you have the chance. Another option would be to carry some type of personal protection product. Be sure that you know how to use it, when it is safe to use and realize that an assailant could use it against you.

Although these are good ways too protect yourself, taking these precautions does not guarantee that you will not be raped. It can still happen and here's what you should do if it happens to you:

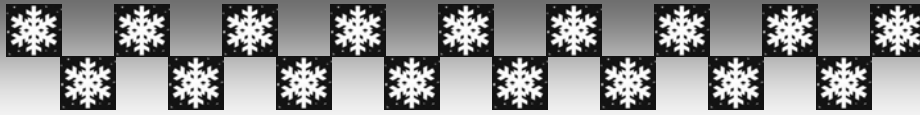
- I. **Call the police** right away if you want to report the rape. Preserve all the physical evidence; don't change clothes or wash.
- II. **Go straight to the emergency room.** Most medical centers and hospital emergency departments have doctors and counselors who have been trained to take care of someone who has been raped.
- III. **Tell a friend,** family member, or someone you feel safe with what happened.
- IV. **Write down** as much as you can remember about the event.
- V. **Call a rape crisis center** if you aren't sure what to do. Below are some local organizations to contact:
SARIS (Sexual Assault & Relationship Violence Information Service), 206-685-HELP, saris@u.washington.edu, www.washington.edu/students/saris/office/
Communities Against Rape And Abuse, 206-322-4856, info@caras-seattle.org,

ASK UHELP!

Have a Health Related Question? We've got Answers!

Ever wonder what is really in those energy drinks? Can smoking pot give a guy 'man-boobs'? What are dental dams anyway?

Email us at uhelp@u.washington.edu to send us a question of your own. You can also check out the answer to these questions and others at our website www.uwuhelp.org



Uh-Oh. The Condom Broke. What now? By Cindy Serrano

Have you ever forgotten that you missed a pill of your regular birth control when it's too late? Accidents do happen. Condoms can break. Maybe this time you got carried away even though you are usually very careful. For any worries you may have in wanting to prevent a pregnancy, there are options.

Emergency Contraception (EC) is a type of emergency birth control. EC is intended to be used if a primary form of birth control fails, for example a condom breaking, or if a woman was force to have sex against her will. Women may take EC up to 120 hours (5 days) after a single act of vaginal intercourse or unwanted sex. However, for maximum effectiveness, the EC pill should be taken as early as possible. Remember, EC is an emergency birth control solution and is not meant for regular use. Also, it does not protect against sexually transmitted infections.

EC pills contain large doses of hormones that prevent or delay ovulation, keeping the egg from traveling within the fallopian tubes, or by altering the endometrial lining of the uterus in order to prevent implantation. It is important to know that if one is already pregnant, EC will NOT work.

Although EC is found to have no long term side effects, there are some short term side effects to be aware of. After taking the pill you may feel nauseous, dizzy, tired, have headaches, experience lower abdominal pain, and even unexpected bleeding may occur and is not dangerous.

EC reduces the chance of getting pregnant depending on how soon you take it after unprotected intercourse and which types of hormones the EC contains. For example, progestin-only EC pills taken withing 24 hours of unprotected sex can reduce the chances of getting pregnant by 95%.

[Where to get it.]

Local pharmacies for those over 18 to get EC with valid ID and without a prescription:

- Hall Health Primary Care Center Pharmacy (206) 685-1031

University of Washington

Hours: M-F 9am-5pm

Cost: \$29.70

- Bartell Drugs (206) 632-3514

45th & University Way NE
Seattle, WA 98105

Hours: M-F 9am-7pm

Cost: \$39.99

- Rite-Aid Pharmacy (206) 632-3975

Between 45th and 47th & University Way
NE
Seattle, WA 98105

Hours: M-F 9am-9pm

Cost: \$39.99

[For more information.]

- <http://ec.princeton.edu>
- <http://not-2-late.com>
- www.go2planB.com
- www.plannedparenthood.org



Get Lucky! Join the Condom Club!

In an effort to promote safer sex, the **Condom Club** has been developed by UHELP to provide a cheap and convenient way for students to buy condoms on campus. By joining you get 5 condoms each week for ten weeks. The cost to join is only a dollar a week. You pay only **\$10 for fifty condoms!**

(As an added bonus, we'll throw in finals week for free, giving you a total of fifty-five condoms!)

Visit Hall Health room 213 for more info or to join.



(Continued from page 1)

sented the highest form of love. However, wives were still important as bearers of children.

Average length of a penis when erect: 5.1 inches

Every year, 11,000 Americans injure themselves while trying out bizarre sexual positions.

Foods that improve sex life: oysters, lean meat, seafood, whole grains, and wheat germ

Humans and dolphins are the only species that have sex for pleasure.

Average number of times a man will ejaculate in his lifetime: 7,200

Average speed of ejaculation: 28 miles per hour

Average speed of a city bus: 25 miles per hour

For every 'normal' webpage, there are five porn pages.

In general, the taste of a man's semen varies with his diet.

Largest penis in the animal kingdom: 11 feet (blue whale)

A man's beard grows fastest when he anticipates sex.

The word "gymnasium" comes from the Greek word 'gymnazein' which means "to exercise naked."

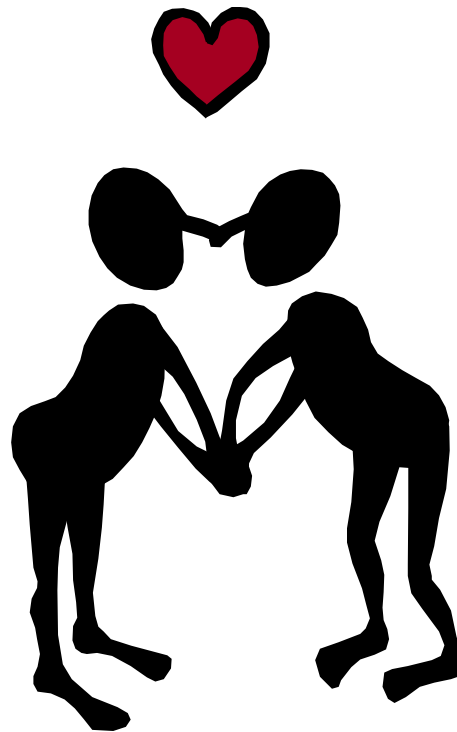
Sex burns 360 calories per hour.

The average person spends 2 weeks of its life kissing.

The first couple to be shown in bed together on prime time television was Fred and Wilma Flintstone.

A pig's orgasm lasts for 30 minutes.

The average shelf-life of a latex condom is about two



years.

Male bats have the highest rate of homosexuality of any mammal.

The word "fuck" is actually an acronym. It dates back to the Good Old Days, when England was severely underpopulated due to the combination of fire, war, and plague. The King issued an official order to replenish the population. Hence the phrase,

"Fornicate Under Command of the King" passed into everyday language.

Blue balls, the term a man uses when he says his testicles will explode if he doesn't have sex, is totally false.

Sex actually slows the aging process.

Over 50% of all people fantasize more often about money than sex.

Bras did not exist until 1913 when Mary Phelps Jacob tied two handkerchiefs together with ribbon. In 1928, Maidenform introduced modern cup sizes.

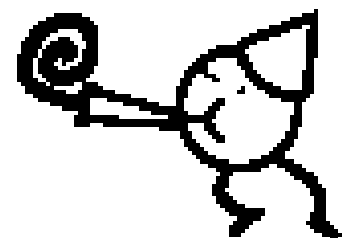
Married men change their underwear twice as often as single men.

In 1991, the average bra size in the United States was 34B; today it's 36C.

41% of men prefer briefs while only 12% prefer boxers.

Best ways to improve sexual function: quit smoking, start exercising, and lose weight

Italians wear red, Argentines wear pink, and Brazilians wear brand new underwear on New Year's Eve.





Road Trips for the Winter Season

By Juanita Law

Need a weekend get-away? Winter can be a little dreary for people. The cold weather, cloudy days, and walking to class in the rain can't always cheer you up. Sometimes a weekend away from it all is just what you need to revive yourself until Spring break comes around. Check out these fun places that are just a short drive away:

PORTLAND, OR – Two words sum up this city: no tax! Shop all you want without having to pay that extra 9% of sales tax you would have to pay in this state. Known as the “City of Roses”, Portland is a great combination of a big city and a small town. Check out all the museums, galleries, the historic old town, and the world's largest bookstore!

Driving time: 2 hr 55 min

VANCOUVER, BC – Just a short drive past the border, this city offers tons of shopping, sightseeing, and a great nightlife. Tour the entire city by sailing across the harbor or taking a sky train, which is run entirely by a computer. You can't miss Granville Island, where there is free entertainment in the waterfront courtyard and a public market full of fun things to buy.

Driving time: 2 hr 29 min

WHISTLER, BC – Hit the mountains on skis, a snowboard, a sled, or even an inner tube. There is great snow all season, and they have machines that shoot out fake snow when there isn't! Go to the top of the mountain and look down at the clouds, or stay in the village and dine in the great restaurants or enjoy the shopping.

Driving time: 4 hr, 20 min

LEAVENWORTH, WA – This Bavarian Village has it all. Horseback riding, sleigh rides, river rafting, skiing/snowboarding, golf, hiking in the national forest, and a wide variety of other attractions. You won't find better German food anywhere in this area.

Driving time: 2 hr 13 min

MT BAKER, WA – Known for its great slopes and fresh snow, you can have a blast on Mt Baker with skis, a snowboard, or you can take a guided snowshoe tour. With seven chair lifts and an average of 647 inches of snow per year, you will never have to take the same trail twice. Traveling with the family? This mountain has a program where 5th graders ride free, so bring your little brother or sister out and teach them a thing or two about the snow.

Driving time: 2 hr 16 min

Some Sensual Reading

Out of a college campus that is about 40,000 people strong, it is estimated that 25% of people practice abstinence, that means a whopping 75% of people at the University of Washington are having sex. There are always that questions of *how can I make this better?* How can I make it safer or more fun? The list goes on indefinitely and changes for each person. Well for all those questions that you are too embarrassed to ask, here are some books for you: (Many are available online if you can't bring yourself to go up to the check out counter)

1) The Complete Idiot's Guide to Amazing Sex

This book has everything that person may want. Anything from positions for intercourse and oral sex to advice on how to talk to you partner. There are: guidelines for safer sex (STI charts and different protective methods) for both gay and straight couples, types of massages, ways to seduce with an array of music and food. Anything that you have ever been to shy to ask your best friend can be answered by this guide.

2) Sex for Dummies

Who has not benefited from the Dummies books? If you are one of the few who hasn't, this is your chance. Similar to The Complete Idiot's Guide to Amazing Sex this book provides everything that one would want to know (and quite a few things that you didn't even know that you were curious about).

3) How to Give Her Absolute Pleasure

This informative book for both men and women has explicit illustrations and discusses certain sex acts that are illegal in some states. Remember what works well for some people, may not be appropriate for you and your partner. If you want to be a better lover, this book could help. This book looks at the importance of intimacy beyond the bedroom and includes charts that rate lubricants, condoms and sex toys.

4) Erotic Massage: Enrich Your Lovemaking through the Power of Touch

Who doesn't enjoy the feel of another's touch? If you just said “no,” you're probably lying...so stop it. The is a great option

for those who are not ready or are not looking for a more sexual relationship. Massage is a great way to get intimate contact without having to 'go all the way' and it can also be extremely relaxing which is always a bonus when you are in college.

5) The Art of Kissing Book of Questions and Answers: Everything You Ever Wanted to Know About Perfecting Your Kissing Technique

Kissing can be fun. It's another great way to get close and share intimate moments with your significant other without having sex. Remember your first kiss and the exciting, butterflies in your stomach? Why not try to get that feeling every time? This book helps with the regular “what to do” with your lips, eyes open or close, et cetera. But also gets into the fun aspects of the art of kissing.

Whether you have sex every night or are waiting for marriage, these books allow more insight into all the different aspects of being in a relationship.

Interested in:

- Public Health?
- Medicine or Nursing?
- Communications?
- Business Administration?
- Public Speaking?

Then...

...**BE
A
PHE !!**

UHELP
We keep your
wellness wheel spinning



The University Health Education Leadership Program (UHELP) is sponsored by Hall Health. Peer Health Educators (PHEs) are trained to act as advocates and liaisons for Hall Health, promoting health education and awareness to the greater campus community.

**APPLICATIONS DUE
MON. FEBRUARY 5!**

INFORMATION SESSIONS

HALL HEALTH, ROOM 213	
MON. JAN 29	9:30 AM
TUES. JAN 30	2:30 PM
WEDS. JAN 31	2:30 PM
THURS. FEB 1	3:30 PM
FRI. FEB 2	1:30 PM

Applications available at Hall Health, Room 213,
or online at <http://uwuhelp.org/>

University Health Education Leadership Program

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We are actively recruiting volunteers for 2007-2008. This is an excellent opportunity to make a real difference and gain volunteer experience right here on campus!

For applications stop by the Wellness Resource Center, Hall Health, rm. 213

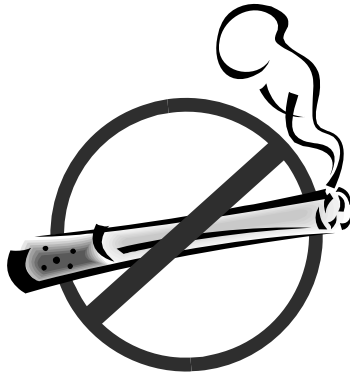
Call us at: (206) 543-8006, or email us at: uhelp@u.washington.edu



SMOKING CESSATION PROGRAM

Cold Turkey. The Patch. Gum. Have you tried everything known to man to quit smoking ? Starting to think it's an impossible feat? Never Fear! There is still hope!

If you want to try a new method to make a permanent change, a unique program is available through Hall Health.



The Program involves:

- Monitoring of your current smoking behavior
- Identifying environmental factors that influence smoking
- Setting goals for when to quit (perhaps by cutting down to start with)
- Identifying rewards for meeting your goals
- Finding alternatives to smoking (replacing what it does for you)
- Maintaining the changes you have made

Cost for the program is FREE for students, \$40 for all others.

Contact Mark Shaw at (206) 616-8476

**Quitting smoking is one of the best things you can do for your health!
What do you have to lose?**

YOU DON'T KNOW S.H.A.Q.I

SHAQ (The Student Health Advisory Quorum) is here to pump some juice into the way students think about their health and wellness. SHAQ's goal is to promote healthy living to students - a group notorious for their less-than-healthy and busy lifestyles. We're planning an interactive radio show, a blog, and a conference, among other things. Join us in the fun! Email shaqmembers@u.washington.edu for more information on how to get involved.



Resources for the LGBTQ Campus Community

The University of Washington is a very large and daunting place; the huge lecture classes, the sheer size of campus, and the massive amount of available resources. For students and individuals in the LGBTQ community, it can be difficult to find services to meet their own unique needs. Here are the two main on-campus resources for the LGBTQ community, friends and allies.

Located on the fourth floor of Schmitz, the Q Center feels more like a hang-out spot than an office. Instead of the stereotypical whitewashed office walls, the Q Center has reddish walls. Rather than a big, imposing check-in desk; the Q Center has one desk that is pushed up against a wall to facilitate easy and comfortable access to the Center's library, study space, computers and other resources.

They also provide resources and referrals, advocacy, collaboration with other student groups, and various scheduled events around campus. For example, in November 2006, the Q Center held a lecture by Leslie Feinberg, activist and author. The Safe Zone Project is also housed within the Center. As quoted on their website, the Center welcomes "bisexual, lesbian, gay, queer, Two-spirit, transgender, intersex, questioning, same-gender-loving, differently oriented, and allied students, faculty, and staff." When I visited them, they were happy to help out and provided me with their "Q at the U" pamphlet, which had an incredible amount of information in it. You can find them in 450 Schmitz Hall or at <http://depts.washington.edu/qcenter/>. To get involved, you can join any one of the myriad of groups, like Qolors, QPOCA, QTIIQ or several others.

If student groups are not appealing, then the Q Center also has volunteer opportunities available either for events or to help staff the Center. Likewise, another great option to get involved is the GLBT Commission.

Founded in 1991 by the Associated Students of the University of Washington (ASUW), "to promote diversity and equality on the UW campus" the GLBTC is part of the UW's effort to provide representation for different underrepresented groups on campus. The GLBTC hosts a variety of social, educational and outreach programs for the campus community. One large event that the GLBTC coordinates is the Annual Drag Show. Over the years, this talent show has evolved to have all of the performers dress in drag. Typically, this show takes place during winter quarter and draws a crowd of 600 plus audience members. The commission also hosts an annual BGLAD week and collaborates with the Q Center for the Lavender Graduation. Since it serves as an umbrella organization for groups on campus, it is also a great resource for those interested in local LGBTQ organizations. You can find their offices at HUB 304 L or <http://gbltc.asuw.org/>. Visit the website or during office hours to find out more information and how to get involved.

There are far more organizations than could be included in this article. So, for more groups and resources, feel free to consult the Q Center's brochure "Q at the U" or do some online searching. However, once you're finished with online searching, I encourage you to visit these offices and groups in person. They have the most resources and are more than willing to talk and help you find what group is best for you.

UHELP RESOURCES

PRESENTATIONS

If you would like to request one of our **free** presentations, please come by the Wellness Resource Center and fill out a presentation request form, visit our website to fill it out online, send us an email or give us a call. We appreciate 2 weeks notice.



Husky Shot: 100 Proof

Chug! Chug! Chug! Get the facts about alcohol consumption at this fun interactive program. Learn how to keep yourself and your friends safe when partying and see the effects of alcohol on college life in both a positive and negative light. Cheers! This will fulfill the Greek Requirement for an alcohol presentation.



Wiggin' Out

Pulling your hair out from stress? Come discuss the common causes and effects of stress. Learn how to assess your own stress levels and practice stress-reduction and relaxation techniques. Leave feeling relaxed and ready to cope.



Women's Health

It takes a lot to be a healthy woman these days, come to the presentation and find out what it takes for womanly wellness. The following three sections are available: Nutrition, Sexual Health, and General Health. Feel free to pick 1, 2, or all 3 of the sections. Men have much to gain from this presentation as well!



Condom Olympics

Ever put a condom on a banana? Come to this energetic presentation and learn the "ins and outs" of safer sex. Our "hands on" approach provides the information needed to be sexually healthy no matter what your experience may be.



Emotion Lotion

Do you know how to keep your mind healthy and happy? Come learn all about emotional health and how it effects your overall wellness! We will teach you how to spot signs and symptoms of depression and tips to help you take care of your emotions. Enjoy a rejuvenating yoga exercise at the end!



Gettin' Some

Do you know your sexual limits? Can you talk openly with your partner about sex? Such questions as these will be addressed through fun activities and discussions. Learn the tools needed for open communication and evaluate your feelings about sex.



Dawg Bites

Ever try climbing the food pyramid in quest of a healthy diet? This can be especially difficult on a college campus. Have no fear, in this presentation learn how to apply the food guide pyramid to your everyday eating choices and new ways to satisfy your active body. Bon Appetit!



Wellness For New Dawgs

Can't learn everything about UW from a map! Come learn about prevalent health issues on the UW campus and how to keep yourself healthy and sane. Learn about finding resources from fellow students and how to incorporate wellness into your college lifestyle.



Custom Presentations

If we do not have a presentation listed here that fits your needs, send an email to uhelp@u.washington.edu and we are happy to work with you to create a custom presentation that suits the needs of your group.



Bulletin Boards

UHELP also provides materials for check-out to display in residence halls, Greek housing, classrooms, or offices!

Topics include: Sexual Health, Nutrition, Alcohol, Stress, Sun Safety

We can also custom make a bulletin board for your specific needs.



- ◆ **Wellness Resource Center (WRC):** Your on-campus location for all the health-related information you could ever need! Stop by **Hall Health Room 213 9:30 a.m.-3:30 p.m.** Monday through Friday to take advantage of our many services advertised throughout The WellDawg.
- ◆ We also manage an **email mailing list** dedicated to spreading the word about health events on campus. To sign-up, visit http://mailman.u.washington.edu/mailman/listinfo/health_education
- ◆ **Check out the updated Hall Health Website!** Find all the information you need regarding all the services available to you as a student or faculty from Hall Health. Visit <http://depts.washington.edu/hhpcweb> today!

Traveling over Spring Break? By Jeff Stallman

For many students spring break is a time to relax, take some time away from school, and possibly travel. But before taking off, everyone should check to make sure they have brought the following items and checked certain resources, which will be important for a great trip.

Sun Protection: Sun-protection during Spring Break is important if you are going to a sunny spring break spot, because it could be your first major sun exposure in 2007. For full sun protection bring a pair of sunglasses, chapstick with SPF, and sunscreen. Remember to reapply sunscreen after sweating or swimming and that the higher the SPF means more protection against the rays. Purchasing a sunscreen that defends against both UVB and UVA rays is recommended because while the UVB rays cause sunburn, both are thought to be responsible for cancer. When choosing sunglasses look for ones that absorb 99-100% of UV rays from the whole spectrum for full protection.

Safe Sex: If you have a method of hormonal birth control, remember to take it with you so it can be used correctly and regularly. Otherwise, plan on bringing condoms or another form of birth control along with you so you know you

have safe options for sexual protection. Remember, if you are going somewhere warm, store condoms in a cool place, and put them somewhere they cannot be ripped during the trip.

Partying Safe: When you go out, it's even more important to stick with a group of people you know. Pay attention because you are likely unfamiliar with the surrounding area and your regular cell phone service could fail in your spring break travel spot. Remember that general party rules still apply, watch your drink, and stay aware of the situation you and your friends are in.

Traveling in General: If you are traveling to a country where you are unsure about diseases, water supply, social issues, or other general travel concerns then do your research! The CDC has a great website at <http://www.cdc.gov/travel/> which you can check out for additional traveling information and warnings. Also, make sure to stop by the Hall Health Travel Clinic before you go. They offer pre-travel advising, immunizations, and health advice for anyone planning on traveling outside the country.

These tips are your start to a great Spring Break! WooHoo!

UHELP PRESENTS...

SAFE SPRING BREAK 2007!

When:
Wednesday February 28th - Thursday March 1st

Where:
Husky Den (Food area of the HUB, near Pagliacci's and ETC.)

What:
Games, Prizes, Giveaways...need we say more?

Why:
To promote ways to help students like you stay safe and have fun over Spring Break, whatever your adventure may be!

Stop by to spin our Question Wheel - answer correctly and get a prize!
Have questions about things you should look out for or be prepared for on your vacation? Feel free to ask any of our Peer Health Educators

YOU have been cordially invited!

BUY YOUR HELMETS AND BIKE SAFETY MERCHANDISE TODAY!

AVAILABLE IN THE WELLNESS RESOURCE CENTER

- Helmets:** (Sizes: S, M, L, XL; available in different colors)
- Bike: \$12 w/ UPASS \$14 w/o UPASS
- Ski/Snowboard: \$35
- Skateboard/Rollerblade: \$15
- Bike Lights:** \$18 w/UPASS \$20 w/o UPASS
- Combination of Halogen and LED in front and LED in back
- Cyclocomputer:** \$12 w/UPASS \$14 w/o UPASS
- Tells you how far and how fast you have pedaled
- Reflective Safety Triangles:** \$8 each or 2 for \$15

The income generated from this fundraising will be used to support UHELP.



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 Email: UHELP@u.washington.edu
 Web: www.uwuhelp.org

Please Post or Distribute!

Wellness Resource Center Hall Health Room #213



ASK UHELP ONLINE!

Have a health related question?

We've got answers!

Email us at UHELP@u.washington.edu & visit our weekly column to check out past and present articles at The Daily Online: www.thedaily.washington.edu



U-CALL

FRUSTRATED with relationships? STRESSED with school? NEED someone to talk to? Hall Health Center and Student Affairs have set up a peer listening service that is anonymous, unbiased, and helpful. Give them a call, and they will hear you out.

University Community After-hours Listening Line

206-543-CALL (2255).

U-CALL hours of operation: 24 hours on weekends; 5:30PM-7:30AM on weekdays.

Pedometers Are In!

Come in and pick up a pedometer to keep track of the miles you walk! These handy gadgets clip to your belt and keep track of the distance you walk or jog, and can even tell you how many calories you're burning!

\$12 w/ UPASS

\$14 w/o UPASS

If you are interested in these, please visit us in the **Wellness Resource Center**.

WINTER QUARTER 2007

JANUARY

3: First day of Winter Quarter

15: Martin Luther King, Jr. Day (No School but get out and Volunteer!)

FEBRUARY

2: Groundhog Day

12-17 National Condom Week

14: Valentine's Day

19: Presidents Day (No School)

20: Mardi Gras

Feb 25 - Mar 3: Eating Disorders Awareness Week

Feb 28-Mar 3: Safe Spring Break! (Check

out event info on page 11)

MARCH

9: Last Day of Classes

12-16: Finals Week

17: St. Patrick's Day

17-25: Spring Break

26: First day of Spring Quarter