Spring Break Tips for Staying Safe and Healthy

Spring break is a time to relax, rejuvenate, and enjoy time with friends. Make this year's Spring break memorable by having fun and helping yourself, your friends, and others stay safe and healthy.

**Alcohol Use:** Contrary to many media portrayals, the majority of UCLA students abstain from illicit drug use, report no or low use of alcohol, and do NOT experience problems due to its use. If you plan to make drinking alcohol part of your break, here are some tips to ensure a safe and healthy time:

- Eat before you drink
- Drink water to slow your drinking and keep you hydrated
- Know what’s in a drink
- Don’t leave your drink alone
- Use a buddy system
- Pace your drinking, one drink or less per hour
- Be aware that carbonation increases the rate of intoxication
- Think in advance about what and how much you will drink
- Plan on how you will refuse once you reach your limit
- Arrange for safe transportation home

**Sexual Behavior:**

- Research shows that a substantial majority of UCLA students (92%) are protecting themselves from pregnancy and sexually transmitted infection either by abstaining or using protection.
- To ensure a mutually beneficial experience, it is important to understand the elements of consent. Communication is key…and it is sexy.

- **Consenting to sex**

  C  Comprehension that the act is taking place
  O  Optional for both parties
  N  Negotiation with partner
  S  Sobriety –must have knowledge of the nature of the act
  E  Engagement in the act
  N  Nonviolent
  T  Talking about it/ communication – silence does not equal consent

**Travel & Safety Tips:**
• Travel with someone you know and trust, and preferably with a group
• Never allow members of your group to leave alone with someone they do not know
• Always travel in well-lit areas
• Lock your hotel room door (keep your keycard in a safe place) and when someone knocks, always look through the peephole before opening the door
• Don't allow yourself to be taken to an isolated location
• Don't walk alone. Use the buddy system
• Never leave with someone you just met. Attend large parties with friends and plan to leave with the same friends
• Keep your cell phone with you at all times and keep the battery charged

Sun, Sand & Surf Tips: Nothing can ruin a week in the sun as much as burning yourself the first day. Save your trip & your skin with these tips:

• Apply sunscreen with a SPF (Sun Protection Factor) of at least 15, paying special attention to the face, nose, ears and shoulders
• Re-apply sunscreen after swimming and sweating
• Wear a hat
• Wear sunglasses with UV (Ultraviolet) Protection
• Avoid sun exposure during the hottest hours of the sun's rays
• Avoid over exposure - limit your time in the sun
• You CAN sunburn even if it is cloudy
• Drink plenty of water, non-carbonated, and non-alcoholic drinks, even if you do not feel thirsty

Best wishes for a fun and healthy Spring Break.

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COURSE ANNOUNCEMENT!!!

Health Education has developed a new course this Spring quarter entitled:

**CHS 181 "Campus/Community Health & Wellness Promotion: From Theory to Practice"**
The course introduces the theory and practice of community health and wellness promotion. It aims to provide students with the conceptual understanding of issues basic to the field of community health (and specifically college health), and to impart skills necessary for identifying needs, as well as developing, planning, implementing and evaluating campus and/or community health/wellness programs. Students will work in small groups with their colleagues, guided by professional staff mentors, to develop a theory-based program proposal. The course is intended for (a) the many undergraduates who are currently involved in health/wellness promotion activities in service of campus and/or community populations; (b) all undergraduates interested in an introduction to the theory and practice of community health/wellness promotion, and to the fundamentals of the public health field; (c) undergraduates in the Public Health minor.
Units: 4 upper division units

Days/Times: Tuesday and Thursday 1 pm - 2:50 pm
Location: Student Activities Center 304
Enrollment: Request a PTE # for CHS 181