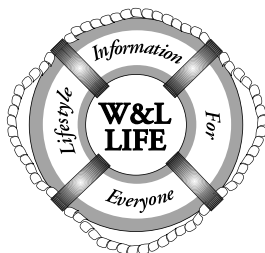


LIFE

presents

PIECES OF THE PUZZLE

2011 – 2012



go.wlu.edu/healthlibrary

Office of Health Promotion • Division of Student Affairs

WASHINGTON AND LEE
UNIVERSITY

Reach Out And We'll Be There

CAMPUS

Resident Adviser First Year Students	
Ryan Hartman (Head), Davis 108	x4561
RAF-Y on call	(540) 460-3055
Resident Adviser Upper Division Students	
Alex Shabo (Head), Gaines 318	x4142
R.A. on call	(540) 460-3054
Public Safety	x8999
Traveller	540-458-8900
CAIR Information Line	540-458-5800
Dean of First Year Program	x8752
Student Health Center (24/7)	x8401
University Counseling	x8590
Office of Health Promotion	x4501
Dean of Students	x8751
Student Activities Office	x4111
Fitness Center	x8966
Executive Committee	x4053
Student Judicial Council	x4254

LEXINGTON/ROCKBRIDGE COUNTY (540)

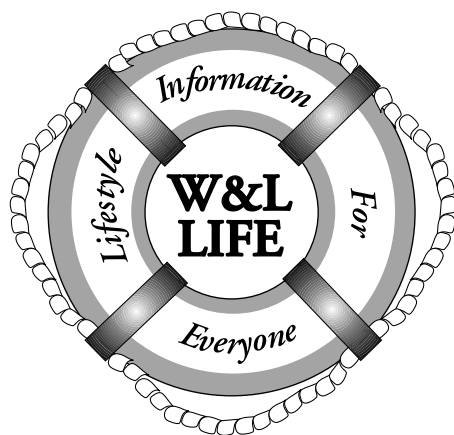
Emergency	911
Lexington Police	463-9177
Rockbridge County Sheriff	463-7328
Carilion Stonewall Jackson Hospital	458-3300
Project Horizon (Domestic Violence and Sexual Assault)	463-2594
Rockbridge Area Free Clinic	464-8700
Rockbridge/Lexington Health Department	463-3185
Rockbridge Mental Health Clinic	463-3141
Rockbridge Area Hospice (Grief Recovery)	463-1848
Blue Ridge Poison Control	1-800-222-1222

NATIONAL

AIDS Hotline	1-800-342-4636
Drug and Alcohol Information and Referral	www.drughelp.org
STD Hotline	1-800-227-8922
Mental Health Association	1-800-969-6642
National Eating Disorders Association	1-800-931-2237
National Health Information Center	1-800-336-4797
National Clearinghouse for Alcohol and Drug Information	1-800-729-6686
National Suicide Prevention Lifeline	1-800-273-TALK
Gay, Bisexual & Transgender National Hotline	1-888-843-4564

LIFE (Lifestyle Information For Everyone) would like to welcome the class of 2015 to First Year Student Orientation 2011!!! We hope you are just as excited as we are to be here and join our community. College life will present many new challenges and adjustments. We, the members of LIFE, would like you to know that we are here to answer any questions you may have. As members of LIFE, we have been trained as peer educators on topics such as drugs, sexuality, sexual assault, alcohol, smoking, exercise, healthy eating habits, and stress management. Should you ever need help or advice about your well-being, LIFE members can either help you or provide you with professional resources to obtain the help you need. This handbook is a part of our effort to make your transition into college as smooth and successful as possible.

Good luck and enjoy the next four years!!!



go.wlu.edu/life

Check out the Health Library

go.wlu.edu/healthlibrary

for more information, resources, and links on all of the health topics covered in this booklet.

TIPS TO STAY HEALTHY

Life at W&L can be overwhelming and stressful at times while juggling the demands of academics, clubs and extracurricular activities, and an active social life. Leading a balanced life will help you manage the everyday stresses, feel better, and be a successful student.

1. Eating Healthy Foods at College – YES it can be done! The Marketplace offers healthy choices on a daily basis. Look for the healthy portion choice of the day, and the Nutrition Facts book to help guide you. It's really all about the choices you make, portion size, and eat breakfast daily. You will feel better and have more energy if you eat plenty of fruits and vegetables (lots of college students forget to eat these), lean meats and minimize the sugar and fat. *The better your diet, the stronger your immune system will be which means you will be less likely to get sick. Visit <http://www.choosemyplate.gov> for more information.



IF YOU NEED TO LOSE WEIGHT OR NEED MORE GUIDANCE – Visit the Student Health Center or the Office of Health Promotion for an initial consultation.

IF YOU HAVE SPECIAL DIETARY NEEDS – Talk to the chef in the Marketplace, the Director of Dining Services, or the Office of Health Promotion. Vegetarian, gluten-free, or other accommodations can be made to offer healthy selections.

2. Exercise – Making sure your body is in good shape will help you fight off many infections, make you feel better, and reduce stress levels. It is important to get up and moving everyday so investigate PE classes, Group Fitness, intramurals or the Fitness Center. If you need help finding the right activity for you consult the staff in the Fitness Center or Campus Recreation.

3. Sleep – College students need 7 – 9 hours of sleep to perform properly in class. Lack of sleep can reduce your ability to concentrate and excel in class. Things you can do to maintain a healthy sleep schedule include: taking a short nap, forget about an all-nighter (not getting enough sleep can impair your ability to do well), avoid caffeine, food, and alcohol right before bed (all of these can throw off your body's internal clock), workout sleep routines with your roommate, and keep your room dark at bedtime.

4. Prevention of Colds – With communal living and sharing classroom space, spreading colds and viruses is easy if you're not careful. Tips to stay healthy include: frequent handwashing, avoid sharing beverages, drink plenty of fluids, and get your flu shot. If you do get sick – take over-the-counter meds, drink plenty of fluids, and visit the Student Health Center.

*** Make half of your plate fruits and vegetables.**

EATING PROBLEMS

ANOREXIA is self-imposed starvation. It is a serious disorder that may ultimately lead to death. It is often associated with underlying emotional causes. People with anorexia are obsessed with food although they continually deny their own hunger.

WARNING SIGNS: Extreme thinness. Dieting when not overweight. Distorted body image. Preoccupation with food. Excessive exercising. Hair loss. Amenorrhea (loss of periods).

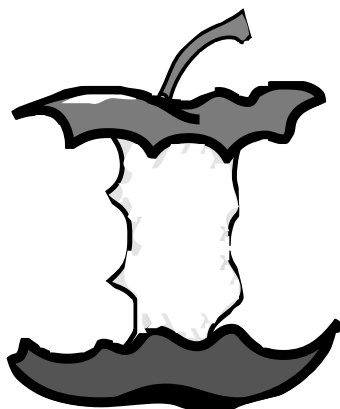
BULIMIA is a repeated cycle of out-of-control eating followed by some form of purging. Purging may be self-induced vomiting, use of laxatives and diuretics, or over-exercising.

WARNING SIGNS: Binge eating. Frequent use of bathroom after meals. Excessive concern about weight. Swollen cheeks. Feeling out of control. Frequent weight fluctuations.

BINGE EATING DISORDER is a repeated cycle of out-of-control eating, not accompanied by purging. Characterized by binge eating, night eating, and alternating periods of overeating and restrictive dieting.

WARNING SIGNS: Frequent weight fluctuations. Feeling out of control. Low self-esteem. Higher than average weight. Ashamed about eating.

DISORDERED EATING, although not a full-blown eating disorder, is very unhealthy. An example of disordered eating may be when a person eats the same foods all of the time, such as bagels and a diet soda, rather than eating a well-balanced diet.



TREATMENT: Adolescent and young women account for 90% of all eating disorders. Most eating disorders can be successfully treated—the earlier treatment is started the better. Treatment usually entails a team approach by physicians, counselors, and nutritionists.

MEN AND EATING DISORDERS: Men do experience eating disorders. Men are more frequently involved in obsessive and excessive exercise. In addition, men can play a supportive role for their female friends by helping to identify an eating disorder or in the treatment aspect. Remarks made by men about women's bodies or eating habits may trigger an eating disorder in women.



ALCOHOL



As college students, you will be faced with choices every day including the decision whether or not to drink, how much and how often to drink. Now, you are the boss—you are responsible for your own choices.

You do not have to drink alcohol in order to have fun at W&L. Remember not drinking at all or on a specific day is always a low-risk drinking choice. If you decide to drink, then you need to drink legally (21 and older) and responsibly—which means in a low-risk manner so intoxication does not compromise your ability to make clear, well-thought-out decisions. *It's as easy as 0, 1, 2, 3—no more than 1 drink per hour, no more than 2 times per week, and no more than 3 drinks per occasion. Also remember that not drinking is always an excellent option.*

SOME OF THE NEGATIVE CONSEQUENCES THAT DRINKING CAN HAVE, BOTH AS A RESULT OF YOUR DRINKING AND OTHERS' DRINKING:

- hangovers
- academic problems – missed classes, getting behind in school work
- arguing with friends
- engaging in unwanted and/or unprotected sexual activity
- getting injured / assaulted / sexually assaulted
- damaging property or having your property damaged
- requiring treatment for alcohol poisoning
- trouble on campus or with police
- being insulted or humiliated
- having your study or sleep interrupted
- death
- weight gain—the “Freshman 15” isn’t all due to campus dining!

All of these things have happened to W&L students. Neuroscience research shows that alcohol impairs the formation of new memories and learning, especially in the developing brain – and as college-aged students, your brains are still developing.

Alcohol use can cause both short-term and long-term problems for those who choose to use it. Alcohol is a central nervous system depressant whose effects depend on how much you drink. These effects may range from loss of inhibition with only one drink to making someone “stumbling drunk” to acute alcohol poisoning with loss of consciousness and difficulty breathing. **Acute alcohol poisoning** usually occurs in situations of **rapid alcohol intake** such as shots, funneling, keg stands and drinking games.

Even after someone passes out their BAC (blood alcohol concentration) can continue to rise from the alcohol still in their stomach. Medical attention is critical to prevent serious injury or death. Alcohol is addictive and regular use can lead to dependence and alcoholism even in college-age students.

Remember that **WOMEN ARE AFFECTED BY ALCOHOL TO A GREATER DEGREE THAN MEN**. They become more impaired than men when drinking the same amount of alcohol due to their higher percentage of body fat – alcohol is water soluble, so there is a greater concentration of alcohol in a woman's bloodstream after drinking. Because women tend to be smaller than men, alcohol is less diluted upon reaching the brain than in larger individuals. Women also become intoxicated more easily 1-3 days before their menstrual periods. Finally, women absorb more alcohol into their bloodstreams because they lack the enzyme alcohol dehydrogenase in their stomach, which in men breaks down some alcohol before it is absorbed.

SO IF/WHEN YOU CHOOSE TO DRINK, KNOW THE RISKS AND YOUR OWN LIMITATIONS AND MAKE LOW-RISK DECISIONS:

- make a plan before you go out
- think about whether you will drink today
- not drinking at all or on a specific occasion is always an option
- think about how much you will drink
- think about how you will get home
- think about your responsibility to take care of yourself and friends
- if you choose to drink, have no more than 1 drink per hour, 2 times per week, 3 drinks per occasion
- eat first, drink second
- alternate water with your alcoholic beverage
- drink only when you want to and when you feel in control
- if friends are not making wise choices, speak up/step in before problematic situations arise.
- and NEVER drink and drive—instead use the Traveller Safe Ride Service—check the maps and website **traveller.wlu.edu** for routes and times. Bus System-Wednesday, Friday and Saturday 10p.m.-2a.m. and a dispatch system 7 nights a week 10p.m.-2a.m. Call 458-8900.
- **www.friendsdrivesober.org** has lots of information on steps you can take to prevent drunk driving and what you can do to make a positive difference.

Here are some tips for **TAKING CARE OF AN INTOXICATED PERSON** if you find yourself in that situation:

- Get help from the Student Health Center or Carilion Stonewall Jackson Hospital. Seeking medical attention for alcohol related problems will not result in notification of parents or the University administration except in emergency situations. These are Safe Havens and will not result in judicial action.
- The nurse on duty at the Student Health Center can give you advice 24/7 (8401).
- Stay with the person or call a RA or another individual to stay with the person—Never leave an intoxicated friend alone.
- Turn person on their side and do not give them coffee, ibuprofen, aspirin, or put them in a shower. If the person is not vomiting give them water to drink.

HOW TO SPOT DANGER—if they have passed out, *don't leave them alone*. If they are taking fewer than 8 breaths per minute or if there is more than 10 seconds between breaths they are in danger of respiratory failure. Their skin may be pale and ashen in color and clammy to the touch. The base of the fingernails and the lips may look bluish because the person is not getting enough oxygen. If you can't rouse the person with a pinch or a shake the situation is serious. If you see someone drinking straight out of a liquor bottle or playing drinking games the person should be watched closely because the effects can come on quickly. **GET HELP!**

ALCOHOL ENERGY DRINKS are of particular concern because of the higher alcohol content (9% vs 5%). In November 2010, the FDA and FTC took action saying that caffeine is not a safe additive in alcohol. New products have been marketed such as alcopops, supersized malt beverage cans, energy drinks containing guarana and ginseng. The bottom line is that these drinks are not safe and often lead to higher intoxication rates. The sweet taste can creep up on you giving the false impression one can drink more without the intoxicating effects. **BE CAREFUL**, or better yet, avoid them.



2011-2012

STATE AND LOCAL ALCOHOL LAWS

Selective laws of the Commonwealth of Virginia. The minimum legal age for the **PURCHASE, POSSESSION AND CONSUMPTION** of alcoholic beverages is 21 years of age.

LAW	PENALTIES
MIP-Minor in Possession Underage Consumption or Possession	Misdemeanor— Mandatory loss of license for six months (up to 1 year) AND mandatory minimum \$500 fine or 50 hours community service.
Drinking while Driving	Misdemeanor—Fine not to exceed \$250
Underage Drinking and Driving Persons under 21 with a BAC of .02 or more; requires no signs of impaired driving.	Misdemeanor—Suspension of driver's license for one year AND either a mandatory minimum fine of \$500 or performance of a mandatory minimum of 50 hours of community service. Attend VASAP educational program.
Drinking and Driving .08 presumes intoxication, but can be convicted on a lower BAC. Also includes specified levels of certain drugs.	Misdemeanor—Fine not to exceed \$2,500 (mandatory minimum of \$250) and/or jail for 12 months. Immediate impounding of car and loss of drivers license for 1 year. Immediate 7-day license suspension. Ignition interlock system may be required for restricted license after the first offense, and is mandatory after the second offense.
Drinking and Driving BAC is .15–.20	Mandatory jail time of 5 days plus above fines and penalties. Ignition interlock system required for restricted license.
Drinking and Driving BAC is over .20	Mandatory jail time of 10 days plus above fines and penalties. Ignition interlock system required for restricted license.
Driving on a restricted license with BAC of .02 or more	Mandatory jail time of 10 days plus above fines and penalties. Ignition interlock system required for restricted license.
Drinking and Driving with a passenger 17 years or younger	Misdemeanor—Fines of \$500-\$1,000. Mandatory minimum 5 days in jail, beyond penalties for DUI.
Implied Consent for BAC Test—Unreasonable refusal to take a BAC test.	Loss of drivers license for 12 months
Use of Fake ID to purchase alcoholic beverages*	Misdemeanor—Mandatory loss of license for six months (up to 1 year) AND \$500 mandatory minimum fine or 50 hours community service.
DIP—Drunk in Public (Note: A public place has been amended to include any sidewalk adjoining a public street)	Misdemeanor—Fine not to exceed \$250.
Purchase of alcoholic beverages for intoxicated individuals Purchasing, giving, providing or assisting in providing alcohol to person under age 21	Law Change in 2011 – Guilty if you have “reason to know” Misdemeanor - Fine not to exceed \$2,500 and/or jail up to 12 months And mandatory license suspension for up to 1 year.

LAW	PENALTIES
City of Lexington Noise Ordinance (11PM-7AM) If heard from 50 ft of premise If permit expires at 12AM	1st visit by police—written warning 2nd visit by police—citation & court appearance—Fine + Court costs
Possession, Selling, Distribution of “synthetic cannabinoids” – New in 2011	Possession: 12 months jail and/or \$2500 fine; Possession w/ intent to distribute: 1-5 years in prison and/or \$2500 fine; Selling / Distribution: 1-5 years in prison and/or \$2500 fine; Manufacture / Possession w/ intent to manufacture: 5-30 years in prison and/or \$10000 fine;

* The Executive Committee has found in previous cases the use of a false ID constitutes a violation of the Honor System.

UNIVERSITY POLICY ON ALCOHOL

The University Policy on Alcohol and Other Drugs states that it is the responsibility of all members of the University community to abide by the laws of the Commonwealth of Virginia on the licensing, distribution and consumption of alcoholic beverages. A fundamental principle of the Washington and Lee University Policy on Alcohol is that students are adults who are personally responsible for conforming their behavior to state and local laws and University policy. In addition, alcoholic beverages are prohibited in all of the first-year residence halls.

An Alcohol Task Force was created in November 2000 and was charged to explore ways to change the culture of alcohol use at Washington and Lee, to develop new policies and procedures to reduce the harmful impact of substance abuse, and to implement new policies to hold individuals and groups accountable for behavior that violates University policy and Commonwealth law. The alcohol policy at Washington and Lee was approved by the faculty and Board of Trustees in May 2001 and further amended in 2006 and 2011. Highlights include:

- a clear and unequivocal sanction for a conviction of driving under the influence of alcohol or drugs.
- 3 clear policy for alcohol violations for both individuals and organizations including increased sanctions for additional violations.
- parental notification
- enhanced alcohol education, assessment, and counseling

A second violation is on your permanent student life record when applying for jobs or graduate school.

For the complete University Policy on Alcohol and other drugs and the Policy on Illegal Drugs/Controlled Substances refer to the Student Handbook or University Policies web page.

BOARD OF TRUSTEES’ STATEMENT ON SUBSTANCE ABUSE

The Board of Trustees of Washington and Lee University condemns irresponsible alcohol distribution and consumption. High-risk consumption of alcohol and illegal drug use are inconsistent with the core values of Washington and Lee University. They compromise our students’ health, personal well-being and academic performance, and promote behavior that is inconsistent with time-honored traditions of civility and respect for the law.



DRUGS



FEDERAL AND VIRGINIA LAWS AND PENALTIES GOVERNING ALCOHOL AND DRUGS CAN BE FOUND IN THE STUDENT HANDBOOK. You should be aware that violations of drug laws carry a penalty of loss of driver's license for 6 months, and the possibility of imprisonment from 30 days (for simple possession of marijuana) to life (manufacture, sale, distribution, gift, or possession of heroin, cocaine, methamphetamine and other controlled substances) and fines up to \$1,000,000. It is also a DUI violation to drive with specified levels of cocaine, methamphetamine, PCP, or ecstasy in your blood. Conviction becomes a part of your record which can impact future employment.

Use of illegal drugs and misuse of legal drugs can have social, academic, psychological, physical, financial and legal consequences. **Combining drugs and/or using them with alcohol can be extremely dangerous.**

MARIJUANA – the concentration of THC in marijuana varies greatly ranging from 1% to 9%. THC is a fat soluble substance and can remain in the lungs, liver, reproductive organs and brain tissue for up to 3 weeks. Smoking marijuana can relax a person and elevate his/her mood. This can be followed by drowsiness and sedation.

Other effects include heightened sensory awareness, euphoria, altered perceptions and feeling hungry (“the munchies”). High concentrations of THC may produce a more hallucinogenic response. The effects of marijuana may vary based on: expectations of the user; social setting; prior experience of the user; genetic vulnerability of the user (marijuana use may aggravate underlying mental illness or dysfunction); method of use (inhaled or ingested). Discomforts associated with smoking marijuana include dry mouth, dry eyes, increased heart rate, and visible signs of intoxication such as bloodshot eyes and puffy eyelids. Other problems include impaired memory and ability to learn; difficulty thinking and problem solving; anxiety attacks or feelings of paranoia; impaired muscle coordination and judgment; increased susceptibility to infections; dangerous impairment of driving skills. Combining marijuana and other drugs, including alcohol and prescription drugs, can cause unwanted reactions and/or increase the impact of both substances. Marijuana has addictive properties and about 10-14% of users will become dependent . Both animal and human studies show physical and psychological withdrawal symptoms from marijuana, including irritability, restlessness, insomnia, nausea and intense dreams. Tolerance to marijuana also builds up rapidly. Heavy users need 8 times higher doses to get the same effects as infrequent users. Some warning signs are: more frequent use; needing more and more to get the same effect; spending time thinking about using marijuana; spending more money than you have on it; missing class or failing to finish assignments because of marijuana; making new friends

who do it and neglecting old friends who don't; finding it's hard to be happy without it. It is important to understand that marijuana is illegal and its use, possession and sale carry heavy prison sentences and fines and disciplinary consequences at W&L. Because of the illegal nature if you are reasonably associated with (in the presence of and not consuming) marijuana you will have violated W&L policy as well as laws and will be subject to sanctions.

SYNTHETIC MARIJUANA, BATH SALTS, K2, SPICE, "HERBAL INCENSE" – psychoactive herbal and chemical product which, mimics the effects of marijuana. Since K2 is largely created by individual sellers, it's anyone's guess what else is added to the mix. That's why side effects, thought to include heart palpitations and breathing problems, can't be pinpointed. Their toxicity — not to mention the toxicity of other ingredients in K2 — is unknown. In addition to the variable composition, these synthetic compounds are more expensive than pot, harsher to smoke, do not mix well with alcohol, and produce a very short "high" lasting no more than 30 minutes.

COCAINE – Cocaine prompts the release of dopamine, a neurotransmitter responsible for pleasure and movement, and inhibits the reabsorption of it, overstimulating the brain. Users report feelings of euphoria, hyper-stimulation, confidence, and alertness. Cocaine's pleasurable effects begin to wear off quickly leading to withdrawal symptoms including irritability, anxiety, restlessness, physical pain, insomnia, depression, paranoia, or aggression. Cocaine is extremely addictive and is considered one of the most powerful reinforcing drugs. Cocaine raises blood pressure, heart rate, and respiration increasing the risk of respiratory arrest, stroke, seizures, heart attacks, and death.

PRESCRIPTION DRUG MISUSE – Prescription drugs, dubbed "academic steroids," such as Adderall, Ritalin, Concerta, and Dexedrine are used by college students to enhance their academic performance. These drugs are powerful stimulants used to improve focus for people with diagnosed ADD or ADHD, and should be used only as prescribed with ongoing medical supervision. When used by students who don't have a legitimate medical need for these medications, they give an unfair advantage comparable to the advantage some athletes seek by using anabolic steroids to enhance their performance. This is widely regarded as a form of academic cheating. It is against federal law to use these medications without an authorized prescription from a physician. Students who share or sell their prescription drugs are abusing a medical privilege, breaking the law, and face severe penalties if caught. The minimum federal sentence for first-time possession is five years.

TOBACCO PRODUCTS



SOCIAL SMOKING - AFTER ALL IT'S JUST A FEW TIMES A WEEK...

I only smoke when I go out to party and it's just a few times a week and only a handful of cigarettes...is it really bad for me?

People who only smoke occasionally in social situations often think of themselves as non-smokers because they don't do it everyday. This may mislead them into thinking that they are not causing as much damage to their health or share the same health risks as people who smoke everyday. They do not consider themselves addicted to nicotine. And although not smoking every day, having ten or twenty cigarettes per week could actually land you in the range of being a "regular" smoker. Whether you call it social or regular smoking, there are definitely health risks, even if you only smoke when you go out.

- In one study, approximately half of young people who began smoking "casually" or "socially" were smoking every day within one year.
- Drinking more alcohol may increase your desire to smoke. One study found that people who drank four drinks were more likely to want to smoke than people who drank only two.
- Social smokers tend to drink more alcohol and to have more cancers of the mouth, esophagus and throat.
- Almost 90 percent of college students who were daily smokers and 50 percent of occasional smokers were still smoking four years later.
- If you smoke at all you are at increased risk of cancer, respiratory, and heart disease.
- Social smokers are often around others who smoke and may be more frequently exposed to the damaging effects of second hand smoke.
- Women who smoke and take hormonal birth control are at a higher risk for serious health problems.

Unfortunately for those who enjoy smoking socially, research shows that there is no "safe" amount of cigarettes or other tobacco products. If you ascribe to the theory that you'll smoke just socially while in college and then quit at graduation, that may be faulty logic – we don't actually see that happening in reality – they typically smoke many more years than they intended to.

SPIT TOBACCO—IS IT SAFER THAN SMOKING?

- Spit tobacco contains three to four times more nicotine than cigarettes.
- Spit tobacco is highly addictive
- Users of spit tobacco are more likely to become cigarette smokers.
- Spit tobacco contains 28 cancer-causing chemicals such as formaldehyde and benzopyrene as well as acetone (paint stripper), ammonia (toilet bowl cleaner), and cadmium (battery acid).

- Immediate effects: bad breath, stains on teeth, mouth sores.
- Possible long term-effects: cancer of the lips, tongue, floor of mouth, cheeks, gums, throat, voice box, and/or esophagus; receding gums; tooth loss (particularly caused by the high sugar content in snuff); lips and gums crack and bleed; spit tobacco use has been associated with cardiovascular risk and sexual dysfunction.

WHAT ABOUT HOOKAHS? TELL ME THEY ARE NOT SAFE EITHER...

- Puffing a hookah can actually put more nicotine in your system than puffing a cigarette.
- Smoking tobacco through water does not filter out cancer-causing chemicals.
- Just like regular tobacco, shisha contains nicotine. In a 60-minute hookah session, smokers are exposed to 100 to 200 times the volume of smoke inhaled from a single cigarette.
- Compared to a single cigarette, hookah smoke is known to contain: higher levels of arsenic, lead, and nickel, 36 times more tar, 15 times more carbon monoxide.
- Smoking a hookah requires taking longer and harder drags, increasing levels of inhaled nicotine and carcinogens in the lungs.
- The longer the hookah session, the more nicotine and toxins one takes in.
- A 45 to 60 minute hookah session exposes the smoker to approximately the same amount of tar and nicotine as one pack of cigarettes.
- Sharing mouthpieces without washing them can increase the risk of spreading colds, flu, and infections—even oral herpes.
- Health risks of smoking hookahs include cancer, heart disease, lung damage, and dental disease.
- There are still high levels of damaging secondhand smoke to all who are present.

TO STOP:

DEVELOP A PLAN, CHANGE SOME HABITS, DECIDE ON YOUR BOTTOM LINE, MAKE A COMMITMENT.

If you smoke, think about quitting. Some people are most comfortable quitting “cold turkey,” while others prefer to cut back gradually. Some helpful options include: nicotine patch or gum, stress management techniques or other cognitive approaches. Seek out advice from the Student Health Center or a University Counselor or visit www.tobaccofreeu.org. The good news about quitting is:

- **Within a few days** your lungs will begin to clear
- **Within a few weeks** circulation improves and you will be able to smell and taste more
- **Within a year** your risk of lung cancer begins to decrease

SEX AT W&L

The decision to be sexually active is one that many students consider during their college years. It is a decision that should be made carefully to ensure both physical and emotional health. It should be made based on personal values and careful thought, and not decided in the “heat of the moment.”

Being sexually active carries with it the responsibility to consider the possibility of pregnancy and sexually transmitted infections (STIs) with every sexual encounter. You should use a reliable method of birth control every time you have sex, and protect yourself from STIs by using a lubricated latex condom before any genital contact even if you are using another method of birth control. **Being sexually responsible also means avoiding sex under the influence of alcohol to assure mutual consent.** It also means a relationship that is trusting, respectful and mutually satisfying. It means communicating your needs, desires and boundaries in a clear fashion.

If you decide that being sexually active is right for you, information and supplies for various methods of **contraception** are available at the Student Health Center (birth control pills, Depo shots, the patch, condoms, etc.). Women’s Health educational sessions, information and examinations with Pap tests are available at the Student Health Center. If you wish to schedule a women’s health exam or Pap and have never had one before, we will ask you to attend a small group session with one of our nurses to learn ahead of time what to expect during the exam, how to do breast self exam, what the Pap tests for, and general information about women’s sexual health. These sessions are also open to any student who wants to learn more about women’s sexual health issues. Confidential testing for pregnancy, HIV and other sexually transmitted infections is available at the Student Health Center, or at local and regional health department offices.



Emergency contraception medication is available at the Student Health Center for situations where contraceptive protection was compromised, such as condom failure, unprotected sex or sexual assault. Emergency contraception medication is effective at reducing the risk of pregnancy in such a situation if started within 72 hours, but should be started ASAP. The nurse on duty at the Student Health Center can assist you.

Check out www.smartersex.org – with info just for college students on safe & smart sex, HIV & STIs, date rape, abstinence, contraception and healthy relationships.

SEXUALLY TRANSMITTED INFECTIONS AND HIV

STIs are infections transmitted by intimate sexual contact. Many people with an STI have **NO SYMPTOMS** or may be unaware of mild symptoms. However, they can still transmit the infection to an unknowing sexual partner. Although treatment is available for all STIs, not all are curable. **General signs of STTs** include: sores / blisters, rash, penile or vaginal discharge, painful urination, abdominal pain, or even none at all.

Here are some facts about the most common STTs:

CHLAMYDIA: BACTERIAL INFECTION

- Affects 5-10% of sexually active college students
- 30% of men and 80% of women with chlamydia are asymptomatic
- Treatable with antibiotics given by mouth
- Can cause formation of scar tissue on reproductive organs and infertility

HERPES: VIRAL INFECTION

- Affects 30 million (1 out of every 6) Americans
- Type I virus is oral. Type II virus affects the genital area.
- Initial outbreak – genital blisters and sores. Recurrent outbreaks are milder.
- Symptoms include painful sores in the genital area, enlarged lymph nodes in groin, itching, burning during urination, fatigue and flu-like symptoms.
- Can be transmitted by oral sex or genital contact without sexual intercourse
- **NO CURE!** Treated with anti-viral drugs.

GENITAL WARTS (HPV): VIRAL INFECTION

- Fastest growing STI today–6 million new cases each year.
- Can only see 5% of warts
- 95% of abnormal Pap smears are related to genital warts.
- Can be transmitted by genital contact without sexual intercourse.
- **NO CURE!** Human papilloma virus remains in the body and can infect an unprotected sex partner. HPV is also a risk factor for cancers of the vulva, vagina, cervix, and penis, especially in combination with smoking. HPV infections do improve with time and can be treated topically.
- There is a vaccine available called Gardasil that is approved for use in both men and women. It is given as 3 injections over 6 months. Talk to your health care provider or Student Health.

AIDS OR HIV INFECTION...

Can become a reality if unprotected sex occurs. In the United States between one and two million people are believed to be infected with HIV. A national study of college students showed that approximately 1-2 per 1,000 students is HIV positive. Because of the long incubation period (up to 10 years) cases of HIV infection may not show up clinically

until after an infected student has graduated. It is important to note that the infected person can transmit the virus to others during this symptom-free time. Treatment early in the course of the infection may slow or prevent progression to AIDS.

TESTS for pregnancy, chlamydia and other STI's are all available at the Student Health Center. There is a lot of good information in brochures at the Student Health Center and in the Counseling Center as well. Confidential HIV testing/ counseling is also available through the Student Health Center. These records are kept in a separate locked file and are not part of your permanent medical record. Anonymous HIV testing is available through Health Departments in Roanoke and Charlottesville.

THINGS YOU CAN DO TO KEEP FROM CONTRACTING AN STI:

ABSTINENCE:

This is the **ONLY** way to protect yourself completely. Many college students are choosing not to have sex.

MONOGAMY:

Say **NO!** to casual sex. Having one partner for a short time and then moving on to another partner (serial monogamy) is high-risk behavior.

COMMUNICATE:

Be direct and honest with partners. **TALK** first!

STAY SOBER:

Alcohol and other drugs lower your ability to make sensible self-protecting decisions. Drunk sex is rarely safer sex.

CONDOMS:

Use a lubricated condom every time you have sex, even if you are using another form of birth control.

CHOOSE LOWER RISK SEXUAL ACTIVITIES:

Kissing, hugging, massaging and touching are generally safer activities than intercourse.



BEING GAY, LESBIAN, BISEXUAL, TRANSGENDER, OR QUESTIONING (GLBTQ) AT W&L

YES, IT'S NORMAL!

Some GLBTQ students coming to W&L feel apprehensive about what it's going to be like for them here. It's important for you to know that sexual minority students are welcomed and valued at W&L, and most GLBTQ students have found the coming out process much easier and more positive than they had imagined. Remember that even though you might start out at W&L not knowing any other GLBTQ students, you're not alone.

Opening up to the possibility that you may be gay, lesbian, bisexual, transgender or even just questioning means opening up to the idea that you're on a path that's your own. Coming out is an ongoing process that unfolds at your own pace. Throughout the process, it is normal to feel scared, vulnerable, exhilarated, proud, brave, confused, empowered, relieved, uncertain, and/or affirmed. Most importantly, you don't have to go through it alone. A support system is an invaluable place to turn to for reassurance. Sources of support can be other GLBT people, GLBT hotlines, close friends, or counselors. A supportive mental health professional often helps people become more comfortable.

On a daily basis, you will face decisions about where, when, and how to come out – or where, when, and why not to. Always remember, this is your journey. You get to decide how to take it. Here are some resources that can help:

CAMPUS RESOURCES

General Trust: a weekly peer support group for gay, bi, trans, or questioning undergraduate and law students intended to help provide support and to help students build friendships and a sense of community. Contacts: Kirk Luder, M.D., x8592, kluder@wlu.edu or Beth Curry, LPC, x4888, ecurry@wlu.edu.

GLBQ Confidential: a gay Peer Counseling program aimed at providing special peer support for gay/bi/questioning students who may not feel comfortable talking with straight peers about their sexuality. Look for posters around campus.

General Equality Initiative (GEI): The Washington and Lee University General Equality Initiative works to promote equal rights, justice, and opportunity for all members of the Washington and Lee University community regardless of sexual orientation or gender identity. For information, go.wlu.edu/GEI

University Counseling (located in Early Fielding): There are four counselors in the University Counseling Center; Ms. Curry and Dr. Luder both have special areas of interest and expertise in supporting GLBTQ students. You can schedule an appointment with any counselor by calling x8590.

CAIR: If you feel that you have experienced discrimination or harassment because of your minority sexual orientation, you can contact any member of the Confidential and Impartial Resolution resource program to help provide support and resolution of your difficulty. There are posters listing all CAIR members around campus. For more information, cair.wlu.edu.

Office of Diversity and Inclusion (located in Elrod Commons):
Director: Tammy Futrell, Associate Dean of Students

Safe Space Program: Educational training offered to faculty, staff, and students on GLBTQ issues, and how to be an ally.

GLBTQ Resource Center (located on 2nd floor of Hill House): Provides a safe space for students to socialize, study, and access resources.

OTHER RESOURCES – check the Health Library go.wlu.edu/healthlibrary for national resources.

SEXUAL MISCONDUCT

What is Sexual Misconduct? The issue of sexual assault and other sexual misconduct on a college campus is very real. A relationship or an evening that starts out as fun and exciting could turn out to be devastating. “Sexual misconduct” is the general term for inappropriate physical or verbal conduct of a sexual nature which can range from sexual harassment to dating violence to unwanted or forced sexual contact or rape. More complete information is available on the Violence • Intervention • Prevention website go.wlu.edu/VIP

Acquaintance Rape or Acquaintance Sexual Assault

Forced, manipulated, coerced, or unwanted sexual intercourse by someone known to the individual. It is an act of violence, aggression, and power. The effects can be long-term and psychologically devastating.

Rape

When a person compels an individual to have sexual intercourse against his/her will. Rape can occur male on male, female on male, male on female, or female on female.

Relationship and Dating Violence

Includes physical, verbal and/or psychological maltreatment which can include demeaning comments, controlling behavior (telling someone what to do, wear, whom to see, etc.), threats of/or actual physical harm. These abusive behaviors are used to assert power or control over another person. The effect is to make the person feel degraded, ashamed or scared.

Sexual Harassment

Any unwelcome sexual or gender-based behavior (verbal or physical), either involving use of a position of authority to obtain sexual favors or amounting to severe or pervasive conduct and creating a hostile work or academic environment. Examples may include: request for sexual favors, gender humiliation or intimidation, lewd remarks or whistles, persistent physical contact (touching, hugging, brushing against), obscene messages (voice mail, e-mail, written), rating sexual attributes and attractiveness.

Sexual Misconduct

Involves physical or verbal conduct of a sexual nature which occurs without consent. Behaviors can include sexual contact ranging from unwanted kissing/touching to unwanted or forced sexual intercourse (oral, anal or vaginal sex).

Stalking

Persistent behavior directed at a specific individual that is unwelcome, intrusive or induces fear. Behaviors include unwanted visits to a person's home, class or work, unwanted letters, e-mails, instant messaging, telephone calls or gifts.

What should you do immediately in cases of sexual assault? If you or someone you know has been sexually assaulted, it is critical that medical attention be sought as soon as possible for evaluation and treatment. If there is physical or emotional trauma the first stop should either be the Student Health Center, Counseling Center, or Project Horizon. Prompt action is necessary for medical evidence collection should you be interested in pursuing legal action, pregnancy testing, STI evaluation and treatment. The simplest place to start on campus may be the Student Health Center.

EXPLORE YOUR OPTIONS:

- CAIR Resources, counselors, physicians, and Project Horizon can all help you to learn and understand your options about legal or on-campus judicial recourse.
- Save evidence. You can decide if you want to prosecute later. Evidence is best collected within the first 72 hours. It is important that you do not eat, shower, drink, or change your clothes before evidence is collected.
- Get medical attention at the Student Health Center or hospital emergency room right away.
- Medical attention is necessary in case there are physical injuries, risk of pregnancy, or for evaluation of STIs.
- If you suspect you may have been drugged, a special urine test can be done but you must ask for it.
- Legal options include prosecuting through the court system, or by filing a complaint using the on-campus judicial system with the Student Faculty Hearing Board (SFHB).

THE TIME PERIOD AFTER A SEXUAL ASSAULT

CAN BE VERY CONFUSING:

- You do not have to deal with this alone.
- There are no right or wrong answers.
- Remember...it is not your fault.
- As soon as you have a quiet moment where you feel safe, try to write down everything that you remember happening, with as much detail as possible. This will help in the healing process, identifying the assailant, and in any legal action that may be taken.
- All decisions about how to proceed belong to you--you have many resources to help you.

VIRGINIA LAW AND SEXUAL OFFENSES

The use of threats, force or intimidation to engage in sexual intercourse or other sexual contact is illegal in Virginia. In addition, it is illegal to engage in sexual intercourse or other sexual contact or attempt to engage in these activities if the person (man or woman) is mentally incapable or physically helpless to consent to sexual activity. **Mental incapacity** is generally understood as a mental condition of the victim at the time of the incident which keeps the victim from understanding the nature or consequences of the sexual act and about which the accused knew or should have known. **Physical helplessness** is generally understood as a state of unconsciousness or certain other conditions on the part of the victim at the time of the event which makes the victim unable to communicate an unwillingness to engage in the sexual activity. **Intimidation** can be psychological pressure, and proof of physical resistance on the part of the victim is not required for criminal sanctions to be imposed.

The following are definitions and consequent criminal sanctions for some sexual offenses as defined by Virginia Law. Additional information about the sexual assault laws in Virginia is available in the Student Handbook.

CRIME	DEFINITION	PENALTY
<i>Rape</i>	<i>Vaginal penetration against one's will by use of threat, force or intimidation or due to physical helplessness or mental incapacity of the victim</i>	<i>5 years to life imprisonment</i>
<i>Forced Sodomy</i>	<i>Oral sex (cunnilingus, fellatio, anilingus) or anal intercourse by the use of threat, force or intimidation or due to mental incapacity or physical helplessness of the victim</i>	<i>5 years to life imprisonment</i>
<i>Sexual Battery</i>	<i>Sexual abuse as defined by touching intimate parts or clothing covering intimate parts (genitalia, anus, groin, breasts, buttocks) by the use of force, threat, intimidation or ruse, or forcing the victim to touch intimate parts of the accused.</i>	<i>Up to a year in jail and/or a fine up to \$2,500</i>
<i>Aggravated Sexual Battery</i>	<i>Sexual abuse (fondling): (1) through the victims mental incapacity or physical/helplessness or (2) by force, threat or intimidation or where either serious injury to the victim results or assailant uses or threatens to use a weapon</i>	<i>1-20 years imprisonment and a fine of up to \$100,000</i>
<i>Attempted Rape or other attempted sexual offenses</i>	<i>An attempt to commit the above defined acts of sexual assault</i>	<i>2-10 years imprisonment and fines up to \$100,000 for rape/forced sodomy attempts; lesser penalties for attempted sexual battery offences</i>
<i>Infected Sexual Battery with Intent to Transmit Disease</i>	<i>A person with HIV, syphilis or hepatitis B having intercourse or oral sex with the intent of transmitting the disease</i>	<i>1-5 years imprisonment OR 12 months jail and/or a fine of up to \$2,500</i>

CRIME	DEFINITION	PENALTY
<i>Infected Sexual Battery</i>	<i>A person with HIV, syphilis or hepatitis B having intercourse or oral sex without disclosing that status</i>	<i>12 months jail and/or up to a \$2,500 fine, plus a restraining order prohibiting contact; additionally the victim may bring a civil suit</i>
<i>Statutory Rape</i>	<i>Sexual intercourse with a 13 or 14 year old, with consent, when the offender is 3 years or more older</i>	<i>1 to 5 years imprisonment OR 12 months jail and/or a fine of up to \$2,500</i>
<i>Obscene Sexual Display</i>	<i>Intentionally engaging in actual or simulated masturbation in public place in presence of others</i>	<i>Up to a year in jail and/or up to \$2,500 fine</i>
<i>Abusive Language</i>	<i>Curses, abuses or violent abuse language (includes e-mail and voice mail)</i>	<i>12 months jail and/or up to \$2,500 fine</i>
<i>Harassment by Computer</i>	<i>Use of a computer with intent to coerce, intimidate or harass by communicating obscene, vulgar, profane, lewd, lascivious or indecent language</i>	<i>12 months jail and/or up to \$2,500 fine. Additionally the victim may bring a civil suit.</i>
<i>Slander or Libel</i>	<i>Falsely speaking, writing or publishing of a derogatory nature against a person's character or words meant to insult or use of grossly insulting language (includes e-mail and voice mail)</i>	<i>Fine of up to \$500</i>

DRUG FACILITATED SEXUAL ASSAULT

Rohypnol or “roofies” is a powerful sedative-hypnotic drug that dissolves quickly in beverages, causing lowered inhibitions, sleepiness and memory loss which is enhanced by the consumption of alcohol.” It has been called the “**date rape drug**” because it can be dropped into a drink leaving the person open to suggestion, physically weak, and without memory of the events that follow. It can also incapacitate you, making you vulnerable to assault or robbery.

GHB (gamma hydroxybutyrate) and **Ketamine** are other sedating drugs which can be used in ways similar to Rohypnol.

If you think you may have ingested one of these drugs, or that you have been sexually assaulted and don't remember it, come to the Student Health Center for evaluation as soon as possible. Testing for these drugs may be possible, but they break down quickly and may be gone from your body by the time you realize that you might have been drugged. A urine sample may be tested for specific drugs if indicated to evaluate a drug-facilitated sexual assault.

It is a crime to use controlled substances (such as Rohypnol, GHB, Ketamine) to facilitate sexual assault. Federal and state law provide for penalties of up to 20 years in jail and a \$100,000 fine for drug-facilitated sexual assault.

UNIVERSITY PROCEDURES FOR SEXUAL MISCONDUCT OR HARASSMENT

You can find the entire University policy on sexual harassment and other prohibited discrimination and harassment in the Student Handbook and on the Washington and Lee University Counsel web page, counsel.wlu.edu, under Code of Policies. If you have been the victim of sexual harassment or sexual misconduct, you have numerous options within the University community for dealing with the situation. CAIR (Confidential and Impartial Resolution) Resources are appointed by the Provost, who serves as the University's Title IX Officer, to advise students about violations of the University Policy Prohibiting Discrimination, Harassment, Retaliation and Sexual Misconduct.

CAIR is...

Your source for confidential information and conflict resolution under the University Policy Prohibiting Discrimination, Harassment, Retaliation and Sexual Misconduct.

- Have you been harassed, sexually assaulted or discriminated against?
- Have you been accused of violating the University policy prohibiting such conduct?

CAIR Resources can help. CAIR Resources can...

- Assist you in understanding the University Policy Prohibiting Discrimination, Harassment and Sexual Misconduct.
- Explain your options for informal or formal resolution of complaints of discrimination, harassment, retaliation and sexual misconduct.
- File a complaint on your behalf with the chair of the Student Faculty Hearing Board.
- Accept a report of prohibited behavior by a student. This report may come from the affected student directly, or indirectly through a University Counselor or another member of the University community on behalf of a student. Anonymity may be requested (blind reporting).
- Facilitate mutually desired communication between those who feel they have been subjected to harassing or discriminatory conduct, and those accused of that conduct.
- Provide confidential dispute resolution services for those who jointly seek an alternative to formal disciplinary investigation and proceedings.

For more information or for a list of CAIR resources call the CAIR Info line at (540)458-5800 or go to the website at cair.wlu.edu.

The ***Student Faculty Hearing Board*** (SFHB) is the judicial body charged with hearing allegations of prohibited discrimination, harassment, sexual misconduct, and retaliation by students who are in violation of University policy. Each case brought before the SFHB is unique and must be decided after the SFHB's review of all the facts and circumstances presented at the hearing. The SFHB shall base its decisions on a preponderance of the evidence; that is, the panel must decide whether it is more likely than not that the conduct under question violates the University policy. The SFHB will impose sanctions when it finds reasonable evidence of a University policy violation and/or conduct unbecoming of a Washington and Lee student. Sanctions can include, but are not limited to: educational/counseling consultation, community service, probation, suspension or dismissal. Note that Virginia law is not enforced by the SFHB, nor are decisions made by the SFHB binding in a Virginia court or vice versa. Different standards are used for evaluating cases by the SFHB vs. courts of law.

HOW TO FILE A COMPLAINT WITH THE SFHB:

An SFHB proceeding may be initiated by any member of the University community by filing a complaint with the SFHB Chair. Students are encouraged to file a written complaint with a CAIR resource to initiate this process. SFHB hearings are confidential. The facts about individual cases and the outcomes are to remain as confidential as possible, except for the notification of the outcome to the University community. In order to protect the privacy of those involved, and to protect the integrity of the process, no one involved in a complaint should discuss any information regarding the case except with participants in the hearing, University faculty and staff with a need to know, family members, and those to whom a party needs to disclose information necessary to obtain support without otherwise making information about the matter known to the public. During an SFHB proceeding, the complainant and the respondent may each be accompanied by an Advisory Advocate and/or an Honor Advocate of her/his choice. An Advisory Advocate may be a member of the Confidential and Impartial Resolution Resources (CAIR) staff, or another member of the University community. Honor Advocates appearing before the SFHB must be members of the Honor Advocate Program (HAP) with special training for this role.

OFF-CAMPUS—VIRGINIA LEGAL ACTION:

You may decide to file a civil or criminal case. The standard of proof in a VA court of law is often more stringent than that used by W&L, and if a student is found innocent of a crime or civilly not responsible, that student may still be subject to discipline by the SFHB. A CAIR resource can direct you to the Lexington City Police or Rockbridge County Sheriff's Office, or the Commonwealth Attorney's Office. Project Horizon's Legal Advocate is also available at (540)463-2594.

EFFECTIVE CONSENT

Mutually understandable words or actions indicating a willingness to engage in mutually agreed-upon sexual activity. In determining whether effective consent has occurred, the following considerations apply:

- Mutually understandable consent must be obtained by both parties.
- It is the responsibility of the person initiating physical sexual contact to obtain consent.
- To be effective, consent must be given freely.
- Consent obtained through the following means is not effective consent:
 - a) use of fraud, physical force, violence, threat, intimidation or coercion;
 - b) ignoring the objections of another person;
 - c) causing another's intoxication or impairment through the use of alcohol or other drugs;
 - d) ignoring or taking advantage of another person's intoxication, incapacity, state of intimidation, helplessness, or other inability to consent.
- Lack of physical or other resistance by a person who is the object of sexual aggression does not constitute consent.
- Consent to sexual activity may be revoked at any time, as long as the revocation is communicated clearly, at which point sexual activity must cease immediately.
- Previous sexual relationships and/or a current relationship with the respondent (or anyone else) are usually irrelevant and, therefore, may not be taken to imply consent.
- A person who is incapacitated as a result of alcohol or other drug consumption (voluntary and/or involuntary), or who is unconscious, asleep or otherwise physically or cognitively helpless, is incapable of giving consent.
- Consent may never be given by a minor (someone under the age of 18 in the Commonwealth of Virginia) to an adult.

HAZING — refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate (www.stophazing.org).

The IFC and University do not tolerate hazing as a part of Greek life. Please refer any questions or concerns about hazing to the Office of Greek Life, Dean of First-Year Students, or the Dean of Students.

IFC and Panhellenic hear allegations of hazing against Greek organizations. SFHB hears allegations of hazing against individual students and non-Greek student organizations.

RESOURCES FOR A VICTIM

If you or a friend become a victim of a sexual offense, sexual misconduct or sexual harassment, you should go immediately to (or take your friend to):

- STUDENT HEALTH CENTER (*Lower Level of Davis Residence Hall*) x8401
Open 24 hours/7 days a week
- COUNSELING x8590
A 24/7 counselor on-call is available by contacting Student Health.
- PUBLIC SAFETY x8999
Open 24 hours/7 days a week

CAIR RESOURCES: (*Confidential and Impartial Resolution Resources*)

- Tammy Futrell, Head x8766
go.wlu.edu/cair (see posters for the complete list of CAIRs)

COMMUNITY RESOURCES

- Emergency 911
- Project Horizon 540-463-2594
(24 hour emergency service to all women and men in Rockbridge county)
- Lexington Police Department 540-463-2112 or 540-462-3705
- Rockbridge County Sheriff’s Office 540-463-7328
(Sexual Assault Investigation)
- Carilion Stonewall Jackson Hospital 540-458-3300

STUDENTS WHO HAVE HAD TRAINING ON SEXUAL ASSAULT:

- One in Four
- SPEAK
- Peer Counselors
- RA’s
- LIFE—Trained Peer Health Educators
- Project Horizon Volunteers
- 23 (*Student Athletes*)

EDUCATIONAL PROGRAMMING:

- Office of Health Promotion x4501
- LIFE Peer Health Educators x4501
- One in Four x4501
- SPEAK x4501
- Green Dot Bystander Intervention Program x8288
- Project Horizon 540-463-2594

CAIR Information Line: 540-458-5800 – 24 hours/7 days a week
go.wlu.edu/cair

HOW TO HELP A FRIEND

After a rape or sexual assault, good friends are undoubtedly one of the best sources of comfort for the student reporting the assault. Close friends – female and male – provide immediate comfort, ranging from holding the person, providing a safe place to stay, taking the person to the Student Health Center or emergency room and standing by during the examination for evidence of the assault. Encouraging the student to get counseling help and legal help will also be possible roles.

Here are some guidelines that counseling professionals advise for helping someone you know recover from rape or sexual assault. Even though most rapes occur against women, in some incidents the survivor will be a male. The same basic guidelines apply to men who have been victimized.

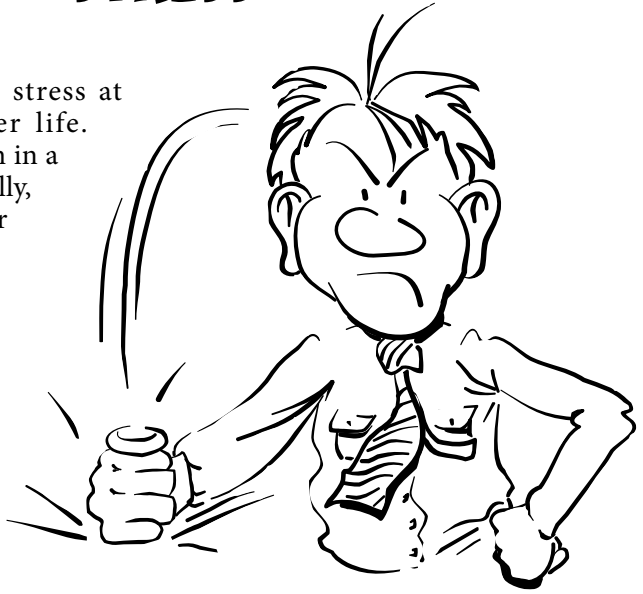
- ☞ **BELIEVE THE PERSON.** The greatest fear of those persons who have experienced sexual assault is that they will not be believed or that their experience will be minimized as not important. Women are raped by men they know 4 times more often than they are raped by strangers. Accept what you are hearing, even if you know the accused. Sexual assault is often as traumatic as completed rape and the after-effects of the experience may be severe. Remember acquaintance rape/date rape = criminal rape, even though the student knew the perpetrator. The physical and emotional after effects may be more severe than after a stranger rape because trust has been violated.
- ☞ **LISTEN.** Let the person talk. Find a quiet place. Be patient. Allow the story to be told as the person feels like revealing it.
- ☞ **COMFORT THE PERSON.** Try to calm the student down if they are agitated. They may want to be held or may not want to be touched. Offer tea, cocoa, a blanket, and a safe area to rest and regain control.
- ☞ **REINFORCE THAT THE RAPE WAS NOT THE STUDENT’S FAULT.** Avoid questions that seem to blame the student for their actions, such as, “Why didn’t you scream?” or “Why did you go to their room?” Allow the student to talk out feelings of self-blame if they want to, but help them see that the rapist caused the rape, not them.
- ☞ **PROVIDE PROTECTION.** Offer a secure place to sleep and companionship once the person returns to their own living quarters.
- ☞ **SUGGEST CALLING A PROFESSIONALLY TRAINED RAPE – CRISIS COUNSELOR OR ADVOCATE.** During the day call the Counseling Center (x8590). After hours a Student Health Center nurse (x8401) can put you in touch with a University Counselor. If you prefer to talk to a student volunteer who is in recovery, or a community volunteer who is trained to respond to a sexual assault crisis, a

counselor or nurse can help you. CAIR Resources and trained students—RA, LIFE, Peer Counselors, One in Four, SPEAK, and 23—know the campus and community resources and can help you sort out your options. Project Horizon can also assist students (463-2594).

- ☞ **ENCOURAGE THE PRESERVATION OF EVIDENCE.** The sooner evidence can be collected (within 72 hours) and a rape/assault is reported, the better the likelihood if charges are filed the accused will be convicted. Caution the person not to shower, eat, wash clothes or brush their teeth. During an official exam in the hospital, specimens will be taken to look for traces of blood, hair, saliva and semen, so it's important that nothing be washed away. Take clean clothes to the hospital so the student can change after the exam. *The student does not have to decide at the time of evidence collection whether to make a formal charge.*
- ☞ **GET MEDICAL ASSISTANCE.** The student may have bruises, cuts or other injuries. Treatment for possible sexually transmitted infection and pregnancy is necessary. Go to the Student Health Center and/or the Emergency Room at Carilion Stonewall Jackson Hospital. The hospital will contact a University Counselor or Project Horizon and they will stay during the exam if requested.
- ☞ **LET THE PERSON MAKE DECISIONS ABOUT HOW TO PROCEED.** The individual needs to regain the feeling of being in control. Allow the person to do that. If the person decides not to report it and you disagree with that, support the decision anyhow. It is alright if the person decides later to file charges or file a blind report.
- ☞ **IF YOU ARE A SIGNIFICANT OTHER, WITH APPROVAL, USE APPROPRIATE TOUCHING AND LANGUAGE TO REESTABLISH FEELINGS OF SELF-ESTEEM.** Let the person tell you how much physical contact they would like. Don't pressure your partner for sexual activity out of the belief that you need to prove everything is "normal" between you.
- ☞ **OFFER TO HELP THE PERSON GET PSYCHOLOGICAL AND LEGAL ASSISTANCE.** Offer to accompany them to the police, to Public Safety and/or the University Counseling Center. Inform the person that CAIR resources are available for sexual misconduct issues.
- ☞ **BE AVAILABLE.** In the weeks and months following the rape/assault remind your friend you are available. Give your time and attention each time you are sought out.
- ☞ **LEARN ABOUT RAPE-TRAUMA SYNDROME.** Your friend's recovery period will last a long time, during which moods and reactions may change radically from day to day.
- ☞ **GET HELP FOR YOURSELF.** You may need to talk with someone to discuss your feelings about the incident and learn how to be supportive.

STRESS

Everyone experiences stress at some point in his/her life. Stress can affect a person in a variety of ways—physically, emotionally and/or behaviorally. Anything that requires change or adaptation can cause stress, and college is both. Therefore, you could find yourself becoming stressed by the new school year or your new surroundings.



SIGNS OF STRESS

- Problems sleeping and/or eating
- Increased use of alcohol and/or drugs
- Problems making decisions
- Inability to be organized
- Difficulty concentrating
- Increased boredom and/or fatigue
- Anxiety attacks— weak, dizzy and short of breath
- Nightmares
- Hostility and/or frustration
- Changes in exercise habits
- Urges to cry and/or run away and hide
- Frequent colds and/or infections
- Frequent stomach problems— indigestion and/or diarrhea
- Frequent headaches, backaches, muscle aches
- Homesickness

WAYS TO HANDLE STRESS

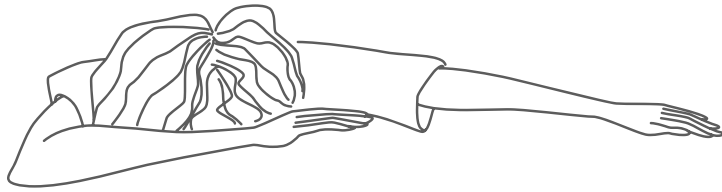
- Relax!!!
- Take a break for 15 or 20 minutes
- Exercise
- Get some fresh air
- Go somewhere private to yell or cry
- Make lists and manage time wisely
- Think positively
- Accept what you cannot change;
make a plan to change what you can
- Live in the present
- Take care of yourself
- Keep expectations realistic
- Ask for help or talk to a friend
- Meditate or pray
- Laugh
- Ask a friend to give you a back or neck massage
- Listen to music, read a book, watch a movie

WATCH OUT FOR POTENTIAL SOURCES OF ROOMMATE CONFLICTS!

- Cleaning — Who will clean what and how often?
- Visitors — Should you consult your roommate before inviting guests? Can guests use your things?
- Study time — What hours are quiet time for studying?
- Equipment — What rules do you agree upon for sharing things?
- Privacy — Respect each other's privacy and belongings.
- Sexual attitudes that differ may cause conflict.
- Differences in sleeping and rising schedules might also create problems.

IF A PROBLEM DOES ARISE...

- Discuss it with your roommate and try to compromise.
- Talk to your RA or peer counselor.
- Get help from a peer counselor or professional counselor in the University Counseling Center.



DEPRESSION

Prolonged feelings of the “blues” may indicate depression. Depression often occurs in college students who are adjusting to living alone for the first time, developing new relationships, and attending to the challenges of a rigorous academic life. Many factors “set the stage” for depression; however, the most common cause is the loss of personal worth and self-esteem.

Some physical signs of depression include changes in sleep, appetite, sex drive and energy level; restlessness; difficulty concentrating; a state of withdrawal or agitation. Some other symptoms may be feelings of helplessness and hopelessness; a pessimistic outlook; lack of joy and pleasure (especially in things that were previously exciting); and thoughts of suicide. A significant decline in academic performance may be a sign of depression. Depression is treatable with medications and/or counseling.

Homesickness – it’s natural to have a period of adjustment when leaving home. The good news is the homesickness goes away eventually. Focus on new life, friends, and experiences. Get involved. Keep in touch with your family and friends from home. Talk to your RA or Peer Counselor.

Grief is different from depression. Grief is not an illness, rather an emotional response to a loss. Signs of grief are: crying, preoccupation with loss, anger, guilt, sadness, exhaustion, and insomnia. Be patient—it takes time to heal—some days will be better than others. Talking helps!

If you feel like you may hurt or kill yourself GET IMMEDIATE HELP. Encourage a friend who is talking about suicide to get professional help. All suicide talk or attempts are serious. Make an agreement with the person that they will not attempt suicide while you are finding them help. If you believe a student poses a suicide risk, we strongly encourage you to contact University Counseling, the Dean of First Year Students, or the Dean of Students. For more information visit www.stopasuicide.org.

Information about Counseling Services and how to help a friend are available at the back of this booklet. A good on-line self assessment is www.mentalhealthscreening.org/screening, Keyword = Washington.

More complete information is available in the Health Library - go.wlu.edu/healthlibrary

HELPING A FRIEND IN TROUBLE

☞ TALK TO YOUR FRIEND.

Organize the intervention by deciding where, when, and how you will approach your friend. Make sure you allow plenty of time with no interruptions. Try using a team approach. Choose a private location soon after an incident that worries you has occurred, and talk only when everyone involved is sober. Gather your data—have specific incidents that concern you in mind and their consequences. Focus on your concerns about your friend's health. Explain how the problem is affecting academics, social interactions, or your relationship with that person. State the effect that your friend's behavior had on you and the consequences to your relationship if your friend does not seek help.

☞ REALIZE THAT YOU MAY BE REJECTED.

People often deny their problems because they are afraid to admit that they are out of control. Do not take rejection personally, and try to end the conversation in a way that will allow you to come back to the subject at another time. Do not hesitate to confront your friend again if the unhealthy behavior continues.

☞ KNOW YOUR LIMITS.

If you sense that you are getting angry or impatient, back off. And do not take on the role of monitor—it is ineffectual.

☞ DON'T JUDGE!

Be caring peers by listening and supporting. Stick to the facts without judging your friend's values, making generalizations, or expressing your own subjective opinions. Do not accuse your friend or argue with him or her—stay calm and stick with your list of evidence.

☞ LEARN

Learn about the problem and available local resources.

☞ REFER TO APPROPRIATE RESOURCES

Provide written resources and referrals and offer to help the person further, such as by going to counseling with him or her.

You can get more tips for helping a friend
at the Office of Health Promotion
or the Counseling Center.

CAMPUS FACILITIES/RESOURCES

ELROD UNIVERSITY COMMONS

The John W. Elrod University Commons is the center of campus life for students. The building houses a theatre, student organization workspace, campus eateries and a convenient mart, bookstore, game room, large screen TV, meeting rooms, lots of lounge space and computers! The programs in this building have been designed to encourage active student use. go.wlu.edu/elrod-commons

MARKETPLACE

Your favorite place for food your first year! This contemporary eatery in the University Commons offers customized food selections at four stations that are prepared just for you! These four stations – pasta/pizza, deli, grill, and international foods – will be open continuously 7 a.m.-7 p.m.. The Marketplace staff is more than willing to work with you on all your specific needs; they listen to your suggestions and will even pack boxed lunches if requested in advance, and vegetarian choices are always an option. go.wlu.edu/marketplace

CAFÉ '77-EMPORIUM

Students on full board plan have the option of taking their meal in the Marketplace or in the Café/Emporium after 7 p.m. for missed dinners only. The Café/Emporium is open until midnight for light meals and snacks using a food debit account which allows tax-free food and beverage purchases. go.wlu.edu/cafe-77

THE E. CAFÉ

The E. Café is a Kosher café featuring New York bagels and spreads, sandwiches, and a smoothie bar! go.wlu.edu/e-cafe

Traveller

540-458-8900

traveller.wlu.edu

TRAVELLER OFFERS TWO SAFE RIDE SERVICES:

A routed BUS SYSTEM runs on Wednesday, Friday and Saturday nights from 10:00 p.m. until 2:00 a.m. Black benches mark Traveller bus stops. Route maps are posted on campus and are available for download from the Traveller website (traveller.wlu.edu). Busses follow a carefully designed route. Stops were selected to provide service to the largest number of students possible.

If you need a ride to a location within a 5 mile radius of campus but not near the bus route or need a ride on a night when Traveller Transit is not running, you can use the DISPATCH PROGRAM. Call a central number (540-458-8900) and a car will be sent to you to get you home. This service is available seven nights a week from 10:00 p.m. until 2:00 a.m.

These two elements complement one another and provide the Washington and Lee community with a convenient source of transportation in and around the campus.

BUS SYSTEM

Wednesday 10:00 p.m.-2:00 a.m.

Friday 10:00 p.m.-2:00 a.m.

Saturday 10:00 p.m.-2:00 a.m.

DISPATCH SYSTEM

7 Nights a week 10:00 p.m.-2:00 a.m.

It is important to note that Traveller is not a substitute for the required sober driver system in fraternities and sororities. It is each student's *personal responsibility* to plan ahead to have a designated driver and to make a personal commitment not to drink and drive or to let friends do so.

CAIR RESOURCES

Have questions about campus or community options regarding sexual misconduct, sexual or other prohibited harassment, sexual assault, or discrimination? (540-458-5800) go/wlu.edu/cair

FITNESS CENTER

An 11,000 square foot, state-of-the-art facility located in Warner Gym with a cardio-area which includes

treadmills, lifecyle bikes, elliptical trainers, stairmasters and rowers, a selectorized weight machine area, and a free weight area. It is open to all W&L students, faculty, and staff. M-Th., 6 a.m.-10:30 p.m.; Fr., 6 a.m. - 8 p.m.; Sat., 9 a.m.-8 p.m.; Sun. 1-10:30 p.m. Individual and small group workout plans available by appointment. go.wlu.edu/fitness-center

CAMPUS RECREATION

Get out and involved with the Outing Club, fitness classes, join an organized club sport, or participate in an intramural activity. go.wlu.edu/campus-recreation

THE FECHNAY CHALLENGE COURSE

The Fechnay Challenge Course in the Piney Woods area beside the Pavilion adds another dimension to leadership training and alternative activities. Get your organization/hall to schedule a training early in the semester while the weather is still nice. go.wlu.edu/fechnay-challenge-course

DUCHOSSOIS TENNIS CENTER

Indoor tennis courts available for students, faculty and staff. Call 540-458-8118 for hours and to make reservations. go.wlu.edu/tennis-center

GYM

Variety of facilities including pool, fitness center, training room, equipment room which loans out racquets, basketballs, etc. Aerobics classes are offered—check for days and times. Intramural sports are available—look for signs or ask for information!

RESIDENT ADVISERS - FIRST-YEAR STUDENTS

The Residence Life Staff is trained to help in many of these areas and is available to support the first-year students. Use the Academic Peer Tutoring Program the RA—FYs have developed.

RESIDENT ADVISERS - UPPER DIVISION STUDENTS

Residence Life staff members living in Gaines Hall, Woods Creek, and University Theme Houses to provide support for residents.

GAB - GENERAL ACTIVITIES BOARD

The General Activities Board at W&L exists to provide diverse entertainment to the W&L University community. GAB provide acts that range from hypnotists and illusionists, comedians, to a diverse spectrum of musical acts. go.wlu.edu/GAB

SAO - STUDENT ACTIVITIES ORGANIZATION

The Student Activities Organization is an all inclusive student run organization that connects students of diverse backgrounds and organizes participation in activities in and around W&L. go.wlu.edu/SAO

LIFE

Feel free to ask us about your health concerns. None are too small! Or ask us to do a program or facilitate a discussion for your residence hall or Greek organization. Look for information tables, posters, and speakers we sponsor. Contact us through the Office of Health Promotion for programs. go.wlu.edu/life

ONE IN FOUR

One in Four, is a national organization of men dedicated to educating other men about sexual assault. Look for our programs, speakers and support our efforts to decrease violence. go.wlu.edu/One-in-Four

SPEAK

Women educating other women about sexual assault at W&L. go.wlu.edu/SPEAK

END IT

A student group working to end sexual assault at W&L. go.wlu.edu/end-it

PEER COUNSELORS

Need a listening ear? If you have a problem you need to talk about, just give them a call. Look for posters around campus with names of Peer Counselors. go.wlu.edu/peer-counselors

23

Trained students from each athletic team—both men's and women's—to help with any concerns you may have. go.wlu.edu/23

ACTIVE MINDS

Increase awareness of the prevalence of mental health issues while reducing the stigma students will feel more comfortable seeking help. go.wlu.edu/active-minds

EXECUTIVE COMMITTEE (EC)

Hears complaints regarding honor violations. go.wlu.edu/EC

STUDENT JUDICIAL COUNCIL (SJC)

Addresses alcohol and other drug related misconduct by students. See Student Handbook for other violations heard by the SJC. go.wlu.edu/SJC

STUDENT FACULTY HEARING BOARD (SFHB)

Hears complaints regarding student prohibited sexual misconduct, sexual or other prohibited harassment, discrimination and hazing. go.wlu.edu/SFHB

PUBLIC SAFETY

Available 24 / 7. Your first line of assistance for any safety issues or concerns. Our officers are friendly, approachable, and eager to help you! Office is located in the Elrod University Commons. (540) 458-8999 go.wlu.edu/public-safety

STUDENT HEALTH CENTER

Sick? Need medical advice? Stop by or make an appointment at this 24-hour facility located in the basement of Davis and Gilliam. The doctors and nurses are here to dispense medications, give allergy shots, and help you feel better. Visits are confidential except in accordance with the law. (540) 458-8401 go.wlu.edu/healthcenter

UNIVERSITY COUNSELING CENTER

Got a problem? Feel free to make an appointment to speak confidentially with a campus counselor. The counselors are trained to deal with fitting in, roommate/relationship problems, study skills, substance abuse, disordered eating, depression, sexual assault, and anything that is on your mind. (540) 458-8590 go.wlu.edu/counseling

OFFICE OF HEALTH PROMOTION

Located in the University Commons. If you have a question relating to a health topic stop by or call. This office facilitates campus-wide health programming, and can assist you in scheduling a presentation by the LIFE peer health educators. (540) 458-4501 go.wlu.edu/healthpromotion

HEALTH LIBRARY

Need health information and not sure where to go? Start with the Health Library. Good information, resources, and links to other websites. go.wlu.edu/healthlibrary

OFFICE OF STUDENT ACTIVITIES

The Office of Student Activities works in conjunction with student organizations such as the General Activities Board to develop programs and activities for all students. We hope you will join us this year for our exciting line up of free shows which include: hypnotists, psychics, and improv comedy groups, movies, and various concerts not to mention all the cool activities in the Elrod University Commons. Check the calendar often! go.wlu.edu/student-activities



WHAT YOU
NEED TO KNOW
ABOUT ME IS
THAT I BELIEVE
SEXUAL
VIOLENCE IS
WRONG...THAT

WE ALL DESERVE TO BE SAFE...THAT I KNOW
WHAT TO DO TO MAKE OUR CAMPUS SAFER...
AND THAT I WILL STEP UP IF I NEED TO...BUT
MOST OF ALL, YOU NEED TO KNOW THAT
I EXPECT YOU TO DO THE SAME.

***Attend a training in the fall and become part of the
Green Dot movement***

No one has to do everything...

Everyone has to do something...

What's your Green Dot?

go.wlu.edu/greendot

—Notes—

—Notes—

Student Health Center

Location: Lower level Davis

Phone #: x8401

Hours: Open 24 hours a day, 7 days a week when undergraduates are in session.

Staff: A nurse is available 24 hours a day for inpatient or outpatient care. A physician is available Monday – Friday for appointments, and on-call for after-hours care. PLEASE CALL FOR AN APPOINTMENT.

Website: go.wlu.edu/student-health-center

Public Safety (x8999) is available to assist with transportation if needed.

Counseling Services

Location: Early-Fielding

Phone #: x8590

Staff: Counselors are available for appointments. The Student Health Center is available for emergency or after hours care and can contact a counselor if needed.

Website: go.wlu.edu/counseling

Office of Health Promotion

Location: University Commons, Room 232

Phone #: Health Educator–x4501, LIFE–x4501

Staff: The professional Health Education staff and LIFE peer health educators are available to talk to your hall or organization about any health related topic. Call to schedule a program. Look for speakers on health issues and special awareness programs!

Website: go.wlu.edu/healthpromotion

Health Library: go.wlu.edu/healthlibrary

Sports Medicine

Location: Doremus Training Room

Phone #: x8689, x8690

Staff: Certified athletic trainers are available to assist with athletic injuries and recommend exercise programs.

Website: go.wlu.edu/athletic-training