**RESPECT THE CLOVER, DRIVE SOBER**

- Plan a safe ride home before consuming alcohol
- Designate a sober driver and leave your car keys at home
- Use a taxi, call a sober friend or family member, or use public transportation

**MARCH 17**
**8:00 AM - 8:00 PM**
**DOWNTOWN BG**

If you find yourself unable to drive this St. Patrick’s Day, **RESPECT THE CLOVER DRIVE SOBER**, or use another FREE option:

**BGSU Red Shuttle:** March 17 9:00 PM - March 18 2:30 AM

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**SWALLOW YOUR PRIDE**
**CALL FOR A RIDE**
419.819.5315

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**OUTDOOR PROGRAM**

**MARCH TRIPS**

- **LONESTAR CAVING**
  March 21-22 | Lonestar, KY

- **NIGHTTIME HIKING EXPLORATION**
  March 25 | Oak Openings, OH

- **CANOEING AND RAPPELLING**
  March 27-29 | Hocking Hills, OH

**For More Information:**
Outdoor Program | 419.372.2146
Register Online: rectrac.bgsu.edu

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**ERASE THE STIGMA**

**Thursday, March 26**
8:00 PM - 9:30 PM | Olscamp 117

Join the Student Wellness Network as we Erase the Stigma and debunk myths associated with mental disorders, such as ADHD, OCD, and others.

**For More Information:**
Russell Miller | rpmille@bgsu.edu
Student Wellness Network President
Wellness Connection | 419.372.9355

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**SPRING BREAK CHECKLIST**

**Before You Go**
Make back-up copies of important documents (passport, driver’s license, insurance cards) and leave them at home with your parents, guardians or friends who you trust.

**Set Personal Limits**
If you plan to drink on Spring Break, decide how many drinks you are going to have before you go out. Intoxicated students are easy targets for pickpockets. Respect yourself, and set physical boundaries for intimate situations.

**For More Information:**
Wellness Connection | 214 Student Recreation Center
wellness@bgsu.edu | 419.372.WELL (9355)

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**IT’S ON US VIDEO CONTEST!**

Entry Deadline: Friday, April 3 | 5:00 PM

1st place- $200.00
2nd place - $100.00
3rd place- $50.00

[@BGitsonus](https://twitter.com/BGitsonus)
/[BG-Its-On-Us](https://www.facebook.com/BGItsOnUs)

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**IT’S ON US**

**To prevent sexual assault**

**I PLEDGE**

To **RECOGNIZE** that non-consensual sex is sexual assault.
To **IDENTIFY** situations in which sexual assault may occur.
To **INTERVENE** in situations where consent has not or cannot be given.
To **CREATE** an environment in which sexual assault is unacceptable and survivors are supported.

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**CONDOM SENSE**

**USE IT!**

The condom sense program provides discounted male condoms to any BGSU student. Stop by the Wellness Connection at the Student Recreation Center to purchase your condoms.

- 50 condoms for $10
- No sign-ups
- No registration or paperwork necessary

**For More Information:**
Wellness Connection
214 Student Recreation Center
wellness@bgsu.edu | 419.372.WELL (9355)

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**TAKING CONTROL OF YOUR HEALTH – AT HOME**

**Weave a quilt**

To control your health, you can weave a quilt or do a craft project to help you calm down and relax.

**For More Information:**
Wellness Connection | 214 Student Recreation Center
wellness@bgsu.edu | 419.372.WELL (9355)

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**AS YOU ARE CLASSES**

Take a short stress relieving break and participate in this free gentle yoga class. This low-impact class includes gentle stretches, balance and breathing as well as movements designed to increase range of motion in joints and relieve tension. Come as you are - all that’s needed is a yoga mat or a towel.

- **FACULTY/STAFF TAI CHI**
  January 14-May 6 | Wednesdays 12:10-12:50 PM

- **YOGA AS YOUR ARE**
  January 26-April 27 | Mondays 12:10-12:50 PM

- **BREATHE, RELAX, AND RESTORE YOGA**
  January 16-May 1 | Fridays 3:10-3:50 PM

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**THE BUDDY SYSTEM**

If you go out with your friends, go home with your friends. Keep an eye on one another, and be sure to step in if you think your friend is in a bad situation.

**On the Beach**
Hiding your wallet in your shoes isn’t fooling anyone. Zip your valuables into your swim trunks or carry a small purse or backpack with you. Take it slow and stay hydrated by drinking lots of water. Avoid sun exposure during the hottest hours, and use plenty of sunscreen (SPF 15 or higher).

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**FOOTBALL HOMECOMING WEEKEND**

**BREATHE, RELAX, AND RESTORE YOGA**

January 25-28 | 12:10-12:50 PM

**BREATHE, RELAX, AND RESTORE YOGA**

January 29-31 | 12:10-12:50 PM

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**IT’S ON US!**

**TO PREVENT SEXUAL ASSAULT**

**I PLEDGE**

To **RECOGNIZE** that non-consensual sex is sexual assault.
To **IDENTIFY** situations in which sexual assault may occur.
To **INTERVENE** in situations where consent has not or cannot be given.
To **CREATE** an environment in which sexual assault is unacceptable and survivors are supported.

**For More Information:**
Wellness Connection | 214 Student Recreation Center
wellness@bgsu.edu | 419.372.WELL (9355)