



# Stall Talk



Your source for health events, news and tidbits

## April • Sexual Assault Awareness



**Sexual Assault Awareness 5K Walk/Run**

**Saturday, April 4**

**Registration begins at 9 am  
5K begins at 10 am**

Starts at Student Rec Center

Registration Fee: \$10 for students & \$15 for non-students.

Refreshments will be provided!

**Free** T-shirts for first 100 participants!

**Contact the Wellness Connection for more information at 419-372-9355.**

**Want to educate other students?**

Take HHS 4400! Peer Education

- Raise awareness & educate others on various wellness topics
- Strengthen your public speaking, group facilitation & leadership skills
- Serve as a resource & positive role model to your peers

As a Peer Educator students will:

- Present on various wellness topics, including nutrition, sexual assault, sexual health, body image, fitness, and alcohol & other drugs
  - Assist in the planning of Wellness Connection and Student Wellness Network events and programs
- For more information call the Wellness Connection at 419-372-9355 or visit our website [www.bgsu.edu/wellness](http://www.bgsu.edu/wellness)

### IN FOCUS

Join In Focus, an educational and supportive group that concentrates on the success of students who identify with difficulties commonly associated with Attention-Deficit/Hyperactivity Disorder. For more information and to register for In Focus, call the Counseling Center at 419-372-2081.

#### Upcoming Groups:

**Wednesday, April 8 @ 4-5 pm:**

Organization - Counseling Center

**Wednesday April 15 @ 4-5 pm:**

Managing Moods - Counseling Center

**Wednesday April 22 @ 4-5 pm:**

Academic & Career Development - Counseling Center

For more information you can contact Jodi Thomas at [jodit@bgsu.edu](mailto:jodit@bgsu.edu)

### GOT CONSENT?

#### What is Consent?

- Only a person's consent gives one the right to engage in sexual activity.
- Verbal, Coherent, Sober, Prompt, Consistent & Unforced

#### Consent must be many things including:

1. **Verbal & Clear:** Not a nod of the head or a shrug of the shoulders. A clear 'yes' or 'no' without mixed messages.
2. **Sober & Unimpaired:** Consent can only be given if the person is not impaired by drugs or alcohol.
3. **Consistent:** If someone has agreed to sexual activity, they have the right to change their mind at any time.
4. **Prompt:** Consent must be direct & immediate. If there is hesitation, then consent is not immediate.
5. **Unforced & Non-Threatened:** Consent should never be given because the person was scared or bullied into consenting.

### What Happened Last Night?!

Come to the presentation to learn how to prevent sexual assault and help a friend who has been sexually assaulted.

**Mock Rape Hearing  
April 16 at 8:00 p.m.  
Olscamp 111**

Email [www.wellnet@bgsu.edu](mailto:www.wellnet@bgsu.edu) for more information.

### FALL 2009 REGISTRATION

There is a new student system for Fall registration.



Go to MyBGSU Online Student Center to find your registration time, to add or drop classes, find your class schedule, change a grade option, view hold information, view advisor information, view financial aid awards and to do lists.

Registration help line is available at: 419-372-4444.

### Wellness Tip of The Week

Brought to you by the Student Wellness Network

**Exercise! Do you spend most of your day watching TV? Try to exercise 30 minutes every day. Try climbing the stairs instead of taking the elevator or escalator.**

### 23RD ANNUAL HEALTH +

#### WELLNESS FAIR

**Catch the Wave to Wellness**



*Wednesday, April 8  
10 am - 3 pm*

#### Union Ballroom

- Wellness Information
  - Health Screenings
  - Interactive Demonstrations
- Free T-shirts to the first 100 students!**  
**Raffle Prizes!**

#### Free Food Samples!

### What Are You W8ing For?

Did you know that 100,000 people in the U.S. are waiting for a life-saving transplant. You can help! Register to be an organ & tissue donor and save up to 8 lives!

Visit [www.doitnowohio.org/bgsu](http://www.doitnowohio.org/bgsu)  
Also stop by our booth at the Health & Wellness Fair on April 8!

**eBILL • ePAYMENT  
• eREFUND**



#### Coming April 6

eBill eliminates paper statements and delivers your bursar billing notification to your BGSU email account. ePayment allows you to make payments online and search payment history. No more waiting in line for the financial aid refund check. Sign up for eRefund for direct deposit to your savings or checking account. To enroll, log onto mybgsu and click "Bursar Bill View/Pay" to access.

### Testicular Cancer

#### Awareness:

### THROW BALLS TO SAVE BALLS

#### Dodgeball Tournament



**THURSDAY APRIL 23**

**8:30 PM**

**PERRY FIELD HOUSE**

*8 people per team  
Individuals will be  
put in teams*

**\$40 PER TEAM**

**\$5 INDIVIDUAL**

Contact Information:  
[www.wellnet.bgsu.edu](http://www.wellnet.bgsu.edu)

Brought to you by the Wellness Connection and Recreational Sports

• Room 214 Student Rec Center • Phone 372-9355 (WELL) • [www.bgsu.edu/wellness](http://www.bgsu.edu/wellness) •