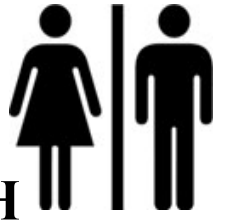




STALL TALK



Your source of health events news and tidbits
SEPTEMBER • CAMPUS SAFETY MONTH

CAMPUS SAFETY TIPS

1. Keep phone numbers of the campus police and campus escort in your cell.
2. Walk with someone else, especially after dark.
3. Call the Campus Escort crew or public safety if you need to walk home alone in the dark.
4. Stay in well-lit areas and use routes that are heavily traveled.
5. Be aware of your surroundings and walk confidently with a purposeful stride
6. Make it tough for someone to take you by surprise - don't wear headphones.
7. Have ID and keys ready before you get to the door so you don't have to search for them.
8. Always lock your door, especially when you're sleeping or you go out.



Did You Know?

- According to the CDC, 20% to 25% of women in college reported experiencing an attempted or a completed rape in college. We can all help lower this percentage by using bystander intervention. If you see or know a person is being assaulted, speak up.
- Female college freshman are at the highest risk for sexual assault between the first day of school and Thanksgiving break. If you know or think someone will be sexually assaulted, speak up. By using bystander intervention, we can all decrease the number of sexual assaults.

IMPORTANT SAFETY NUMBERS

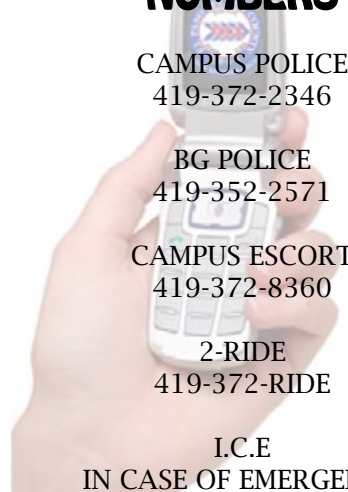
CAMPUS POLICE
419-372-2346

BG POLICE
419-352-2571

CAMPUS ESCORT
419-372-8360

2-RIDE
419-372-RIDE

I.C.E
IN CASE OF EMERGENCY
A FRIEND TO CALL IN CASE OF AN EMERGENCY



ATTENTION BGSU FACULTY & STAFF!

Health and Wellness Family Fun Night!
**Friday, September 11
6-9 PM at the Student Recreation Center**

- FREE admission to the Student Recreation Center for employees & families!
- FREE healthy snacks!
- 10% Discounts on Student Rec Center Membership!
- Discount on fall classes!

Seasonal Flu 101

Flu season is right around the corner! Here are some general precautions to remember:

- Wash hands regularly
- Stay home from class or work if you are sick
- If you have flu-like symptoms go to the Student Health Service or call 419-372-2271 for an appointment
- Cough and sneeze into your sleeve
- Use the buddy system! It is recommended that people develop a "flu buddy" where they pair up to care for each other if one or the other becomes ill.

LOSE THE "FRESHMEN 15"

FREE Personal Training for 1st year freshmen students offered at the Student Recreation Center! Stop by the Rec to sign up and get movin'! For more information visit our website:
www.bgsu.edu/offices/sa/recwell/fitness

FREE & Confidential HIV Test
Appointments Available
Fridays 9:30 am-3:30 pm



Call the Wellness Connection at 419-372-9355 to schedule an appointment!

The Student Wellness Network

We strive to promote awareness of all aspects of wellness and to develop interactive & educational programs for the BGSU community. Meetings held Tuesdays at 7:45 PM in the Student Recreation Center Conference Room.
For more information, please contact
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AlertBG

BGSU Text Message Alert System Sign up Now for Alert BG!

You will receive text messages to warn of such situations as campus emergencies, building closures, severe weather and classes canceled. To Sign up visit the MYBGSU site.

Talk SEX with the Student Wellness Network

Student Wellness peer educators and BGSU faculty/staff will answer your questions about sex, relationships and much more!
Sept. 30 at 9:00 PM in 117 Olscamp

Upcoming Events:

- Sept. 21 -**
Did You Ask? Explore the topic of sexual assault through interactive activities.
7:00 PM 201 BTSU
- Sept. 22 -**
BGSU Campus Resources and Services
5:00 PM 314 University Hall
- Sept. 24 -**
Know Your Rights! How to Survive a Police Encounter
4:00 PM 213 Olscamp
- Sept. 29 -**
Bowling Green's Resources for Women
11:00 AM 107 Hanna Hall