

HAWE Fall Newsletter

Who are we?

We are a group of ten students who work out of the Health Education Office and are passionate about health and wellbeing. We are on 5 teams: General Health, Mental Health, Alcohol and Other Drugs, Sex Ed, and Title IX. We will be having many different health programs and campaigns across campus throughout the year. If you are interested in coming to any of our team meetings email 10hawes@gmail.com for more details!



Regrettable Edible Campaign

The AOD team will be releasing a poster campaign called "Regrettable Edible" about the dangers of consuming marijuana via edibles such as brownies, cookies, and more. The poster campaign is a series of five posters that aim to debunk myths surrounding the consumption of edibles.

The HAWE Condom Cart is back in action!

Our first stop was at Willow Hall on September 21 for their "Cover Your Weiner" program. If you are interested in having the Condom Cart visit your residence hall, club, or organization to give condom demos and distribute FREE condoms email 10hawes@gmail.com with the subject line "Condom Cart"!

Spooky Spirits!

The AOD team will be doing a mock-tail program called Spooky Spirits in the entrance to the North Campus Residence Hall at 7pm on October 18th during which students will learn how to make different mock-tails with proper standard drink sizes and will receive a recipe list as well! A similar program will be held on October 11th at 8 pm for the underclassmen called "Play it Safe" with RAs in the Cedar 2 lounge addressing the concerns of binge drinking and drinking in general.

Spooky Spirits

Learn how to make mixed drink mocktails using standard drink measurements

Menu:

- Spiced Cider
- Bloody Mary
- Witches Potion

Oct. 18th @ 7pm North Campus Residence Hall Entrance

HAWE The RWU Health and Wellness Educators

oct-LUBE-r fest

oct-LUBE-r fest took place in Commons on Tuesday October 2! Participants were able to test their knowledge and learn more about different "Lube Lies" that debunked common myths surrounding lube. The program highlighted the difference between oil and water based lubricants and called attention to the fact that lube is not just for anal sex. Students were also able to take a safe sex kit filled with condoms, lube, and a body map to continue the conversation about personal pleasure.

HIV Testing

The next free HIV testing will be **October 17th 3-5 pm** in Health Services. Full STI screenings will also available at this time

Health and Wellness Educators

October 2018

Did you see our "If I Can't Say No, I Can't Say Yes" Campaign?

The Title IX and alcohol and other drugs team worked on the first HAWES campaign of the year, "If I Can't Say No, I Can't Say Yes." This was a campaign about alcohol and consent. On September 19th, student volunteers laid on a couch on the quad next to a sign with the message "If I Can't Say No, I Can't Say Yes." The couch was covered in red solo cups and an alcohol bottle. Students walked by on their way to class and observed the scene.

More than 100 students responded to a survey the day of the event. Survey results showed that 75% of people who responded saw the couch. 70% of people said that on a scale from 1-10 the topic was a 10 in terms of being important. 90% of respondents said they would intervene in a similar situation. The purpose of the campaign was to raise awareness about alcohol and sexual assault with a secondary message about the Green Dot program and being an "active bystander." Green Dot/Active bystander training will be available later this fall. Email jstanley@rwu.edu for more information on Green Dot.



Other News from the Title IX Team

The Title IX Team will be conducting Workshop Wednesdays throughout October (Domestic Violence Awareness Month). The workshop involves viewing a film called *Escalation*, created by the One Love Foundation about domestic violence. After watching the film, we will have a conversation about warning signs of unhealthy relationships and how bystanders in the film could have intervened. Workshops will be October 10th in Almeida and October 17th in Willow.

Also, look out for educational posters about relationship dynamics coming to campus all throughout October. All information on those posters comes from the One Love Foundation.

Reduce the Stigma

On October 9th look for our "Reduce the Stigma" table in commons. Then come to the Reduce the Stigma Mental Health panel on October 11th from 4-5!

Positive Pop

Our Positive Pop campaign will encourage students to change their negative thoughts into positive ones. Our poster campaign will be out mid October and ends with a Positive Pop table on October 23rd from 1-3 pm in GHH, where sad emoji balloons will be popped, with negative thoughts written on them, revealing a positive thought on a brightly colored piece of paper on the inside.

Cooking Class: Healthy Versions of College Favorites

October 17th from 4:30-5:30 in Lower Commons will be the first cooking class of the year! Learn how to make healthy versions of your favorite foods including chicken nuggets using local pasture raised chicken from DaSilva Farms, organic baked macaroni and cheese, pan fried cauliflower nuggets, and baked apples with local honey and Maine grown oat topping. Use the link below to access the Google Form to sign up. Spots are limited to 15 students so sign up quickly!

<https://goo.gl/forms/2j2Zh2OMosDsHKjp2>

CPR Training

The General Health Team is working in conjunction with Public Safety to increase the number of CPR and AED certified individuals on campus and work towards making Roger Williams a "Heart Safe Campus." We will be offering a free CPR certification course to staff on October 24th from 2-4:30 pm, and one for students November 29th from 6-8:30 pm. You can help us work towards this goal: If you are already CPR certified, email 10hawes@gmail.com so we know how many certified individuals are on campus!

Stop the Stigma Meeting
Come Join Us!
October 11th 4-5pm in the Rec Center
Conference Room



Interact with and listen to students who have reclaimed their mental health.

