

This is HAWE Do It

April 2018 Issue

HIV Testing

The Last HIV Testing of the semester!

When: Wednesday April 18th

Where: Health Services

Time: 5:30pm – 7pm

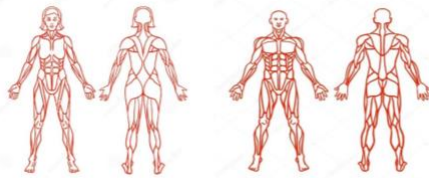
Mental Health Mythbusters

This poster campaign combats the stigma around seeking help for mental health and overall well-being. These four different posters will be displayed later this month!

TRUE OR FALSE?

Excessive drinking can interfere with your ability to build muscle.

TRUE: If you consume high amounts of alcohol regularly you may have trouble building muscle, impaired strength, and it can also interfere with the body's ability to repair muscle



HAWE
The RWU Health and Wellness Educators

TRUE OR FALSE?

A person who had too much to drink should "sleep it off."

FALSE: Our bodies continue to absorb alcohol, even after we stop drinking, which can lead to a fatal overdose of alcohol. It's important to contact an RA or Public Safety if someone had too much to drink, don't assume they will be fine after "sleeping it off."



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The Truth About Alcohol

The Truth About Alcohol is a poster campaign that consists of true or false questions /statements regarding safe drinking and drinking facts. The goal is to bust myths about drinking and teach students the truth about drinking and ways to do so safely.

Day & Night

Our last free cooking class of the semester!

The best of both worlds breakfast & desserts! Learn how to make your own omelet, smoothies, ice cream, and cookies! FREE Food included with class!!

When: Monday April 23rd

Where: Lower Commons

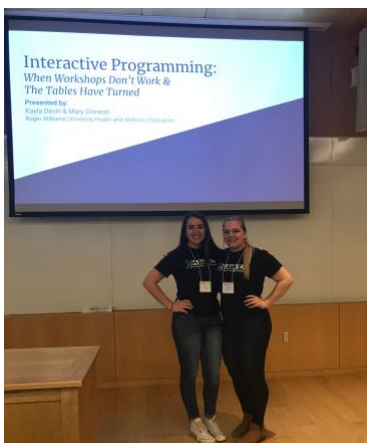
Time: 4pm-5pm

Sign up at: <https://orgsync.com/170605/forms/317541>



Bacchus Region 1 Conference

The end of March the HAWEs went to a Bacchus Region 1 conference at URI. Peer educators from different colleges/ university attended the event and multiple presentations being held on topics of wellness such as but not limited to, mental health, sex education, general health, alcohol and other drugs. Two of our HAWEs Kayla Devin and Mary Dinnean presented at the conference about how to make more effective programs on college campus. Also, HAWE Diana Perez won Outstanding Peer Educator and our advisor Donna Darmody won Outstanding Advisory! The HAWE's took home two of the four awards that were given out! Congratulations to Kayla and Mary on presenting and Diana and Donna on their awards!



STD/STI Poster Campaign

This spring the Hawes wants to remind you to protect yourself! The 18-24 ages demographic is the most risk for Sexually Transmitted Diseases/Infections (STDs/STIs). The best way to reduce your risk is to use preventative measures when engaging in sexual activity. Barrier methods reduce skin contact and the transfer of bodily fluids that carry STD/Is. Even if you use a hormonal contraceptive, you are still at risk for STD/Is. If you are unsure about your current STD/I status, get yourself tested! Many STD/I tests are offered right here on campus in Health Services. The Hawes are also pleased to be able to offer the student body a variety of barriers (condoms, dental dams, etc) at no cost to you! Come to the Center for Student Development (CSD) or contact [10 hawes@gmail.com](mailto:hawes@gmail.com) for more details. We hope you enjoy seeing our poster campaign on campus and that it helps to remind you to prioritize your sexual health!

