

# This is HAWE Do It

November Issue

## Message On A Bottle

This campaign brings awareness to college student alcohol related accidents and deaths, by binge drinking. Each bottle signifies a life lost binge drinking.

When: November 7<sup>th</sup> 2017

Where: GHH 1<sup>st</sup> floor

Time: 8am – 8pm



## Sleeping Sensation

This informational table will include an interactive white noise machine, facts about sleep, and giveaway's such as sleepy time tea, ear buds, and aromatherapy sachets.

When: November 8<sup>th</sup> 2017

Where: Commons

Time: 4pm-6pm



## HIV Testing

**FREE HIV TESTING!**

When: November 27<sup>th</sup> 2017

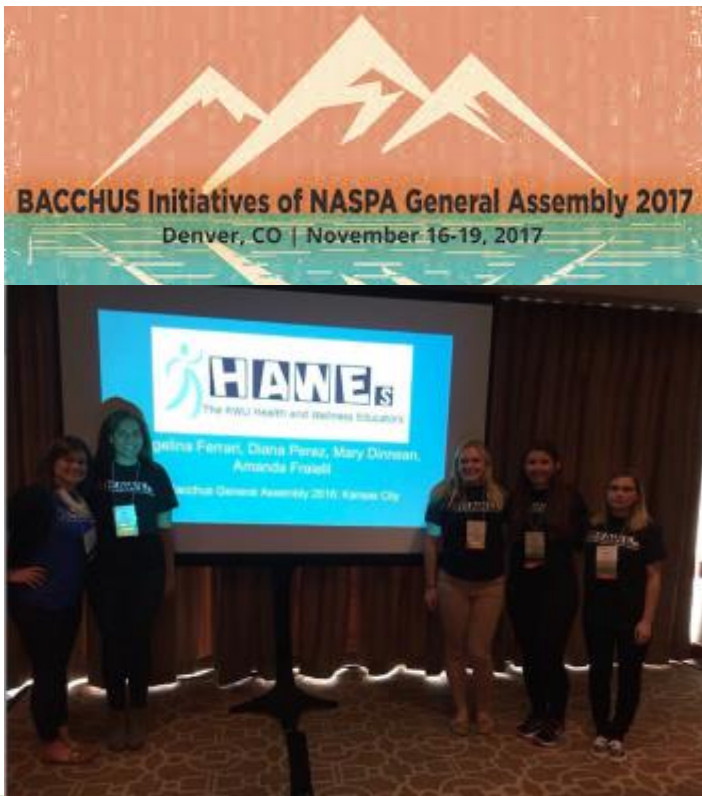
Where: Health Services

Time: 5:30-7:30pm

## Commit to Quit on November 16th

The American Cancer Society declared that November 16<sup>th</sup> is the national Great American Smoke Out. We are asking that on November 16<sup>th</sup> our campus be smoke free for one day. We will have a banner that people can sign to promise to Commit to Quit even if it's for that one day.

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The picture above is from last year's General Assembly in Kansas City. Pictured Core Mary, Hawes Diana, Mary, Gina, and Amanda

## National Bacchus Conference

The HAWES have been chosen to present at the national NASPA Peer Education Bacchus General Assembly in Denver, Colorado on November 16<sup>th</sup>-19<sup>th</sup> 2017. Students and advisors from across the nation will gather in Denver to be inspired, share ideas, and build exceptional peer education programs and strategies in health, safety, and student leadership. The HAWEs will present their program "How to Increase Programming on Mental Health" which highlights the successful program "Message From a Friend" that we have created this semester. Presenting is Alissa Assad, Kayla Devin, Hannah Verre, Rob White.

## Resources/ Tips

Breaking the link between the trigger and smoking will help you stop. Here is a list to help.

- Do not smoke. Not even one puff!
- Stay busy- try walking, exercising, or other activities and hobbies
- Drink lots of water and juices
- Use nicotine replacement if that's your choice
- Attend a stop-smoking class or follow your self-help plan
- Avoid people who are smoking

For more information:

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/deciding-to-quit-smoking-and-making-a-plan.html>

On Campus Resource: Donna Darmody  
Email: [ddarmody@rwu.edu](mailto:ddarmody@rwu.edu) phone



This program is a Condom Cart that will be making its rounds to your resident hall! Come out of your room to see condom demos, hear contraceptive facts, and grab some condoms! This program will begin November 13<sup>th</sup>. Check with an RA or look for posters with more details on dates and locations!

