

Stall Notes

APRIL 2006

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Alcohol Screening Day

Tuesday, April 11

10am to 2pm

2nd Floor of ADUC

Alcohol use has been associated with increased risk of injury, academic problems, relationship problems, financial and legal problems. At the screening, participants will take a written survey that will help determine if they are at risk of problems. **Participants will receive a free t-shirt.** Feedback is given by a professional. For more information call 783-5248.

GROANERS!!

Almost everyone needs it, asks for it, gives it, but almost nobody takes it. What is it?

Advice

How can you leave a room with two legs and return with six legs?

Bring a chair back with you.

How can you tell the difference between trees?

Listen to their barks.

At what sports do waiters excel?

Tennis. They really know how to serve!

A man had two sons and named them both Ed. How come?

Two Eds (heads) are better than one.

What do you call 2 lies?

A paralyse (pair of lies)

What did the dentist say to the golfer?

You have a hole in one.

<http://www.brainteaser-world.com/puzzles/vocal-words/vocal-words-archives.htm>

Sexual Assault

What is Sexual Assault?

Sexual assault occurs when a person is exposed to sexual acts without their consent. Sexual assault is not about sex, it is a way for the offender to gain a sense of power and control.

Relationship risk reductions:

- Beware that most rapes are committed by someone the victim knows and trusts. If you feel uncomfortable don't hesitate to protect yourself – regardless of whether you know the person.
- Communicate your limits clearly. If your date starts to offend you, say so quickly firmly, and clearly. Polite approaches may be ignored and misunderstood. Say no when you mean no.
- Date in groups especially when dating someone new.
- Avoid alcohol or other drugs. They interfere with your ability to think, act, and communicate clearly.

What are the impacts on survivors?

- Survivors commonly experience fear, anxiety, grief, guilt, shame, anger, and confusion.
- In the long run survivors are at greater risk for mental health problems than those who have never been sexually assaulted. Approximately 30% experience major depression serious suicidal thoughts, and/or post traumatic stress disorder.

Long term physical impacts include sexually transmitted infections, unplanned pregnancies, eating disorders, sleep disorders, and use of alcohol and/or other drugs. http://www.kasap.org/pdfs/SAAM_Resources_2006

Date Rape Drugs

- Alcohol is the drug most widely used to facilitate rape. Perpetrators often target someone who is already drunk or provide alcohol to ensure that a targeted person gets drunk.
- GHB (liquid ecstasy), Rohypnol (ruffles), and Ketamine (special K) are commonly used to facilitate rape. These drugs can be tasteless, odorless, and colorless. They may cause a person to become “drunk” very quickly and pass out for up to 12 hours. One may have no memory or only partial memory.

It is always important to watch your drinks, alcohol or otherwise!