

Spring Break

How to have a safe and fun week off

Office of Health Education and Promotion

Health Services

(603) 862-3823

www.unh.edu/health-services

Alcohol

Know Your Limit and Stick To It!

That usually means no more than 2-3 drinks in one evening.

Remember, it is your CHOICE to drink or not! You don't have to drink to have fun!

How to have a safe and fun spring break

Alcohol & Spring Break

Know Your Limit and Stick To It!

- Drink only when you want to. If you are offered a drink and don't want one, say "no thanks."
- Eat food before and while you are drinking.
- Make or get your own drinks. And don't leave your drinks unattended.
- Remember that your physical (tired, not feeling well) and emotional (upset, angry) state can influence how alcohol will affect you.
- Skip a drink now and then. Have a soda or non-alcoholic drink in between.
- Don't mix alcohol with any other prescribed, or non-prescription, or illegal drugs.

Alcohol & Spring Break

Caring for a friend who had too much to drink

- CALL 911
- Keep the person still. Moving them could cause them to fall or faint.
- Don't try to walk the person or give them a cold shower to sober them up. Only time can do that.
- Don't give them food, drinks, or other drugs.
- Don't laugh, ridicule, argue, or provoke.
- If the person is vomiting, stay with them. Keep the person from lying down. If they are already lying down, turn their head to one side and keep it from falling back to avoid choking.
- If unconscious, try to wake them up, if you can. If you notice that their breathing is shallow or irregular, or if skin color is washed out, get immediate medical attention.
- It is hard to care for someone who has had too much to drink. If you have had a couple drinks, this can make it even harder. If you are worried about how much you have had to drink, have a sober person stay with the person and make the decisions about what to do.

Alcohol & Spring Break

Women: Alcohol does not discriminate

- If a woman drinks the same amount of alcohol as a man, she will have a 25-30% higher blood alcohol level because of having 10% more body fat on average and also having less water to dilute the alcohol.
- Women have lower levels than men of alcohol dehydrogenase, an enzyme that breaks down alcohol.
- Premenstrual hormonal changes cause intoxication to happen faster in the days right before a woman gets her period.
- Alcohol increases estrogen levels.
- Hormonal contraceptives and other medicine with estrogen increase intoxication.

**Women need less alcohol to feel the effects.
These factors are why women experience more short and long-term
consequences from drinking than men with less alcohol.**

Date Rape Drugs

Alcohol is the #1
date rape drug

How to have a safe and fun spring break

Spring Break & Date Rape Drugs

What are date rape drugs?

- Rohypnol (roofies) and GHB (gamma-hydroxybutyrate) are both known as date rape drugs. In combination with alcohol, they can induce a blackout with memory loss and decrease one's resistance to sexual advances.
- The drugs are often slipped into the drinks of unsuspecting women or men. The drugs are odorless and tasteless remaining undetected.
- About ten minutes after ingesting the drug, the woman or man may feel dizzy and disoriented, simultaneously too hot and too cold, or nauseated.
- One may experience difficulty speaking, moving and may pass out.

Alcohol is the #1 date rape drug.

Spring Break & Date Rape Drugs

Tips on how to avoid an assault with a date rape drug

- Be wary about accepting drinks from anyone you don't know well or long enough to trust.
- If you are accepting a drink, make sure it is from an unopened container and that you open it yourself.
- Don't put your drink down and leave it unattended, even to go to the bathroom.
- Share with others what you have learned about this dangerous drug.
- If you think you have been assaulted, notify the authorities immediately.

Alcohol is the #1 date rape drug.

Safer Sex & Spring Break

If you choose to be sexually active...



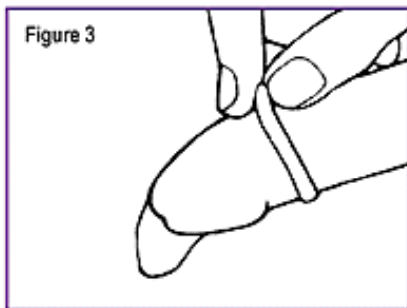
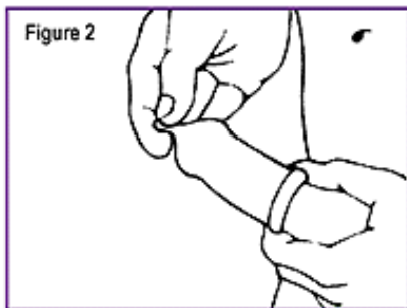
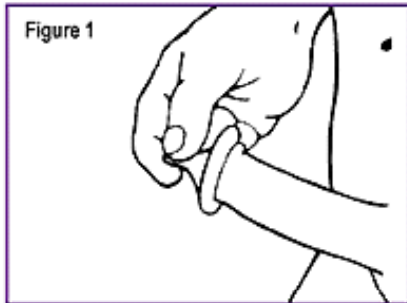
Have sober sex

Use condoms & dental dams

Get consent

Free condoms available at Health Services

Condom Sense!

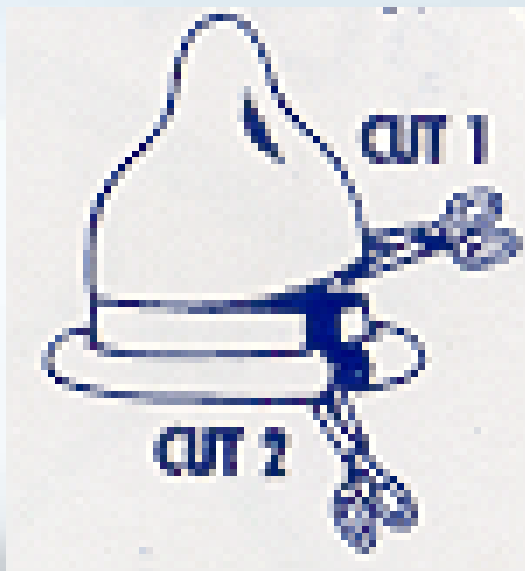


How to use a condom for anal and vaginal intercourse.

1. Open the package carefully, so that you do not tear the condom
2. Put a drop or two of lube inside the condom
3. If not circumcised, roll back foreskin
4. Place the rolled condom over the tip of the hard penis
5. Hold tip of the condom to squeeze out air and leave room for semen (**friction against air bubbles causes most condom breaks**)
6. Unroll the condom with the other hand all the way to the base of the penis
7. Have wonderful sex
8. After ejaculation, hold condom at base of penis while pulling out and throw it away. Never use a condom more than once.

Condom Sense!

How to turn a condom into a dental dam for oral sex.



1. Remove condom (non-lubricated) from package
2. Partially unroll condom and cut horizontally across the top, removing the tip (Cut 1)
3. Then, cut vertically up the side and unroll (Cut 2)
4. The result should be a rectangular piece of latex to be used during cunnilingus or anilingus.

Free condoms and dental dams available at Health Services

Safer Sex & Spring Break

Had unsafe sex?

Confidential HIV Testing and Counseling

\$23/per test (no needles and get results in 20 minutes)

Thursdays 11:00 am – 2:00 pm in Health Services Room 249

Sexually Transmitted Infection (STI) Testing

Price varies

Call (603) 862-1806 for an appointment

Pregnancy Testing and Options Counseling

Call (603) 862-1806 for an appointment

Counseling and Education

Free for students who have paid the Health Services Fee

Call (603) 862-3823 for an appointment

Free condoms available at Health Services

Safer Sex & Spring Break

Contraception Options

Contraception Services and Education

Office visit is free for students who have paid the Health Services Fee

Price varies for contraception

Call (603) 862-1806 for an appointment

Emergency Contraception (EC)

Available at the Health Services Pharmacy

\$25

Must be 18 years old to purchase

When Health Services is closed, call (888) 666-2-5283 or (888) not-2-late for information on where to purchase EC

Free condoms available at Health Services

Travel Safety

Car Safety

- Always wear your seatbelt
- Drive the speed limit
- Don't talk or text on your cell phone while driving
- Don't drive if you are tired and take frequent breaks
- Make sure you have car safety gear in your trunk (jumper cables, flares, etc.)

Travel Safety

- Take all necessary IDs
- Carry your wallet close to your body
- Always lock your motel/hotel door
- Use the buddy system when you go out
- If traveling out of the country, have needed immunizations
- Make sure someone at home knows where you are traveling and how to contact you, if needed
- Know and obey other state and country laws

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Sun Safety

ALWAYS wear SPF 30 sunscreen (whether you are in the sun or not)

Reapply sunscreen often

Avoid tanning booths – they won't protect your skin from the tropical sun! And it is not good for your skin!

Wear sunglasses with UV protection.

Drink plenty of water.

How to have a safe and fun spring break

Not Traveling?

You don't have to travel to have a great spring break!

Spring Break is about taking some time to relax – even if you aren't traveling. Here are some tips to enjoy your break!

- Sleep
- Eat well
- Do something you enjoy: read a book that isn't a textbook, go shopping, go hear a band play, see a movie, or
- Do something special for yourself—get a massage
- Take nice deep breaths
- Carve out time with family & friends
- Spend time outside, it helps reenergize and relax the body, mind, and spirit hangout
- Do something not school or work related that you have needed or wanted to do
- Do something physical (and it doesn't have to be exhausting) – take a walk, snow shoe, run, go bowling, dancing...
- Laugh...lots!

How to have a safe and fun spring break

You can take care of yourself... even after break is over!

Visit the Office of Health Education & Promotion, Health Services
(603) 862-3823 or room 249
<http://www.unh.edu/health-services>

Schedule an appointment with a Wellness Educator/Counselor to speak about:

- Stress management
- Meditation practices
- Anger management
- Relationships
- Sleep concerns
- Nutrition, eating concerns and body image
- Alcohol, tobacco or other drug concerns

We can also make you an appointment...

- To get a Traditional or Hot Stone MASSAGE!!!
- Use the biofeedback machine
- Sit in front of the light therapy lamps

and more!