

THE STALL STREET JOURNAL

Body Respect Week 2024: Celebrate Your Body With Us!



**Body
Respect
Week**

Body Respect Week daily themes:

- Nov. 11: Gentle nutrition** (learn how to make peace with food). Attend our Body Respect Week kickoff event. There will be FREE food!
- Nov. 12: All bodies are good bodies** (celebrate your body in its entirety with us).
- Nov. 13: Dress for the body you have right now** (learn to be content with wearing what's best for your body).
- Nov. 14: Sexual Pleasure/Sexual Liberation** (healing and experiencing embodied pleasure).
- Nov. 15: Joyful Movement** (join us in moving our bodies in a way that feels good for you).

Body Respect Week is Nov. 11-15 and will bring queer-inclusive, holistic, body-positive health events to the Tulane community!

The messages we receive about our bodies and health can be confusing and oftentimes misleading. We are often told to love our bodies or to embrace body positivity, but Body Respect Week asks us to shift our thinking. Instead—whether we feel completely comfortable with our bodies or not—what if we respected our bodies just as they are and for all that they do for us? It invites us to embrace our neutral states, without fear, shame, or pressure. This takes an unlearning of what society has told us matters about our bodies and a relearning of who we truly are.

Body Respect Week is for all bodies. It is an invitation to be a part of conversations about bodies, one that nourishes and celebrates who we are and who we can become, including every way we show up in the world. We hope that Body Respect Week events help you to think about: How has your body—just as it is—helped you survive in this world? What are some ways your body shows up just for you? What can you do to take better care of your body? What would be possible if you decided your body wasn't a problem?

Body Respect Week is an invitation to reclaim the body respect that is your birthright.



For more information on Body Respect Week events and informational literature/resources on any and all movements related to body respect, scan the QR code or visit campushealth.tulane.edu/body-respect-week.



TUPHE FEATURE

Harm Reduction and Nicotine Usage

If you use nicotine products, here are some tips to mitigate the negative effects:

- When using nicotine products, choose brands that are federally regulated. Products from unreliable brands may pose additional health risks.
- If you vape or smoke, always do it outdoors! Using these products indoors exposes others to harmful aerosols that contain heavy metals and fine particles.
- To reduce the risk of spreading diseases, avoid sharing nicotine pouches, cigarettes, or vapes.
- Alternate sides when using nicotine pouches. Consistently placing the pouch in the same spot can cause gum irritation.
- Keep nicotine pouches still to minimize gum discomfort. Pushing the pouch as far upward as possible can reduce gum abrasion. If it still causes discomfort, consider switching to slimmer pouches.
- Spit while using nicotine pouches, as swallowing saliva during use may irritate your throat.

Drunk Cigs Do Count: Know Before You Mix

- **Nicotine + Alcohol:** Drinking alcohol can increase nicotine cravings, but mixing the two can have negative effects. Alcohol and tobacco together can raise blood pressure, increasing the risk of cardiovascular disease. Since nicotine is a stimulant, it may make you feel less intoxicated, prompting you to drink more.
- **Nicotine + Benzodiazepines:** Nicotine can heighten cravings for benzodiazepines (e.g., Xanax, Valium). However, nicotine may reduce the dopamine response to these drugs, potentially leading to increased benzodiazepine misuse.
- **Nicotine + Cannabis:** Combining nicotine and cannabis increases the risk of lung damage, respiratory issues, and greater dependence on both substances.

Wanting to Cut Down on Nicotine Consumption?

- Avoid places and activities that you associate with nicotine use.
- Consider switching to lower-nicotine brands or taking in smaller amounts of nicotine at a time.
- Find alternatives to smoking! Distract yourself with hard candy, mints, gum, sunflower seeds, jerky, toothpicks, or other items to help curb cravings.
- Explore the **Tulane Recovery Community**, which offers peer-driven support for those looking to reassess their relationship with alcohol and other substances. For more information, visit campushealth.tulane.edu/trc.

ASK US ALL YOUR "TUPHE" QUESTIONS.

TUPHEs are certified peer health educators who are health education, prevention, and harm reduction leaders on campus. Ask us your "TUPHE" (tough) questions on our topic areas: **Mental Wellbeing, Alcohol and Other Drug Use, Sexual Violence Prevention, Sexual Health, and Nutrition.**

Questions will be answered via our Instagram [@tulanetuphes](https://www.instagram.com/tulanetuphes). To submit a question, scan the QR code to the right.

