

THE STALL STREET JOURNAL

No Tricks, Just Healthy Habits



October can be scary for a lot of reasons: cooler mornings, midterms, and costume decision fatigue. With so much change in the air, keeping up your physical health is key.

Make primary prevention your new BFF! Carving out time for basic healthy habits is the easiest way to keep away the germs lurking out there.

1. Give your body time to reset after a late night.
2. Rehydrate to replenish what you've lost.
3. Fuel up with nutrient-rich foods like greens, eggs, yogurt, and citrus.



Get Your Flu Shot on Campus

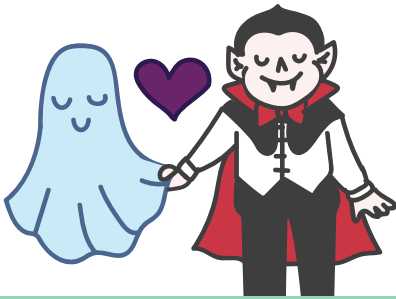
Your best defense against the flu? Get your flu shot! Campus Health is making it easy with on-campus flu shot clinics, now through Nov. 7. For more information, visit campushealth.tulane.edu/flu.

Already sick? Here are some tips to beat the bug!

1. Keep fueling your body so it can heal.
2. Most minor illnesses clear in a few days, but watch for signs you need care:
 - Persistent high fever
 - Cold symptoms lasting longer than a week
 - Inability to keep food or liquids down

Some illnesses, like strep throat or pneumonia, may require prescriptions to fully resolve. Campus Health offers same-day appointments—call 504-865-5255 first thing in the morning to schedule.

Spooky Season Safety Tips



October brings costumes, and candy—but also a few tricks. Avoid *frightening* outcomes by making safe and thoughtful choices.

If you choose high-risk activities, use risk reduction strategies to *ghoul-proof* your plans:

Costume Consideration

Respect people's identities and beliefs. A culture is never a costume, and stereotypes aren't funny. Choose costumes that celebrate creativity without causing harm.

Friend or Foe?

Costumes are half the fun of Halloween, but they can also make it harder to recognize who's who. Masks,

face paint, and group costumes can blur identities, so it's important to stay aware of your surroundings. Keep tabs on your crew throughout the night and check in regularly.

Not-So-Sweet-Treat

Halloween-themed drinks may be tempting, but sometimes that "spooky" punch is way stronger than it tastes. Before you grab a cup, make sure you know what's in it and who made it. Open punch bowls can be easy to spike or accidentally mix with too much alcohol, so when in doubt, stick to drinks you've seen made or make yourself.



TUPHE FEATURE

A Costume Is Not Consent

As we enter spooky season, everyone deserves to feel empowered in their costumes. No outfit is ever a green light for unwanted touching, inappropriate comments, or any form of sexual harassment or assault. **A costume never implies consent.** Planned Parenthood reminds us that consent is as simple as **F.R.I.E.S.**:

- **F** – Freely given: without pressure, coercion, tricks, or threats
- **R** – Reversible: changing your mind is always okay
- **I** – Informed: both parties understand and agree to what is happening, including things like using protection
- **E** – Enthusiastic: communicate desires and boundaries clearly with concise "yes" or "no"
- **S** – Specific: no one should engage in any activity beyond what was consented to without first asking

Since we're still in the *Red Zone*—the time when sexual assault risk is highest on campus—it's even more important to put the consent and healthy relationship skills you've learned into practice. For example, remember that someone who's incapacitated can't consent, and paying attention to both non-verbal cues and words is key.

The Importance of Domestic Violence Awareness Month

SAPHE FEATURE



October is Domestic Violence Awareness Month (DVAM), a national campaign to raise awareness, support survivors, and prevent abuse. Domestic violence—also called intimate partner violence (IPV)—can be physical, sexual, emotional, financial, or psychological, and is about one partner seeking control over another. DVAM reminds us to support survivors, challenge harmful norms, and work toward ending violence in all its forms.

On college campuses, IPV impacts academics, mental health, and safety. According to Tulane's 2022 Climate Survey, 20% of undergraduate men and 40% of undergraduate women reported experiencing sexual violence. On a national level, rates of sexual violence are even higher for LGBTQ+ students. According to the National Sexual

Violence Resource Center, nearly 60% of lesbian women and gay men have reported experiencing sexual violence, and 4 out of 5 bisexual women have experienced sexual violence.

You can support survivors by listening without judgment, respecting their autonomy, and sharing resources without pressure. A compassionate, trauma-informed response makes a difference.

DVAM is about awareness and action. If you're passionate about advocacy and culture change, consider applying to join SAPHE (Tulane's Sexual Aggression Peer Hotline and Education). Learn more by visiting our Instagram

@tusaphe; scan the QR code to apply or visit bit.ly/saphe-f25.

