

THE STALL STREET JOURNAL

Hurricane Season Is Now: Prepare for More Than Just the Storm

Whether you are a returning student or a newly arrived freshman in New Orleans, it is important to remember that the start of the fall semester also marks the beginning of peak hurricane season. Now is the time to prepare, not only for weather alerts and university communications, but also for your physical and mental wellbeing throughout a storm's life cycle.

Shelter-in-Place Essentials

If sheltering in place, make sure to stock first aid supplies, a portable charger, batteries, paper plates and utensils, flashlights or lanterns, wet wipes, nonperishable food and snacks, and at least one gallon of water per person per day.

Have an Evacuation Plan

All Tulane students, faculty, and staff are required to have a personal evacuation plan documented in their Gibson Portal. Consider transportation, lodging, emergency contacts,

backup options, and any medical or accessibility needs. Sign up for NOLA Ready alerts by texting **NOLAREADY** to **77295** and keep a go-bag ready with clothing, toiletries, medications, important documents, cash, and other essentials.

Manage Medications Early

If you take prescription medications, check refills as soon as a hurricane watch is issued. Have at least seven days of medications available, contact your pharmacy 48–72 hours before evacuation, and keep medications in their original packaging.

Hydration and Nutrition

During and after a storm, prioritize hydration and basic nutrition. Store water, electrolytes, canned proteins, carbohydrates, and shelf-stable foods. Plan ahead for allergies and dietary restrictions, and focus on sustenance rather than dieting.



Alcohol/Drug Safety

Emergency services may be stretched thin during severe weather, and loss of air conditioning can increase dehydration risks. If you choose to drink or use substances, do so in moderation and continue drinking water.

Take Care of Your Mental Health

Movement through yoga, cardio, or at-home workouts can help reduce stress. Creative outlets such as movies, music, crafts, or art can provide healthy distractions, and staying connected with others can make challenging situations feel more manageable.

SHATTER the RED ZONE



What is the Red Zone?

As we begin another exciting semester at Tulane, it is important to acknowledge we are also entering a critical period. The *Red Zone* refers to the period between the start of the fall semester and Thanksgiving break during which a majority of campus sexual assaults are statistically shown to occur.

How do I help?

You can do your part in protecting your fellow students by brushing up on consent, healthy sexual communication, and bystander intervention methods.

1. Before engaging in any sexual interactions, give some thought to your desires and boundaries. **It is okay to change your mind, and you have the right to withdraw consent at any time.**
2. Affirmative consent must be given before any sexual activity takes place. The Tulane Office of Student Conduct defines Affirmative Consent as informed (knowing), voluntary (freely given), and active (not passive), meaning that, **through the demonstration of clear words or actions**, a person has indicated permission to engage in

mutually agreed-upon sexual activity.

3. Recognize the symptoms of incapacitation, the point at which someone who has been drinking or doing other drugs can no longer consent. Signs of incapacitation include vomiting, slurred speech, and difficulty walking. **An incapacitated person cannot consent and sexual activity with an incapacitated person is sexual assault.**
4. Be an active bystander by practicing the 4 Ds of bystander intervention:
 - **Direct:** If it is safe to do so, step in and directly address the situation by telling the person to stop or otherwise calling out the harmful behavior.
 - **Distract:** You can also indirectly interrupt a harmful interaction through distraction. Try to remove the person from the situation by asking for directions or pretending like you were looking for them.
 - **Delegate:** If you do not feel safe getting involved, delegate to someone who can intervene. This may include a person of authority like a bartender, bouncer, security guard, or police officer.

- **Delay:** If for some reason you cannot intervene, check in on the person after the situation has occurred. Support the person who was victimized and help connect them to relevant resources.

Additional learning opportunities

Visit our table on McAlister from **2:30-4:30 PM on Fridays from August 21-October 30** to pick up free harm reduction resources, learn how to be an active bystander, and find out how to support someone impacted by sexual violence.

To learn more about available resources for survivors of sexual violence, scan the QR code at the right or visit bit.ly/tu-allin-ismrg.



Keep up with the student organization **Sexual Aggression Peer Hotline & Education (SAPHE)** year-round! Follow them on Instagram [@tusaphe](https://www.instagram.com/tusaphe) or scan the QR code.