



What is the "Red Zone"?

The "Red Zone" is a period at the beginning of the academic year when there is a spike of sexual assaults on college campuses. This period spans from the start of the fall semester to Thanksgiving break. Fifty percent of all sexual violence that takes place on U.S. college campuses occurs during this time. Now and throughout the school year, it is of utmost importance that students practice consent during their sexual encounters to end the Red Zone on Tulane's campus.


End the Red Zone by prioritizing consent:

- **Give some thought to your sexual desires and boundaries ahead of time.** While it's often hard to know for sure, and changing your mind in the moment is *always* OK, feel empowered to communicate your wants and limits clearly to your sexual partner before you find yourself in the heat of the moment.
- **Ask your partner what they want,** and really listen to what they tell you.
- **Be able to recognize the symptoms of incapacitation,** the point at which someone

who has been drinking or doing other drugs can no longer consent. Signs include amongst others vomiting, slurred speech, unsteady walk, and smelling of alcohol. Sexual activity with an incapacitated person is always sexual assault.

- **Be an active bystander,** and encourage others to be active bystanders as well in any situation in which someone might need help or is being treated poorly by a partner.

ON-CAMPUS RESOURCES FOR SURVIVORS OF SEXUAL VIOLENCE

- **Interactive Resource Guide for Survivors of Sexual Violence:** 
- **SAPHE 24/7 peer support hotline** – (504) 654-9543
- **The Counseling Center**– (504) 314-2277
- **Case Management and Victim Support Services** – (504) 314-2160
- **Title IX Coordinator** – (504) 314-2160
(Responsible for ensuring every report receives a response.)



Menstruation Celebration

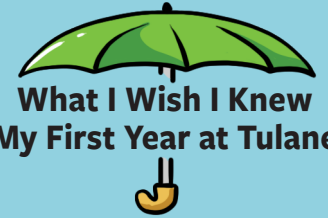
Menstruation Celebration is a day dedicated to destigmatizing and minimizing the shame around periods. You are invited to embrace this celebration **at the Period Party on September 14th from 11-1:30 PM on the LBC Mezzanine.** There will be free menstrual health products available including menstrual cups, disposable absorption products, heating pads and bottles, and resources for menstrual pain support! While we realize that for most getting your period is not a cause for celebration, Menstruation Celebration is about gaining the tools and knowledge to menstruate on your own terms, in a way that is most comfortable to you.

Tulane for Every Body Club

Are you looking for a safe space to talk about your relationship with your body and food? Are you looking for a way to promote respect and body neutrality on campus? Are you looking for support for an eating disorder or want to help someone you know who may have one? If you answered yes to any of these questions, Tulane for Every Body may be the club for you! We're a new club on campus (est. Fall 2022) and we're dedicated to advocating for the inclusion and support of all people regardless of body shape and size. Our goal is to promote healthy conversations around body image as well as raise awareness for eating disorders on campus. Together we can create a more positive environment on campus, and you can be a crucial part of that change!



TUPHE/SAPHE FEATURE



What I Wish I Knew My First Year at Tulane

First semester of college? Here are some things our Peer Health Educators and Sexual Aggression Peer Educators wished they had known their first year at Tulane:

- ▶ **ALWAYS bring an umbrella with you in your backpack.** It is New Orleans, and even if it is 70 degrees and sunny in the morning, it can downpour in a matter of seconds.
- ▶ **Freshman year is full of growing pains.** Embrace them and understand you're growing.
- ▶ **Get to know your professors, especially if they have a similar career path as you!** Professors are much more useful than high school teachers when it comes to career questions, letters of recommendation, and more.
- ▶ **It's okay to stay in on the weekends.**
- ▶ **You don't have to prove yourself to anyone.** Find friends and people that make you feel good and lift you up.
- ▶ **Do what makes YOU comfortable.** Don't get too wrapped up in what you think other people are doing. Statistics show that students perceive that other students are living riskier lives than they actually are.

TU WELLNESS MAP

Check out The Well's map to campus to find out locations of **free resources around campus** and places to take care of your body, mind, and spirit.

