



## Why and what is Body Respect Week?

Body Respect Week is coming! November 8-12, 2021 we will bring the Tulane community comprehensive, queer-inclusive, culturally specific, body-positive health events. The language around our bodies and health can be confusing and oftentimes misleading. The goal for this week is to help Tulane students shift their thinking from having to love their body towards respecting their body. Body respect is all about coming back to our default states, without the pressure of shame or negativity. It takes an unlearning of what society has tried to tell us matters about our bodies and becoming who you are. We hope that students understand that respect carries reciprocal energy. Your body will honor you when you honor it. Body Respect Week is for all bodies. Body Respect Week 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 helps you to think about, how has your body, just as it is, helped you survived 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 the problem? Body Respect Week is an invitation to reclaim the body respect that is your birthright.

### What themes/events can people look forward to:

#### November 8, 2021

*Gentle nutrition - Learn how to make peace with food*

Attend our Body Respect Week kickoff event, there will be food!

#### November 9, 2021

*All bodies are good bodies*

celebrate your body in its entirety with us

#### November 10, 2021

*Dress for the body you have right now*

learn to be content with wearing what's best for your body

#### November 11, 2021

*Sexual Violence Prevention/Sexual Health healing and experiencing embodied pleasure*

#### November 12, 2021

*Mindful Movement*

join us in moving our bodies in a way that feels good for you

### TUPHE FEATURE

## The National College Health Assessment Survey: Why it Matters

Did you know that the American College Health Association's National College Health Assessment is being disseminated to ALL Tulane students this November? Now you do and this means you, yes YOU, will be receiving it!

#### What's NCHA?

It's a confidential survey used to gather health and well-being information about Tulane students and it comes right to your Tulane email address.

#### What's in it for me?

You might be asking yourself, "self, why would I complete this assessment?" Well, here are a few reasons:

- *It's easy to take.* Click the link in your email, read the consent form, and off you go
- *It's online* so you can take it anytime, anywhere, on any device
- *Win exciting prizes* like an Ipad or Wavebucks.
- You will provide information that will *help shape future health initiatives at Tulane*

#### More questions?

If you'd like to talk with someone about the health issues addressed in the survey, contact *The Well for Health Promotion* at [whp@tulane.edu](mailto:whp@tulane.edu)

## ...live well Highlights



#### Body Respect Week

Nov 8th-12th

[campushealth.tulane.edu/content/body-respect-week](http://campushealth.tulane.edu/content/body-respect-week)



#### The Great American Smokeout

November 18 - 11am-1pm

The Great American Smokeout is a challenge for smokers to give up cigarettes for 24 hours. Join us on McAlister to learn more about the Great American Smokeout and ways to participate.



#### Counseling Center Virtual Services

Students can utilize innovative online and mobile self-help tools to navigate a wide range of mental health concerns, promote resiliency, and optimize positive mental health.