

Do YOU! #doyou

HEALTH TIP #2
AUGUST 31, 2014



Hey, everyone!! It's gio, welcome to your first official health tip. Official in the sense that I have something of actual marginal value to share with you, and also official in the sense that I still am not funny. On that note, I now realize that most of the Obama memes on the internet are super racist, so feel free to use the space provided below to propose alternatives for me to post next time/vandalize this health tip:



Okay, one last Obama meme:



Do YOU! is a resource provided by the Tang Center tasked with promoting healthy choices.

DRINKING

Here are a few tips when it comes to **drinking** (this was written mainly for college freshmen, but still applies to I-House people):

- Set and stick to your limit
- Use the buddy system (go out with people who have your best interest at heart)
- Know the alcohol-related policies and penalties

Look out for signs of **alcohol poisoning**, e.g.

- Cold, clammy skin
- Unconsciousness
- Slow or irregular breathing
- Vomiting, especially while passed out

Call **911** if you notice any of these, please!!!!!!!!!!!!!!

DATING AND SEX

When it comes to **dating** and **sex**, the most important word in the world is **consent**.

We try to make these health tips bearable (go bears..) by making complete fools of ourselves, but this topic truly means a lot to us.

Please, please, please, please ask for consent before sex.

In this case, **"No" is always a complete sentence**, and anything that seems or feels even infinitesimally **different from a sincere, sober, and enthusiastic "Yes!" is an automatic "No"**. Your peers are amazing; treat them with respect and the world will be a better place.

Your Health Workers are here to help you *Do YOU!*, so feel free to come to us for supplies ;), referrals to the Tang Center, or just to chat. **Also, we are all single. Just putting it out there.**

RESOURCES YOU CAN USE

More info on Do YOU:

<http://uhs.berkeley.edu/doyou/>

Funny Cat Video:

<https://www.youtube.com/watch?v=Awf45u6zrP0>

VISIT THE TANG CENTER!!! It's a fun place!!!
2222 Bancroft Way, Berkeley CA 94720

Appointments (M-F 8-5): 642-2000

Advice Nurse (M-F 8-5): 643-7197

Self-Care Resource Center: 642-7202

www.uhs.berkeley.edu/healthworker

Reminder: all students can use Tang even if they

waived out of Student Health Insurance Plan (SHIP)

Health Tips are written by I-House Health Workers for I-House residents. But many of these tips may be applicable to all international students at UC Berkeley.