FAU WELLNESS GUIDE

TOPICS OF DISCUSSION

Today & Beyond Wellness

The mission of Today & Beyond Wellness is to provide education, support, and resources for the FAU community in all areas of wellness including: sexual health, nutrition and healthy eating, exercise, stress management, substance abuse, HIV/AIDS awareness, self-esteem and healthy relationships.

Today & Beyond Wellness will provide current and relevant wellness information and resources to support the FAU community, as well as, promote healthy lifestyle choices through dynamic programming. Providing wellness resources and support enhances the health of our community which directly increases opportunities for student academic and personal success as well the resiliency and functioning of our staff and faculty.

Our core values:

- Recognize student needs and provide appropriate support
- Provide relevant and accurate educational information
- Empowering students and supporting self-efficacy to make healthy life choices
- Provide an environment which is open, non-judgmental, inclusive and supportive

Our office is located in SS-8 Room 222, above the food court in the Breezeway.
The Peer Education Team (PET)

The Peer Education Team makes Today & Beyond Wellness possible. What better way to learn than from your peers! PET members volunteer their time, talent and energy to promote healthy lifestyle choices for the FAU community. After receiving educational training in wellness topics, they assist in the design and facilitation of workshops, peer theater presentations, classroom programs and numerous fun events and activities.

PET members come from all backgrounds and educational majors. They receive invaluable experiences and volunteer hours (and possibly college credit) that impact future personal, educational and career endeavors. PET members are also aware that they make a significant contribution during their years at FAU.

**Annual Events Include:**
- Wellness Expo
- Collegiate Alcohol Awareness Week
- Great American Smoke Out
- Stress Reduction Seminars
- Tobacco Cessation Classes
- Breast/Testicular Cancer Awareness
- World AIDS Day
- Sexual Responsibility Week
- Safer Spring Break Festival
- Healthy Nutrition Month
- Eating Disorders Awareness

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**New PET members are always welcome! For more information, call 561-297-1048, visit [www.fau.edu/today](http://www.fau.edu/today), send an email to [faupets@fau.edu](mailto:faupets@fau.edu), or drop by the office to meet the staff.**

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**Classroom Presentations Include:**

- Owlcohol 101
- Sexy Times with Dr. Weaver
- Stress: Life’s a B-E-A-C-H
- EFN: Exercise, Foods, Nutrition
  - Drugs, Man
  - STI Round-Up
- Healthy Relationships
HIV/AIDS & STI TESTING

Know Your Status

Students may choose from several testing options offered on-campus through Today & Beyond Wellness and Student Health Services. Off-campus testing resources can be provided in the Today & Beyond Wellness office.

Today & Beyond Wellness is located in SS8, Room 222

* OraQuick® – Free and confidential rapid HIV testing is offered two to three Thursdays of each month in the Today & Beyond Wellness office. The rapid HIV test requires the collection of an oral fluid specimen or a drop of blood, and the results are provided in approximately 30 minutes. Testing is done on a first come, first served basis and is offered to FAU students, faculty, staff, and community members. Contact the office for more information at 561-297-1120 or by visiting our website www.fau.edu/today.

Student Health Services is located in 8W, Room 240

* OraQuick® – This confidential and rapid HIV test requires the collection of an oral fluid specimen and the results are provided in approximately 30 minutes. Testing is done by appointment only, and at a cost of $27.80. Contact Student Health Services to make an appointment by visiting www.fau.edu/shs or by calling 561-297-2246.

*Blood Test – This confidential HIV test requires the collection of a blood specimen. Students may choose to receive results in four weeks at NO CHARGE or receive results in one week at the cost of $22.00. This test is offered by appointment only to FAU students. Contact Student Health Services to make an appointment by visiting www.fau.edu/shs or by calling 561-297-2276.

*STI Screening is available to registered FAU students by appointment only. Testing is offered at a reduced cost. To make an appointment or inquire about cost, visit www.fau.edu/shs or call 561-297-2276.
Safe Zone

Florida Atlantic University is a place where human rights are valued and where Lesbian, Gay, Bisexual and Transgender (LGBT) students, their families and allies are welcomed and supported.

The Mission of Florida Atlantic University Safe Zone is to provide an environment where human rights are valued and where LGBT students will find a network of understanding, supportive, and trustworthy staff and faculty to listen to concerns and provide information or referrals when necessary.

An individual who displays the Safe Zone symbol is:

- One who will be understanding, supportive and trustworthy if a LGBT student or colleague needs help, advice or someone to listen
- One who avoids heterosexist assumptions
- One who believes that our campus is enriched by the diversity of LGBT people
- One who provides a comfortable, safe and confidential environment

For more information about upcoming trainings and any questions regarding the Safe Zone program, contact 561-297-0434.

The FAU Lesbian, Gay, Bisexual, Transgender, Questioning, and Ally (LGBTQA) Resource Center is located in the Office of Multicultural Affairs and Pre-College Programs
SS-8, Room 224      561-297-0434      lgbtqa@fau.edu
Using Student Health Services

Mission Statement The mission of Student Health Services is to provide and promote quality health care and wellness education and resources that are essential for the academic and personal success of members of our diverse university community.

Our Vision Student Health Services will be an outstanding resource committed to meeting the changing health and wellness needs of the university community.

Eligibility All FAU students who are enrolled in the current semester are eligible for services. Students enrolled in the previous semester may be eligible for services; inquire at Student Health. Proof of current enrollment is required. All students must present a valid photo ID before receiving services.

Staffing Board-certified Physicians, Advanced Registered Nurse Practitioners, Registered Nurses, a board-certified Dentist, Dental Hygienists, and a well trained support staff work cooperatively to provide comprehensive quality health care. All professional staff members are Florida State licensed, registered and/or certified depending on their expertise and service areas.

Women's Clinic Our staff provide a variety of gynecological services that include routine annual check-ups (pap smear, pelvic and breast exam), contraception counseling, pregnancy testing, and treatment for sexually transmitted diseases and vaginal infections. All services are provided for a reduced fee by appointment only.

Dental Clinic A consultation and oral exam by the dentist, cleaning, x-rays and other dental procedures are provided for reduced fees by appointment only. For treatment other than those listed above, referrals are made to community dentists, where the student is responsible for payment for services.

Pharmacy The FAU Pharmacy serves FAU students, faculty, staff and other community members. The Pharmacy is located in Building SS-8 upstairs from the Breezeway Food Court on the Boca Raton campus. A wide selection of over-the-counter items and prescription medications are maintained or are typically available within 24 hours. Visit www.fau.edu/shs for more information.

Testing Laboratory tests needed to assist in diagnosis and follow-up are available at reduced fees. Some diagnostic tests (EKGs, ultrasounds, etc.) are available at reduced fees; X-rays and other sophisticated diagnostic testing are referred to community resources, where the student is responsible for payment for services.

Immunization/Screenings The following immunizations are available at discounted fees: Tetanus, HPV, Hepatitis B, Influenza, Measles, Mumps, Rubella, Meningitis and Tuberculosis testing.

Medical Insurance An accident and sickness insurance plan is available for a reasonable fee. Brochures explaining this program and its costs are available at Student Health Services.

Emergency Services Emergency services, those required for life-threatening conditions, are not provided by Student Health Services. For a medical emergency on campus, please call Campus Police at 911 or 561-297-3500. If emergency services or medical attention are required after hours, two nearby facilities are the Boca Raton Community Hospital 561-95-7100, and U.S. Healthworks Walk-In Medical Center 561-368-6920.

Other Campus Student Health Services:
Broward Student Health Services (Davie) 954-236-1556
Treasure Coast Campus-Linda Delo, D.O 772-871-5900
Jupiter Student Health Services 561-799-8678
Recreation and Fitness

Just move it! Regular exercise helps you feel better…

- Helps you feel more energetic and decreases fatigue
- Helps in coping with stress, anxiety and depression
- Helps you to relax and sleep better
- Is something fun you can do with friends

Look and Work better…

- Tone muscles
- Burn off calories and control your appetite
- Builds stamina, muscle strength and breathing capacity
- Increase your capacity for physical work
- Help your heart and lungs work more efficiently

For optimum results, exercise for at least 60 minutes, 3-5 times a week.
Choose an activity that you enjoy. If you are having fun, you’ll make time in your weekly schedule. If you’ve been inactive for a long time, build slowly. Exercise at a comfortable pace – Remember the Talk/Sing test. If you are running or walking briskly you should be able to talk but not sing. Remember to warm up properly before exercising and to cool down after your exercise routine.

Become more physically active throughout the day.
Take advantage of every opportunity to get up and move around!

- Use the stairs instead of the elevator.
- Take an exercise break. Get up and stretch, walk around and give your muscles and mind a chance to relax.
- Participate in intramural/club sports.
- Frequent the Campus Recreation and Fitness Center.

Campus Recreation – Boca Raton Campus

Florida Atlantic University offers a wide variety of facilities to accommodate the fitness and recreational needs of the students, faculty and staff. Visit the new state-of-the-art Recreation and Fitness Center Building 91 on the Boca Raton campus to play, get fit and meet new friends.

Student Wellness Center – Davie Campus

2912 College Avenue, Davie, FL 33314 Phone: (954) 236-1270

For more information about general rules, hours of operation and information about intramural sports or special events please call (561) 297-4512 or visit http://www.fau.edu/campusrec/
DIMENSIONS OF WELLNESS

Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life.

Wellness combines seven dimensions of well-being into a quality way of living. Overall, wellness is the ability to live life to the fullest and to maximize personal potential in a variety of ways. Wellness places responsibility on the individual; it becomes a matter of self-evaluation and self-assessment. Wellness involves continually learning and making changes to enhance your state of well-being.

**Physical (Body)**
A healthy body is achieved and maintained through good nutrition, regular exercise, avoiding harmful habits, making informed and responsible decisions about health and seeking medical assistance when necessary.

To remain well, physical wellness requires that you take steps to protect your physical health by eating a well-balanced diet, getting plenty of physical activity and exercise, maintaining proper weight, getting enough sleep, avoiding risky sexual behavior, trying to limit exposure to environmental contaminations and restricting intake of harmful substances.

**Intellectual (Mind)**
A state in which your mind is engaged in lively interaction with the world around you.

Intellectual wellness involves unbridled curiosity and ongoing learning. This dimension of wellness implies that you can apply the things you have learned, that you create opportunities to learn more and that you engage your mind in lively interaction with the world around you.

**Emotional (Feelings)**
The ability to understand your own feelings, accept your limitations, achieve emotional stability and become comfortable with your emotions.

Emotional wellness implies the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way and enjoy life despite its occasional disappointments and frustration.
**Social (Family, Friends, Relationships)**
*The ability to relate well to others, both within and outside the family unit.*

Social wellness endows us with the ease and confidence to be outgoing, friendly and affectionate toward others. Social wellness involves not only a concern for the individual, but also an interest in humanity and the environment as a whole.

**Occupational (Career, Skills)**
*Preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness and enrichment in your life.*

Occupational wellness means successfully integrating a commitment to your occupation into a total lifestyle that is satisfying and rewarding. The development of occupational satisfaction and wellness is strongly related to your attitude about your work.

**Environmental (Air, Water, Food, Safety)**
*The capability to live in a clean and safe environment that is not detrimental to health.*

The quality of today’s environment has a direct effect on personal wellness. To enjoy environmental wellness, we require clean air, pure water, quality food, adequate shelter, satisfactory work conditions, personal safety and healthy relationships.

**Spiritual (Values, Purpose, Intuition, Vitality)**
*The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life.*

Spiritual wellness is a search for meaning and purpose in human existence leading one to strive for a state of harmony with others while working to balance inner needs with the rest of the world.

Designing your lifestyle with all of these dimensions in mind will help you to achieve your highest potential, including having a successful experience as a college student. Achieving a wellness balance is a process requiring the directions of your thoughts and energy into a balanced integration of all these dimensions. The Wellness Model illustrates how these dimensions are juggled within the context of campus life and your place in the larger society.

This planning guide provides you self-assessment that will help you look at your lifestyle choices.
STAYING WELL

The top twelve ways to stay well:

1. **Eat a balanced diet that includes a variety of foods.** Eat regularly and avoid skipping meals. Food is energy, which you will need to stay focused.

2. **Exercise regularly.** One hour a week is helpful, but our bodies really need five or more hours for optimum physical and mental wellness.

3. **Get adequate rest.** A good night’s sleep allows you to feel refreshed, alert and in good spirits the next day. Know your body and what works best for you.

4. **Reduce stress.** Incorporate fun activities in your daily routine to keep a positive attitude and maintain a sense of humor.

5. **Wash your hands.** Soap and water can reduce the risk of passing the common cold virus and other pathogens that may cause illness.

6. **Avoid tobacco and drugs.** Monitor alcohol use. If you choose to drink, pace yourself and know your limits. Tobacco use and drug misuse can be deadly.

7. **Always be aware of your surroundings.** Use common sense when walking at night or in unfamiliar areas. Use the Night Owls to get around campus safely in the evenings, call 561-297-6695.

8. **Wear seat belts.** It’s the law and it will help you stay alive.

9. **Protect yourself from sexually transmitted infections (STI).** Abstinence is the only 100% means of protection. If abstinence is not for you, there are many ways to make sex safer. Come by Today & Beyond Wellness for protection and more information about staying safe.

10. **Protect your skin.** Wear protective clothing and use sunscreen with at least SPF 30. Reapply as needed.

11. **Get a check-up regularly.** Keep your immunizations up-to-date. Get regular physicals, STI screenings, dental care and vision exams.

12. **In case of illness or injury, seek help.** The Campus Police, Victim’s Advocate and Student Health Services are some of the many resources available to you.
Alcohol

Most students, who choose to drink, drink responsibly. For some students, making this decision can make all the difference.

Things to remember before you decide to drink:

- Don’t drink on an empty stomach.
- Avoid drinking games or drinking quickly. Your body processes about 1 drink per hour.
- “Go easy” when tired, stressed, ill or when taking medication.
- Women do not process alcohol as effectively as men. They get drunk twice as quickly, and sober up twice as slowly.
- Feel comfortable with saying “no thanks”.

How to prevent dangerous situations from occurring:

- Before leaving home decide who will be the designated driver. Alcohol-impaired driving is the leading cause of death among 15-24 year olds.
- Call a cab when you have no designated driver.
- Don’t leave your friends alone, arrive together and leave together.

Alcohol and Safety

- Alcohol increases your chances of being either a victim or a perpetrator of a crime.
- 90% of all campus rapes are linked to alcohol.
- 1 in 12 college males admit committing acts defined as rape or acquaintance rape while drinking.
- Female college freshman are at the highest risk for sexual assault in the first 3 months of school.
- 70% of college students admit to having engaged in sexual activity under the influence.
- 60% of college students who are infected with STI’s, were under the influence at the time of the infection.

Signs of Alcohol Poisoning:

- Cold, clammy, bluish skin
- Passed out
- Not responsive
- Shallow or irregular breathing
- Vomiting

What to do:

- Turn the person on his/her side and support the person so that s/he cannot roll face down or on their back
- Don’t leave the person unattended
- Keep the person warm. Do not give the person water. Ingesting water or food can lead to choking or death.
- Call 911

For Help: If you or a friend has a drinking problem, please contact the following services: Counseling Center @ 561-297-3540, Student Health Services @ 561-297-3512 or Today & Beyond Wellness @ 561-297-1048.
**Blood Alcohol Content (BAC)**
is the % of alcohol in your blood

If you choose to drink, use this chart to determine your estimated BAC and find your personal blue zone.

**If drinking, stay in this zone!**

- **.02 - .03 BAC**  
  Slight euphoria, more talkative.

- **.04 - .06 BAC**  
  Relaxed feeling, lower inhibition, minor impairment of reasoning and memory, less caution.

**Caution...DRUNK!**

- **.07 - .09**  
  Impaired balance, speech, judgment, reasoning & reaction time.

  **Under 21: ILLEGAL TO DRIVE @ .02**

- **.10 - .12**  
  Significant impairment of coordination, judgment and reaction time, slurred speech.

- **.13 - .15**  
  Blurred vision, anxiety, severely impaired coordination and judgment; increased risk of injury to self and/or others.

- **.16 - .19**  
  Nausea, higher anxiety, “sloppy”, increased memory loss, possible passing out.

**Danger Zone!**

- **.2 - .24**  
  Disorientation, need help to stand/walk, vomiting and memory loss likely.

- **.25 - .29**  
  Sever impairment of mental, physical, and sensory functions; risk of serious injury; passing out likely.

- **.3 - .34**  
  Little comprehension, hard to wake, death possible.

Coma and/or death likely.

### Approximate Blood Alcohol Percentage

#### Men

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Body Weight in Pounds</th>
<th>Sample Behavioral Effects</th>
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<tbody>
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<td>00</td>
<td>00 00 00 00 00 00 00 00 00 00 00 00 00 00 00</td>
<td>Only Completely Safe Limit</td>
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<td>01</td>
<td>04 03 02 02 02 02</td>
<td>Impairment Begins</td>
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<tr>
<td>02</td>
<td>.08 .06 .05 .04 .03 .03 .03 .03</td>
<td>Driving Skills Significantly Affected; Information Processing Altered</td>
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<tr>
<td>03</td>
<td>.11 .09 .08 .07 .06 .06 .06 .06 .06</td>
<td>Legally Intoxicated; Criminal Penalties; Reaction Time Slowed; Loss of Balance</td>
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<tr>
<td>04</td>
<td>.15 .12 .11 .09 .08 .08 .08 .08 .08</td>
<td>Impaired Movement; Slurred Speech</td>
</tr>
<tr>
<td>05</td>
<td>.19 .16 .13 .12 .11 .10 .10 .10 .10</td>
<td>One drink is 1.5 oz. of hard liquor, 12 oz. of beer, or 5 oz. of table wine.</td>
</tr>
</tbody>
</table>

#### Women

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<thead>
<tr>
<th>Drinks</th>
<th>Body Weight in Pounds</th>
<th>Sample Behavioral Effects</th>
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<td>06</td>
<td>.30 .28 .26 .24 .22 .20 .19 .19 .19</td>
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<td>07</td>
<td>.35 .33 .31 .29 .27 .25 .24 .23 .23</td>
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<td>.40 .38 .36 .34 .32 .30 .28 .27 .27</td>
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<td>.45 .43 .41 .39 .37 .35 .33 .32 .32</td>
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<td>10</td>
<td>.50 .48 .46 .44 .42 .40 .38 .36 .36</td>
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</table>

Subtract .005 for each hour that you take to consume the number of drinks listed in the table. For example, if you are a 160 pound woman, and have two drinks in two hours, your BAC would be .06 - (2 x .005) = .03.

**NOTE:** Blood Alcohol Level (BAL) charts do not take into consideration a wide range of additional variables that contribute to the determination of BAL's achieved and the behavioral effects experienced at a given BAL. These additional variables include: age, water to body mass ratio, ethanol metabolism, tolerance level, drugs or medications taken, amount and type of food in the stomach during consumption, speed of consumption, and general physical condition. Thus, BAL charts only provide extremely rough estimates and should never be used alone to determine any individual’s safe level of drinking.
Drugs

Cannabis:
The main forms of cannabis are marijuana and hashish. Marijuana is produced by drying the tops and leaves of the cannabis plant. Hashish is a concentrated form of marijuana made from the resin secretions of the cannabis plant. THC is the most significant proactive chemical ingredient found in cannabis. The level of THC determines the potency of the drug. Possible effects include: lower sperm count, impotency, emphysema, asthma, increased heart rate, impaired motor skills and amotivational syndrome.

Stimulants:
Stimulants are used primarily to relieve fatigue and increase alertness. Some examples are nicotine, caffeine, amphetamines (Adderall, Ritalin), cocaine and methamphetamine. Long-term effects include: dependency, heart attack, respiratory ailments, depression, irritability, paranoia, metal confusion, weight loss, anxiety and mood swings.

Depressants:
Depressants are often referred to as sedatives-hypnotic drugs or downers because they depress the functioning of the central nervous system. Low doses are used to help relax muscles and produce calmness; larger doses create difficulties with judgment, reflexes and speech. Depressants are often used for medical purposes to relieve anxiety, tension and insomnia. Non-medical use for depressants has the potential for psychological and physical dependence, which leads to abuse. Alcohol is the most widely used depressant, followed by sedatives and tranquilizers. Other depressants include Rohypnol, Seconal, Valium, Librium, and Xanax. Long-term effects include: dependency, psychosis, neurological damage, liver damage, severe withdrawal, possibly including seizures.

Club Drugs:
Club drugs have the effects of both stimulants and hallucinogens. Ecstasy, GHB and Ketamine are some examples of common club drugs. Long-term effects include: damage to serotonin neurons in the brain (results in depression), dependency and potential neurological disorders.

Narcotics:
Narcotics are drugs that dull senses, induce sleep and become addictive with prolonged use. Narcotic and analgesics (painkillers) are often referred to as opioids. Opium, morphine, heroin, codeine and oxycodone (Oxycontin) are the most commonly used narcotics. Long-term effects include: dependency, constipation, loss of appetite and severe withdrawal.

Inhalants:
Inhalants are usually forms of aerosol products or solvents that are inhaled producing feelings of euphoria, excitation and light-headedness. The vapors from inhalants enter the bloodstream rapidly by way of the lungs and circulate throughout the body often depressing body functions such as breathing and heart rate. Long-term effects include: impaired perception, coordination and judgment; neurological damage, liver and kidney damage.

Hallucinogens:
Hallucinogens are natural and synthetic drugs that distort the perception of reality and affect thought processes. The main forms of hallucinogenic drugs are PCP, LSD and organic drugs, which include mescaline and psilocybin (mushrooms). Long-term effects include: psychosis, flashbacks and panic attacks.
Smoking

Smoking kills more people than alcohol and other drugs, accidents and AIDS combined. More than 440,000 individuals will lose their lives to smoking-related diseases each year.

If you haven’t started smoking, don’t.
It’s as simple as that.

If you do smoke, try to quit!
Quitting smoking now is the most important step you can take to enhance the quality of your life.

Need motivation to Quit?

- Twenty minutes after quitting...your blood pressure returns to normal.
- Twenty-four hours after quitting...your chance of having a heart attack decreases
- One week after quitting...it becomes easier to breathe.
- One month after quitting...your energy increases and your risk of illness goes down
- One year after quitting...you’ve saved more than $1,500 by not smoking one pack a day

Smoking Cessation Groups are offered FREE of charge through Today & Beyond Wellness. Groups meet once a week for six weeks – nicotine replacement therapy provided for those enrolled. Groups are offered on an ongoing basis throughout the academic year. Contact 561-297-1048 or wellness@fau.edu for more information.

How to become a Former Tobacco User

<table>
<thead>
<tr>
<th>Step 1: Decide to Quit and Make a Plan</th>
<th>Step 3: Quitting Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>List all your reasons for quitting</td>
<td>Throw away all your tobacco products, ashtrays, matches, etc.</td>
</tr>
<tr>
<td>Keep your list handy &amp; read it often</td>
<td>Keep yourself busy</td>
</tr>
<tr>
<td>Make tobacco use inconvenient</td>
<td>Spend time in smoke-free places</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 2: Set a Quit Date and Stick to it!</th>
<th>Step 4: Tips for Continued Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark the date on your calendar</td>
<td>Avoid situations you strongly associate with tobacco use</td>
</tr>
<tr>
<td>Build your support team</td>
<td>Get involved in physical activity</td>
</tr>
<tr>
<td>Look into nicotine cessation options (groups, nicotine gum, patch or nasal spray)</td>
<td>Have your teeth cleaned</td>
</tr>
<tr>
<td>Check with a physician to obtain other stop-smoking medication options</td>
<td>Drink lots of water</td>
</tr>
<tr>
<td></td>
<td>Wash your bedding &amp; clothing</td>
</tr>
<tr>
<td></td>
<td>Change your daily routine</td>
</tr>
<tr>
<td></td>
<td>Feel proud of yourself</td>
</tr>
</tbody>
</table>
Healthy Dating & Relationships

College provides great opportunities to form new relationships. The decisions we make in developing healthy relationships can increase our self-esteem, improve mental and emotional health and give us fuller lives. A healthy relationship is one where both people feel safe and respected and is based on trust, honesty and equality. Here are a few tips on healthy dating:

- **Be patient.** Relationships take time, effort, patience and compromise.
- **Be realistic.** Have realistic expectations of what you and your partner can/are willing to do.
- **Keep your relationship in balance.** You may be the only one sending cards, cooking meals, buying flowers or rearranging your schedule. Don’t continue to give when the other person isn’t an equal partner.
- **Be your own person.** Keep your own interest, hobbies and friends.
- **Take it slow.** Just because you are physically attracted to someone doesn’t mean you have to have sex. Become friends and enjoy the time you spend with one another. Develop trust before emotionally and/or physically involved.

Play it Safe!

If you decide to be abstinent or sexually active, communication is the key. Talk to your partner, express your needs and establish your limits. Discuss protection, birth control, sexual history and other risks.

**STI Warnings**

Many people who are infected with Sexually Transmitted Infections show no symptoms. In order to know your status, it is important to have regular check-ups and request STI testing. It is recommended to be tested every six months or in between partners, whichever comes first. If symptoms occur, these may include:

- Sores, bumps, blisters, swelling or growths on sex organs or other parts of your body
- Burning while urinating
- Discharge or itching from a flaccid penis/anus
- Abnormal discharge or itching from the vagina/anus
- Pelvic or abdominal pain
- Painful intercourse
- Itching or rash
- Flu or cold-like symptoms

*Barrier methods are the most effective in preventing STIs. Here are a few options:*

<table>
<thead>
<tr>
<th>Note the following steps to properly using a male condom.</th>
<th>Suggestions for using female condoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Get consent from your partner</td>
<td>1. Use a new female condom for each act of sex</td>
</tr>
<tr>
<td>2. Make sure there is a small air bubble in the condom package – squeeze to check. Check the expiration date.</td>
<td>2. Always follow insertion directions completely</td>
</tr>
<tr>
<td>3. Carefully remove from package</td>
<td>3. Do not remove the inner ring (inner ring only to be removed if the female condom is being used for anal sex)</td>
</tr>
<tr>
<td>4. Place condom in the palm of your hand. The reservoir tip should pop up. This is the correct side if the condom can roll down.</td>
<td>4. Use plenty of water based lubricant</td>
</tr>
<tr>
<td>5. Pinch the tip (½ - ¼ inch) of the condom and place on the tip of the penis.</td>
<td>5. Do not ever use a male condom with a female condom</td>
</tr>
<tr>
<td>6. Keep the tip pinched as you roll the condom to the base; make sure to get all air bubbles out.</td>
<td><strong>Dental Dams</strong></td>
</tr>
<tr>
<td>7. After ejaculation, hold the base of the condom and withdraw penis while it is still erect.</td>
<td>Dental dams can be used for oral sex on the vagina or anus. Cover the area of your partner on which you wish to have oral sex. This protects you and your partner from the spread of infections.</td>
</tr>
<tr>
<td>8. Slowly remove condom from the base while trying to keep all contents inside.</td>
<td></td>
</tr>
<tr>
<td>9. Dispose of used condom in a trash can, NOT in the toilet!</td>
<td></td>
</tr>
</tbody>
</table>

Stop by the Today & Beyond Wellness Office For Free Condoms and a Condom Demonstration.
Sexual Assault

Statistics show 1 in 4 women and 1 in 12 men will be raped in their lifetime. Between 60% and 80% of sexual assault is acquaintance rape, where the attacker knows the victim. Of these assaults, 90% involve the use of alcohol.

<table>
<thead>
<tr>
<th>What to do if You or Someone You Know is Assaulted:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Get to a safe place.</td>
</tr>
<tr>
<td>2. Tell someone you trust. 40% of sexual assault victims never tell anyone about their assault.</td>
</tr>
<tr>
<td>It is a tremendous burden to bear alone. A support person can help in the healing process.</td>
</tr>
<tr>
<td>3. Seek medical attention immediately. In addition to bruises and external injuries, there may also be internal injuries.</td>
</tr>
<tr>
<td>4. Do not bathe, douche or change clothes after the incident. This can eliminate evidence of pregnancy, sexually transmitted infections or documentation of any physical evidence.</td>
</tr>
<tr>
<td>5. At FAU, the Victim’s Advocate, Student Health Services and the Counseling Center can assist with support and services. This is a time when medical attention and counseling support can make a significant difference in recovery.</td>
</tr>
<tr>
<td>6. Decide if you want to press charges.</td>
</tr>
<tr>
<td>7. Rape is not your fault, it is a crime. You did not ask for or deserve it.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How to Help if a Friend Has Been Sexually Assaulted</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Listen and believe them. Try not to press for details.</td>
</tr>
<tr>
<td>2. Be supportive. Be prepared to listen for as long as your friend needs support. Understand the emotional effects of rape do not go away very quickly.</td>
</tr>
<tr>
<td>3. Encourage your friend to get medical attention and counseling.</td>
</tr>
<tr>
<td>4. Protect your friend's privacy. Do not reveal the incident to other people.</td>
</tr>
<tr>
<td>5. Don’t judge. Pointing out what your friend could have done differently will not help them heal.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Resources at FAU</th>
</tr>
</thead>
<tbody>
<tr>
<td>For more information about services or crisis intervention please contact FAU Victim Services @ 561-297-0500 or University Police @ 561-297-3500. If it is an emergency, call 911 immediately. In addition, you can contact the Counseling Center @ 564-297-3540 or Student Health Services @ 561-297-3512.</td>
</tr>
<tr>
<td><a href="http://www.fau.edu/police/victimservices">www.fau.edu/police/victimservices</a> • <a href="http://www.fau.edu/counseling">www.fau.edu/counseling</a> • <a href="http://www.fau.edu/shs">www.fau.edu/shs</a></td>
</tr>
</tbody>
</table>
Time-Management Strategies

Factors to Make Your Time Plan Effective:

- **Prioritize.** Rank your tasks for each day. Accomplish the most important and postpone what can be finished later.
- **Schedule Work Time.** Estimate realistically how much time you will need to accomplish each task. Allow extra time for unforeseen disasters. Planning and not procrastinating will allow you to successfully finish and obtain positive results.
- **Relax.** You need time off. An energized student gets the better grade.
- **Exercise.** A higher performing mind needs a fit body. Strenuous exercise relaxes the entire body and promotes positive feelings.
- **Prepare Floating Tasks.** Have tasks at hand just in case you have some free time. Time spent standing in the Financial Aid line can be made more productive if you are carrying a book that you need to read, some cards to review or a letter that you need to write.
- **Survive.** Life at times can be very difficult and unforeseen things can happen. During the hard times, just survive until things get better. They always do.

Learn to be Flexible:

- **Try a different way.** If it’s not working, analyze the situation and come up with a better solution. Doing it differently often helps to do a task more effectively.
- **When all else fails, walk away.** There is nothing wrong with accepting your limitations. Strengthen your skills in that area and then try it again.

**Stress Management**

*Stress doesn’t have to be a permanent part of your life. You are in control.*

- **Structure your day to be as stress-free as possible and manage your time effectively.** One of the greatest sources of stress is poor management and over commitment. Make a reasonable schedule for yourself and include time for relaxation.
- **Permit yourself to take some breaks.** Don’t try to study for ten hours straight without taking breaks. It just doesn’t work.
- **Go outside.** Don’t underestimate the advantages of a little bit of fresh air.
- **Express your emotions and needs.** Unmet needs can lead to anger and frustration.
- **Exercise, eat well and rest.** If you feel well, you are more prepared to cope with stress.
- **Think positively.** Don’t be a “woe-is-me” person. Negative thinking does not translate into positive results.
- **Keep your sense of humor and don’t be afraid to laugh at yourself.** Take your work seriously and yourself lightly.
- **No one is perfect.** Accept and know your strengths and weaknesses. Work at improving what you can change and let go of things beyond your control.

The FAU Counseling Centers offer stress and time management workshops at no cost to students. Individual and group counseling is also available for free. For more information please contact the FAU Counseling Center at Boca Raton, Davie or Jupiter campuses.
Depression

There are many times when we all feel sad; however, this doesn’t necessarily lead to depression. You need to be concerned if you notice the following things are happening:

- Changes in sleeping or eating patterns
- Withdrawal from social and academic participation
- Significant decrease in quality of work
- Low energy level
- Poor personal hygiene and/or appearance
- Crying, outbursts of anger, unusual irritability, road rage
- Boredom, restlessness or poor concentration

Even though you can’t control all of the demands in your life, you can learn to control your reactions to them. Sometimes the multitude of life’s changes that occur during your college years can trigger emotional changes resulting in depression. You may find it helpful to seek help from the Counseling Center and Student Health Services. Here are some additional things that will make life easier:

- **Carefully plan your day.** Prioritizing your work can give you a sense of control over what you must do and a sense that you can do it.
- **Rest.** Cramming is counterproductive. If you are exhausted, your depression can worsen and academic performance can suffer.
- **Participate in fun activities.** Sports, theater, fraternities/sororities, social and sport clubs and volunteering are examples of activities that make you a well-rounded student. These are an integral part of your college experience and important resume material.
- **Ask for help.** Make an effort to reach out and get to know your campus community. Friends, family, professors, staff and peers can provide necessary support systems.
- **Relax.** Do fun things which may include dancing, exercise, sports, reading, music, deep breathing, warm baths, long walks and positive thinking. Good thoughts can take you to a relaxing place.
- **Take “Me Time”.** Make special time for yourself — even if it’s only for 15 minutes a day. Focusing on yourself gives you a feeling of purpose and control over your life.
Body Image and Eating Disorders

Your “ideal” body weight allows you to feel strong and energetic and lead a healthy, normal life. When searching for your ideal weight, don’t rely on charts or tables to dictate what’s right for you. Avoid comparing your body to others. We all have different genetics.

Who is susceptible to eating disorders? YOU ARE!
Every day we are bombarded with visuals of perfect-looking people. Don’t fall into the trap of judging yourself according to media standards. This can lead to distorted body image and eating disorders. Individuals of every age, sex (yes, men too!), ethnicity or socioeconomic status can be susceptible to disordered eating patterns and eating disorders. College-age women and men are at particularly high risk.

<table>
<thead>
<tr>
<th>BULIMIA NERVOSA</th>
<th>BINGE-EATING DISORDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Evidence of binge-eating, including disappearance of large amounts of food in short periods of time</td>
<td>• Similar to Bulimia but without the purging behavior</td>
</tr>
<tr>
<td>• Purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of food wrappers or packages of laxatives or diuretics</td>
<td>• Eating large amounts of food very quickly, even when not hungry</td>
</tr>
<tr>
<td>• Excessive, rigid exercise regimen</td>
<td>• Binge eaters are embarrassed by their out-of-control behavior</td>
</tr>
<tr>
<td>• Unusual swelling of the cheeks or jaw area</td>
<td>• Also known as Compulsive Overeating</td>
</tr>
<tr>
<td>• Calluses on the back of the hands and knuckles from self-induced vomiting</td>
<td></td>
</tr>
<tr>
<td>• Discoloration or decaying of the teeth</td>
<td></td>
</tr>
<tr>
<td>• Withdrawal from usual friends and activities</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ANOREXIA NERVOSA</th>
<th>COMPULSIVE EXERCISING DISORDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Dramatic weight loss</td>
<td>• Exercising beyond the requirements of what is considered safe</td>
</tr>
<tr>
<td>• Preoccupation with weight, food and calories</td>
<td>• Exercising when injured or sick</td>
</tr>
<tr>
<td>• Refusal to eat certain foods</td>
<td>• Finding time at any cost to do the exercise, including cutting class</td>
</tr>
<tr>
<td>• Anxiety and comments about feeling “fat” or overweight despite low body weight</td>
<td>• Intense guilt when not able to exercise</td>
</tr>
<tr>
<td>• Denial of hunger Food rituals (e.g. eating foods in certain orders, excessive chewing, rearranging food on a plate)</td>
<td>• Physical dangers include stress fractures, osteoporosis, degenerative arthritis, amenorrhea (loss of menstrual cycle), reproductive problems and heart problems</td>
</tr>
<tr>
<td>• Constant excuses to avoid mealtimes or situations involving food</td>
<td></td>
</tr>
<tr>
<td>• Excessive, rigid exercise regimen</td>
<td></td>
</tr>
<tr>
<td>• Withdrawal from usual friends and activities</td>
<td></td>
</tr>
</tbody>
</table>

How to help a friend?
Recognize the symptoms of an eating disorder. You cannot take responsibility for another person’s health. It must be her/his decision to get well, but you can help. Try expressing your concern and offer your support. Approach a trusted advisor, health representative, counselor or RA with your concerns. Remember, eating disorders are common and they can be deadly.
Healthy Eating

You may be living away from home for the first time and responsible for your own meals. Because your eating habits play a critical role in your overall health and wellbeing, it is important that you make healthy food choices. This means that a diet consisting of a chocolate donut before class, a bowl of Lucky Charms for lunch, and pizza at midnight doesn't quite cut it.

**Avoid skipping meals.** You can’t run on empty. Leave time in your schedule for meals and stash some healthy snacks like fresh fruits and veggies, yogurt, granola, or string cheese in your backpack for in between meals.

**Eat a variety of foods every day.** No single food supplies all the nutrients your body needs to function well. To find an individual food plan that is appropriate for you go to [www.choosemyplate.gov](http://www.choosemyplate.gov). You will find helpful nutrition and exercise suggestions based on your age, gender, and physical activity.

Choosing a variety of foods doesn't have to be difficult or time-consuming.
- Try something new at the cafeteria or at home as often as possible.
- Vary your grocery list when shopping for yourself.
- Wrap variety into one dish! Pizza, subs, vegetable salads with chicken, egg-white omelets and stir-fry are examples of food combinations that can include ingredients from multiple food groups.
Healthy Eating (cont.)

You shouldn’t feel overwhelmed by the number of suggested servings per food group. You’ll be surprised at how easily you can meet the food plate guide if you take a look at the serving sizes. For instance:

- ½ cup of spaghetti or rice is one serving. (1/2 cup fills an ice cream scoop)
- 1 cup is about the size of a closed fist. Typical single servings include a cup of milk, a cup of leafy raw vegetables and a cup of dry cereal.
- A single serving of meat, fish or poultry (3 ounces) is about the size of a deck of cards.

Be selective in the cafeteria (and when cooking for yourself).
No food is “good” or “bad”, it’s your total diet that counts. There’s no need to eliminate any food from your diet, simply balance your choices. Maintaining your current weight is simply balancing the calories you take in with the calories you expend. Think balance, not restriction!

Eat fruits and veggies!
- Take a piece of fruit on your way out of the cafeteria for a mid-morning or late-afternoon snack rather than hitting the vending machine for a bag of chips.
- Eat some green stuff. What looks good on the salad bar today?

Cut down on fat, don’t eliminate it.
Remember, some fat in the diet is important!
- Try skim or low-fat milk instead of whole.
- Choose leaner cuts of meat and eat a variety including beef, poultry and fish.
• Go for grilled, baked or broiled rather than fried.
• Try lower fat snacks such as pretzels instead of potato chips, frozen yogurt rather than ice cream, graham crackers instead of Oreos, a flavored bagel rather than a donut.

Still Confused about Healthy Eating?

Check out our Nutrition Counseling Services...
Our health educators can help with weight management, making healthy food choices, and more!
http://www.fau.edu/today/nutrition/counseling.php
Self-Care

Some illnesses require a medical office visit, while others can be treated at home. These simple self-care guidelines are designed as advice for treating mild illnesses.

<table>
<thead>
<tr>
<th>Self-Care for a Cold or the Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get plenty of rest and drink plenty of fluids</td>
</tr>
<tr>
<td>Hot liquids, a humidifier, saline nose drops and hot showers may improve congestion</td>
</tr>
<tr>
<td>Use aspirin, Ibuprofen or Tylenol for pain relief</td>
</tr>
<tr>
<td>Gargle with salt water for a sore throat</td>
</tr>
<tr>
<td>See a doctor if you have a sustained fever, cough up stuff, have painful breathing, severe headaches, white patches in the throat, etc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How to Prevent Getting a Cold, the Flu or a Sore Throat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wash your hands regularly</td>
</tr>
<tr>
<td>Avoid close contact with someone who has the cold/flu</td>
</tr>
<tr>
<td>Do not share items such as straws, utensils, phones, etc.</td>
</tr>
<tr>
<td>Eating well, exercising, getting plenty of rest and keeping a positive attitude helps maintain a strong immune system</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Self-Care for Nausea, Vomiting and/or Diarrhea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat cold, easily digested food</td>
</tr>
<tr>
<td>Drink liquids 30 minutes before and after meals</td>
</tr>
<tr>
<td>Eat in a calm atmosphere</td>
</tr>
<tr>
<td>Avoid caffeine</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Self-Care for Headaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation</td>
</tr>
<tr>
<td>Application of an ice pack</td>
</tr>
<tr>
<td>Use aspirin, Ibuprofen or Tylenol</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Self-Care for Sunburn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cool the burned skin (cool shower or bath)</td>
</tr>
<tr>
<td>Drink plenty or liquids</td>
</tr>
<tr>
<td>Apply moisturizing cream/aloe</td>
</tr>
<tr>
<td>Use aspirin, Ibuprofen or Tylenol for pain</td>
</tr>
<tr>
<td>Reduce exposure to sun</td>
</tr>
<tr>
<td>Always apply sun block</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Self-Care for Sprains &amp; Strains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay off the injury for 48 hours</td>
</tr>
<tr>
<td>Ice to reduce swelling</td>
</tr>
<tr>
<td>Tightly wrap the area</td>
</tr>
<tr>
<td>Elevate injury above heart</td>
</tr>
</tbody>
</table>
Getting a Good Night’s Sleep

1. **Maintain a regular sleep schedule so you get enough sleep.** Your body likes routines so work toward obtaining the right amount of sleep each night.

2. **Exercise regularly.** When you exercise your body feels relaxed and sleep will come more easily.

3. **Eat a well-balanced diet.** Studies have shown that diets deficient in certain nutrients, partially copper, iron and aluminum can cause disruptions in sleep patterns.

4. **Keep your sleep area comfortable.** Keep your room neat and remove clutter from your space. Make sure that you are not too hot or too cold.

5. **Relax.** Try relaxation techniques such as breathing deeply or listening to soft music to help you calm down.

6. **Avoid the following:**
   - Napping during the day or evening
   - Exercising vigorously before going to bed
   - Drinking caffeinated beverages late in the evening
   - Eating heavy or spicy food in the evening
   - Late-night meals or drinking large quantities of liquids
   - Watching TV, eating, reading or working in bed

   If you can’t fall asleep within 30 minutes, get out of bed and do something relaxing until you feel tired.

Helpful Health Websites*
Alcohol and Other Drugs
Alcoholics Anonymous
www.alcoholics-anonymous.org
Facts on Tap
www.factsontap.org
National Clearinghouse for Alcohol and Drug Information
www.health.org
National Institution on Drug Abuse
www.nida.nih.gov
Partnership for a Drug Free America
www.drugfreeamerica.org
The Higher Education Center for Alcohol and Other Drug Prevention
www.edc.org/hec/

Nutrition/Eating Disorders
American Dietetic Association
www.eatright.org
National Eating Disorders Association
www.nationaleatingdisorders.org
Nutrition Navigator
http://navigator.tufts.edu
“Something Fishy” Eating Disorders Site
www.something-fishy.org
The Alliance for Eating Disorders Awareness
www.eatingdisorderinfo.org

Sexual Assault
Florida Atlantic University Victim Services
http://www.fau.edu/police/victimservices/
Rape Abuse and Incest National Network
www.rainn.org

Sexual Health
American Social Health Association
www.ashastd.org
Gay and Lesbian National Hotline
www.glnh.org/hotline

Gay Men’s Health Crisis
www.gmhc.org/index
National Centers for Disease Control
www.cdc.gov
Planned Parenthood
www.plannedparenthood.org
Sexuality Information Education Council of the United States
www.siecus.org

Stress
Stress Less
www.stressless.com
Laughing Out Loud to Good Health
http://library.thinkquest.org/25500/index2.htm

Tobacco
American Cancer Society
www.cancer.org
American Heart Association
www.americanheart.org
American Lung Association
www.lungusa.org
National Cancer Institute
www.nci.nih.gov
Area Health Education Center
www.eahtobaccoprogram.com
Smokefree
www.smokefree.gov
Quitline
www.quitlinenc.com
1-800-QUIT-NOW

General Health
Healthwise’s “Go Ask Alice!”
www.alice.columbia.edu
National Health Information Center
www.health.gov
WEB MD
www.webmd.com
Health Finder
www.healthfinder.gov
Medicine
www.medlineplus.gov/

*Student Health Services or Today & Beyond Wellness is not responsible for information provided on Web pages outside of FAU.

Resources: North Dakota State University Wellness Center, The University of Chicago, University of British Columbia, Concordia Health Services, Montclair State University, Better Sleep Council, American Lung Association, U.S. Department of Agriculture and the U.S. Department of Health & Human Services
Office of Equal Opportunity Programs

Harassment & Discrimination
(Based on Regulation 5.010)

The Office of Equal Opportunity Programs promotes a working and learning environment free from any form of unlawful discrimination or harassment. The office supports the incorporation of inclusion and diversity in its programming as well as training initiatives. Requests for training for student groups, clubs or organizations should be made by contacting the Office of Equal Opportunity Programs. The Office of Equal Opportunity Programs is available to assist the FAU community.

Examples of Sexual Harassment:
- Workers on campus making sexually suggestive remarks, sounds or statements to FAU students.
- Requests for sexual favors in exchange for grades or other academic favors.
- Repeated and continual requests for dates that have been declined and are unwelcomed.
- Inappropriate touching or close proximity to an individual that is unwelcomed.
- Inappropriate correspondence via telephone, email, texting, cards, posters and calendars that is of a sexual in nature and is unwelcomed.

“Protected Class”:
- Race
- Color
- Religion
- Age
- Disability
- Sex
- National Origin
- Marital Status
- Veteran Status
- Other Basis Protect • By Law
  - Local City or County Ordinances

Examples of Discrimination:
- Being treated differently than others based on a “Protected Class” that hinders or obstructs the working and or learning environment.
- Derogatory remarks, jokes or pictures regarding a “Protected Class”.
- Retaliation against an individual for questioning treatment based on a “Protected Class”.
- Retaliation against an individual for filing a complaint or for participating in an investigation concerning discrimination or harassment based on a “Protected Class”.

Examples of Harassment:
- A World of Diversity

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- Workers on campus making sexually suggestive remarks, sounds or statements to FAU students.
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The Office of Equal Opportunity Programs is located at:
The Williams Administration Building
Room: AD 265
Boca Raton Campus
Phone: 561-297-3004
Fax: 561-297-2402
Website: www.fau.edu/eop/
Office Hours: 8:00 a.m. to 5:00 p.m. - Monday through Friday
Ask for help

Today & Beyond Wellness front desk 561-297-1048
Christine Lynch, Interim Director 561-297-3615
Courtney Weaver, Sexual Health Coordinator 561-297-1120
Scott Lawler, Health Promotions Coordinator 561-297-0153
Raquel Cabral, Wellness Specialist 561-297-0169
Student Health Services (Boca Raton) Information 561-297-3512
Student Health Services (Boca Raton) Appointment Line 561-297-2276
Broward Student Health Services (Davie) 954-236-1556
Jupiter Student Health Services 561-799-8678
Health Insurance Information 561-297-3512
FAU Counseling Center (Boca Raton) 561-297-3540
FAU Counseling Center (Jupiter) 561-799-8621
FAU Counseling Center (Davie) 954-236-1210
FAU Police Department 561-297-3500
FAU Victim’s Advocate 561-297-0500
FAU Night Owl (Boca Raton) 561-297-6695
FAU Campus Recreation (Boca Raton) 561-297-3795
FAU Wellness Center (Davie) 954-236-1018