

# Wellness Monthly

## COSTUMES & CONSENT

Let's support a culture of consent! Halloween is NOT an excuse for:

- Touching someone without consent
- Making inappropriate comments
- Making jokes about sexual violence

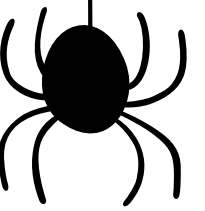
“Halloween” accounts for 5-7% of sexual assault cases reported each year.

Colorado State  
University



### WHAT IS CONSENT?

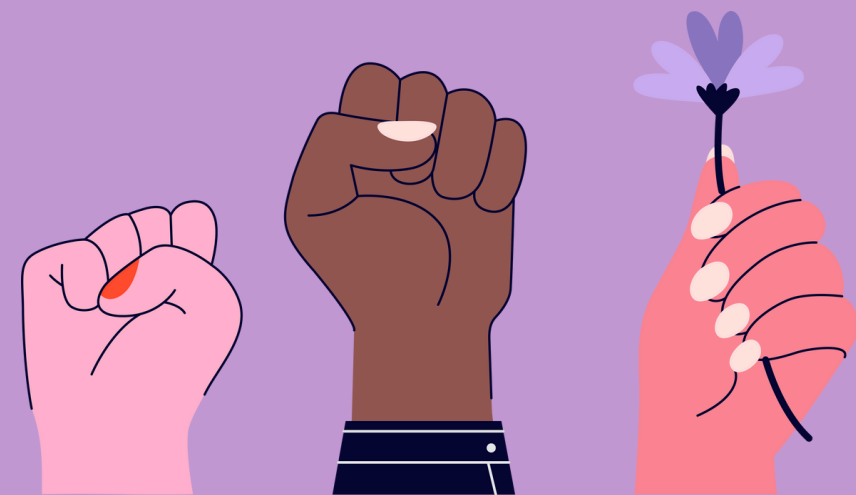
- Consent needs to be freely and clearly given
- Consent is reversible
- Consent cannot be given by people who are intoxicated, underage, or incapacitated



# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

October is dedicated to uniting advocates against domestic violence. We celebrate and support survivors.

Increase your own awareness by learning more about domestic violence this month!



## MEET THE VIOLENCE PREVENTION TEAM

Every Tuesday at  
11am in the  
Student Union

[@uwlviolenceprevention](#)  
on Instagram!

**FOLLOW US**



## “CAN I KISS YOU?” GUEST SPEAKER

Mike Domitrz shares an  
engaging presentation  
on consent!

October 16 at 7pm  
206 Graff Main Hall

**MID-SEMESTER  
IS HERE!**

Time management can be a struggle for many college students, especially those just starting out. Here are a few techniques to manage your time!

## ***Time Management with the Pomodoro Technique***

- Pick a task to start
- Set a timer for 25 - 60 minutes
- Work until the timer goes off
- Take a 5 - 10 minute break
- **Repeat until all tasks are complete!**

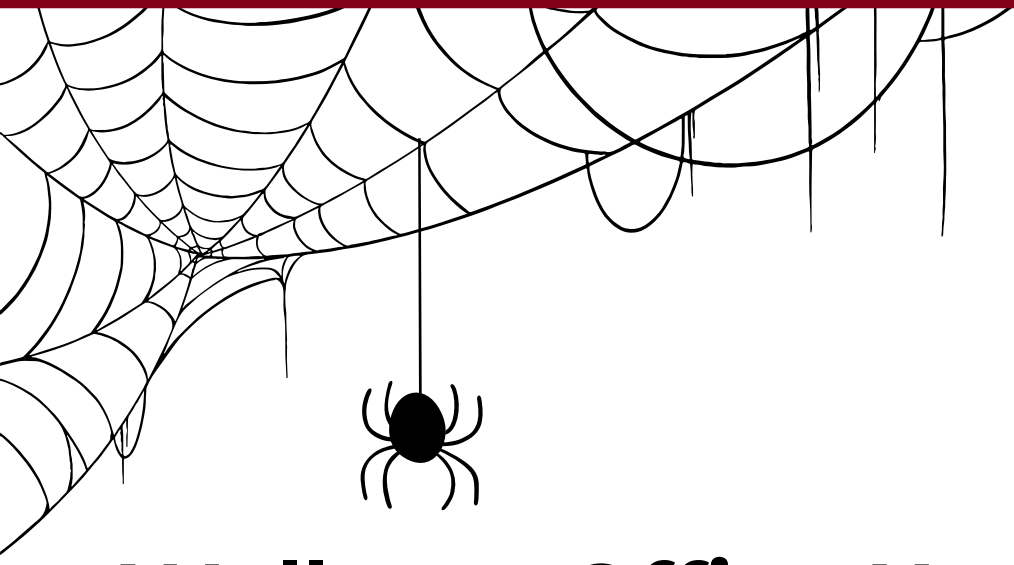


## ***Setting Boundaries & Priorities***



- Try sorting your to-do list into three levels: high, medium and low priority. Remain focused on what needs to get done first!
- Set some study boundaries, like finding a private space or limiting distractions.

# Campus Resources

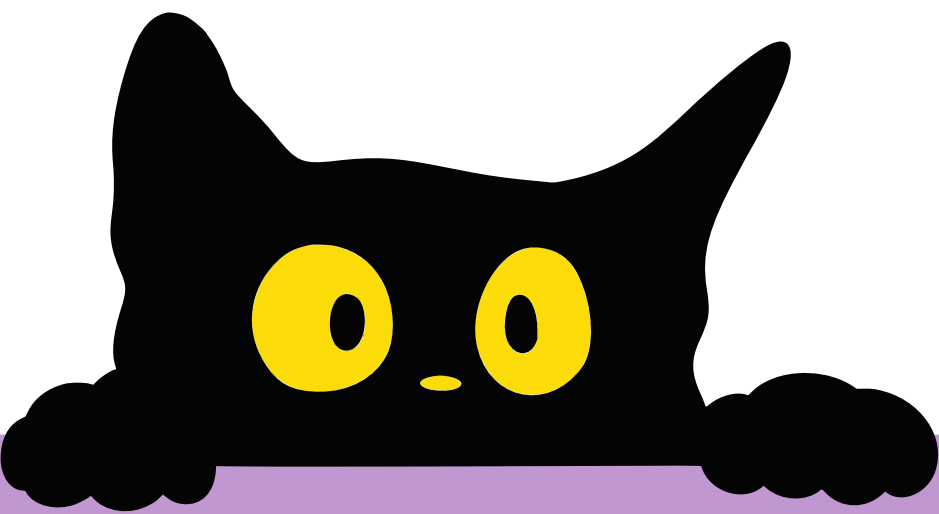


## Wellness Office Hours

Wednesdays

The COVE - 9am-10:30am

OMSS - 2:30pm-3:30pm



## STAY CONNECTED

**Instagram:**

@uwlpeerhealth

**Tik Tok:**

@bewellatuwl



## Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

## Violence Prevention

advocate@uwlax.edu

608-785-8062

## Counseling & Testing Center

608-785-8073

