

Wellness Monthly

SEXUAL HEALTH

Awareness Month

This September, we're focusing on **access** to sexual health supplies, **advocacy** for sexual health issues, and inclusive **education** to celebrate Sexual Health Awareness Month.



SAFER SEX

Barrier methods are integral to practicing safe sex, especially for high-risk college students. Order supplies for FREE with this QR code or the link in our Instagram bio!



[@UWLPEERHEALTH](https://www.instagram.com/uwlpeerhealth)

RESOURCE TABLES

Sep. 4 from 11-1pm, Whitney
Sep. 10 from 10-12pm, Union
Sep. 12 from 12-2pm, Union
Sep. 16 from 11-1pm, Whitney

CONDOM BINGO

September 11

6:30pm

Student Union Theater

TRIVIA NIGHT

September 18

6:30pm

Entertainment Cafe

ASYMPTOMATIC

What does that mean?

50% of people with sexually transmitted infections are between the ages of

15 AND 24

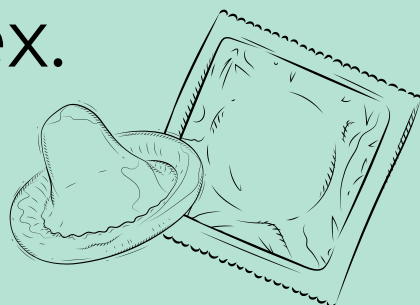
Chlamydia, gonorrhea, and herpes simplex virus (HSV) infections are often asymptomatic.

QUICK CONDOM FACTS

The shelf life of an external condom is **3-5 years**.

Always check the expiration date before use!




Use **water-based lubricants** with condoms to avoid breaking down the latex.



/,ā,sim(p)tə'madik/
adjective

(of a condition or person) producing or showing no symptoms.

WHAT SHOULD YOU DO?

-  Use barrier methods effectively
-  Get tested for STIs regularly and with each new partner
-  Communicate with partner(s) about STI testing and status

ONE DAY FOR UWL

Annual Giving Day

What? The UWL community comes together to make gifts to all areas of campus and celebrate the impact philanthropy has on our students.

When? October 15th – October 16th (9am to 9am)
24 hours to make a difference!

GET GLOWING FOR ONE DAY

September 25 from 7-8pm
Student Union Lawn

Why? Generous donors help support numerous programs throughout campus. One Day is a time to raise money for your club, org, team, etc.
Don't miss out!

ONE DAY FOR UWL | Oct. 15-16

Live Maroon. Give Maroon.



Scan the QR code or visit
uwlax.edu/go/givingday



CELEBRATE ONE DAY ON OCTOBER 15

Ring In One Day

- 8:45am-9:15am at Hoeschler Tower
- Kick off One Day with the Screaming Eagles, a guest speaker, and free noise makers!

Top the Tower Every Hour

- 8:45am-4pm at Hoeschler Tower
- This year's goal is to raise \$7,689 every hour. This represents the number of bricks in Hoeschler Tower. Visit the table to get a live count and some One Day merch!

Stryker Keep It or Double It

- 9am-2pm
- Keep your eagle eyes open for Stryker around campus and help raise money for your favorite part of campus!

Class Cab

- 10am-4pm
- Catch a ride to class with your favorite faculty and staff!

UWLove

- 10am-4pm in the Student Union
- Cast a vote for your favorite part of campus! The area with the most votes will receive additional funding.

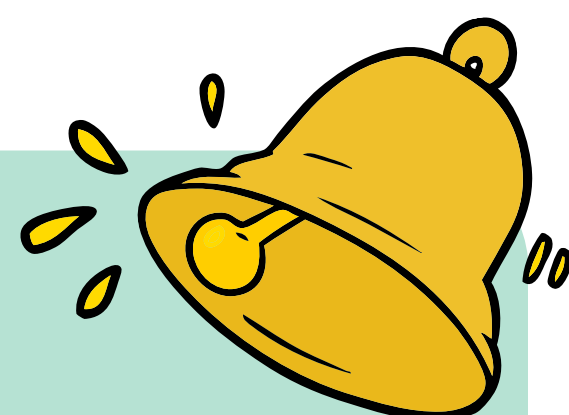
Lunch on the Lawn

- 12:00pm-1:30pm on Wittich Lawn
- Enjoy free walking tacos (while they last) served by the UWL Alumni & Friends Foundation.

RING OUT ONE DAY

October 16 from 8:45am-9:15am

Hoeschler Tower



Resources

Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

Violence Prevention

advocate@uwlax.edu

608-785-8062

Student Health Center

608-785-8558

Counseling & Testing Center

608-785-8073

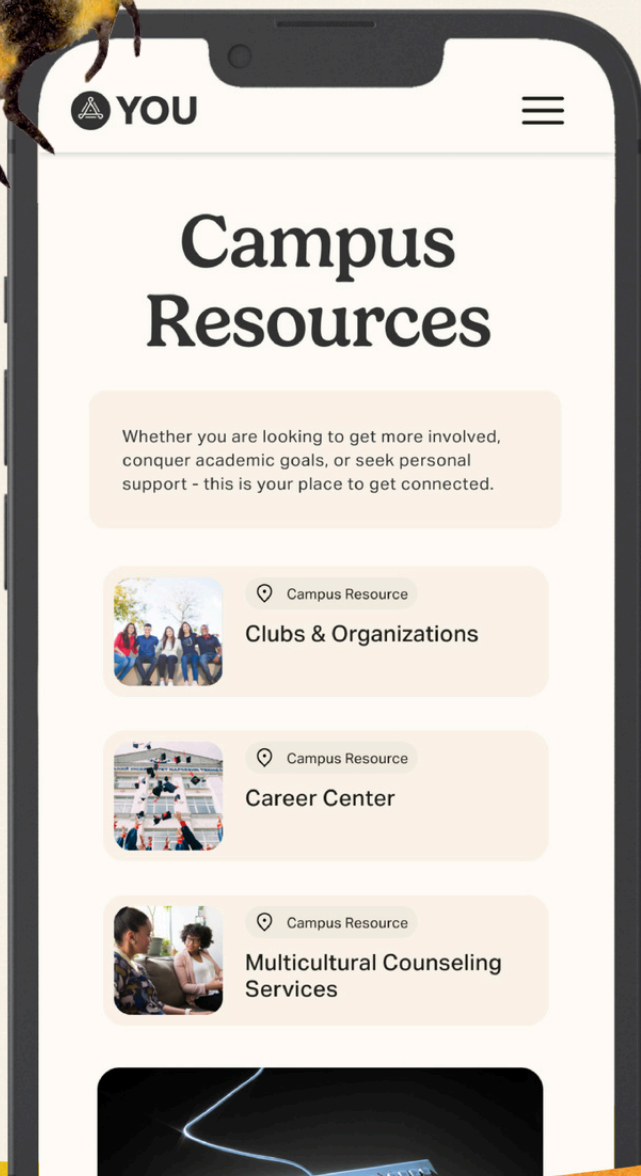
STAY CONNECTED

Instagram:

@uwlpeerhealth

Tik Tok:

@bewellatuwl



It starts with YOU.

Discover campus resources on the YOU platform.



YOU.UWLAX.EDU