The Golden Rule
Ten Ways Rams Can Lend a Helping Hoof

1. Help Someone
   Listen, believe and support the person who says they are struggling with mental health, substances, or sexual or dating violence. Trust that their feelings are valid. Give kind words, like “I’m here for you,” or “I’d like to help.” Saying something is better than saying nothing. Refer to resources. Encourage your friend to seek help. University Counseling Services, Student Health, and The Well are here for you!

2. Prevent the Flu
   Get a free flu shot at Student Health during walk-in immunization hours (visit students.vcu.edu/health) or at Cabell Library Nov. 15, 10:30 a.m.-2:30 p.m. Wash hands often with soap and water. Avoid touching eyes, nose, and mouth. Clean germy surfaces and objects. If sick, avoid others whenever possible. For more info visit cdc.gov/flu.

3. Talk to SGA
   VCU Student Government Association addresses student concerns with the help of departments across VCU. To ensure students can learn happily and healthily, they need feedback! Email sga@vcu.edu or visit the office — University Student Commons, 1st floor or Hunton Student Center, 3rd floor.

4. Assist in a Crisis
   In doubt? Call (804) 828-1234 or 911. When someone could need help, it’s better to be wrong. Know the signs of overdose:* • Puking while passed out • Unresponsive to stimulation (shaking) • Breathing (slow, shallow, or none) • Skin (blue, cold or clammy) Get the LiveSafe app. You can connect with first responders immediately, or text an anonymous tip to VCU Police. You can even keep friends safe by watching them walk home.

5. Know Your Status
   Get tested for STIs annually! Check the web portal at students.vcu.edu/health. Free HIV Testing Oct. 11 and Nov. 30, 11 a.m.-3 p.m. in University Student Commons Virginia Rooms.

TO MY YOUNGER SELF,
“Don’t wait for change – act today and keep a vision for tomorrow. Get involved with a student org that works for positive change in the community. Can’t find the right fit? Eight Rams with a similar vision can start their own. Last year my friends and I did just that. We founded The Sweeterman Society and it has been an absolute pleasure to see how we’ve grown!”

Love, Victor (Senior)

6. Have a #VeryCaringU shirt? Wear it the first Wednesday of every month for Wellness Wednesdays!

7. RamsConnect
   Visit vcu.collegiatelink.net to connect to an org. Involved Rams are more likely to stay in school! 87% of Rams involved in 3 or more student orgs stick around compared to an overall rate of 78%†.

8. Tell Your Story
   Use your story to inspire other Rams. What’s something caring you’ve done, or that someone else did for you? Tell us on Facebook or Twitter with #VeryCaringU.

9. Be a Caring Friend!
   I DON’T ALWAYS DRINK... BUT WHEN I DO, it’s WITH FRIENDS WHO HAVE MY BACK.

What do you guys have against Taylor Swift?!
You’ll thank us tomorrow.

Buddy, you can’t even sing sober.

10. Speak Up
   October is Domestic Violence Awareness Month. Caring means saying or doing something when you witness coercive or abusive behaviors. Trust your gut — we know when something feels good and when it doesn’t! Some red flags include: • Disregarding feelings or boundaries • Hurtful or belittling comments • Pressuring someone to be sexual • Gaslighting (leading someone to question their own sense of reality)

95% of Rams who drink watch out for their friends’ safety.*

Students Resource Center
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*The Well’s UCelebrate Survey, Spring 2017 (n=669) • Comic by Malik Radford

† Quest innovation fund award (Adkins and Dick, 2016)

COBE CORNER
Freshmen 18+ A friendly reminder! Don’t forget to take your Spit for Science survey. The survey is optional and all data are confidential. Learn more: spit4science.vcu.edu
Need to pick up your payment/T-shirt? Come to the Franklin Street Gym, B43, M-F, 12:30-4:30 p.m. now until October 31st!
S4S is a project of COBE.

cobe.vcu.edu VCU COBE

THE STALL SEAT JOURNAL
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If holder is damaged or loose, please call The Well at 828-9355.

thewell.vcu.edu • thewell@vcu.edu

The Well

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