What YOU can do...
• Before going out to a social gathering, make a plan with your friends to look out for each other.
• Make sure to get consent every step of the way when having any kind of sexual experience with someone.
• If you or a friend has been sexually assaulted, call 517-372-6666 (24 hours/day) or visit endrape.msu.edu

WHAT MSU STUDENTS say and do...

Depression & Anxiety

• 30% of MSU students reported feeling very sad or very lonely (54%) at least once in the last year.*

 Anxiety

• 41% of undergraduates experienced anxiety in the last year. Of those, 18% reported some type of negative impact on their academics.*

WHY it matters...
• According to national surveys, anxiety and depression are two of the top six health concerns among college students (ACHA).

What YOU can do...
• Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.
• If you are concerned about possible depression or anxiety, visit the MSU Counseling Center website to complete an online assessment and/or review self-help resources at counseling.msu.edu.
• If you or your friend experience depression, contact the MSU Counseling Center at 517-355-8270. Office hours are 8am-7pm on Monday & Tuesday and 8am-5pm Wednesday – Friday (arrive at least one hour prior to closing for walk-in consultations).

Suicide Prevention

• 84% said that they had seriously considered attempting suicide during the school year.*

WHY it matters...
• College students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression. Untreated depression may lead to suicide - the second leading cause of death among college students.

What YOU can do...
• Try to be aware of any obvious warning signs of suicide such as suicidal threats, gestures, self-destructive behavior or making statements such as "I want to be dead." "I can't go on anymore," "Everyone would be better off without me," etc.
• If you have real concerns about a friend: provide support, listen to them, take them seriously and encourage them to seek help from a professional.
• For help, call 1-800-SUICIDE (734-2433), or use The Listening Ear 24 hour Crisis Hotline (517-337-1717). You can find them on the web at theear.org

Alcohol & Drugs

• 68% of MSU students consume 0–4 drinks when they party.*

WHY it matters...
• High risk alcohol and drug use is strongly correlated with many of the most serious disappointments, traumas, and failures students experience at college. Alcohol/drug use can lead to legal issues that have long-term impact on academic and career aspirations.
• Less than 5% of the student body identifies MSU as a party school. Drinking moderately and within reason is the true norm at MSU.9

What YOU can do...
• Know that you do not have to drink in order to have the "real college experience". In fact, 25% of MSU students either don’t drink or do so very infrequently.

• Be a friend and make the call. If you think a friend may have alcohol poisoning - call 911, turn them on their side to keep them from choking, and stay with them until help arrives.
• If you choose to consume alcohol, reduce your risk of unwanted consequences by consuming less alcohol over a longer period of time, eating food before and/or while drinking, staying with friends you know and trust, and making sure you have a safe plan for getting home.
• If you have a concern about your own or someone else’s alcohol or drug use, contact MSU Student Health Services’ Health Education office at 517-353-3903 or the MSU Counseling Center at 517-355-8270.

Stress Reduction

• 25% of MSU students report that stress seriously affected their academic performance.*

WHY it matters...
• Besides affecting academics, stress is a major factor contributing to sleep difficulties (reported by 22% of MSU students last year).
• Stress can lead to depression, anxiety, fatigue, and a weakened immune system making one more susceptible to colds and flu - the #1 reason MSU students gave for missing class.

What YOU can do...
• To avoid being overwhelmed, plan ahead. Use a planner to schedule deadlines and appointments. Try not to fall behind on assignments and tasks.
• Schedule regular activities to help manage stress: exercise, spending time with friends, massage, meditation—whatever works for you. Don’t wait until you are stressed out! Do the things you need to do to help you remain in sync.
• Seek help if you are feeling overwhelmed. The MSU Counseling Center is an option. Visit their website for additional services in stress management at counseling.msu.edu

517-355-8270

84%

19%

84%

82%

18%

58%

57%

20%

WHAT MSU STUDENTS say and do...

28%

35%

84%
**Tobacco Use**

What MSU STUDENTS say and do...

- 83% of MSU students choose not to smoke*
- 11% are frequent or social smokers*
- 4% of MSU students smoke daily*

WHY it matters...

- Smoking, even ‘socially’, can undermine your immune system and make you more susceptible to colds and the flu.
- Not everyone who starts out as a social smoker will become addicted to tobacco, but almost everyone who becomes addicted will have started as a social smoker.

What YOU can do...

- Join the 83% of your fellow students who choose not to smoke.
- If you do choose to smoke, respect those around you who do not wish to breathe secondhand smoke.
- If you would like information about quitting, call the MSU Health Education ATOD Office at 517-353-3903.

**Nutrition**

What MSU STUDENTS say and do...

- 67% of MSU students report being at their right weight or slightly under*

WHY it matters...

- The myth of the “Freshman 15” continues in the media and on college campuses while numerous studies show average freshmen weight gain is less than 3 pounds.

What YOU can do...

How do you avoid getting caught up in negative eating patterns and weight fluctuations?

- Keep eating. Restricting calories and/or certain foods is likely to increase your chances of developing disordered eating or inappropriate weight gain.
- Keep active. Moving your body has many benefits including stress relief, increased metabolism, increased energy, and improvement of your overall well-being.
- Eat often and eat enough, which will help keep your metabolism functioning at its best. Fuel your mind as well as your body!
- Try not to worry about food and weight. This can lead you to eat more than you normally would because you are constantly thinking about food.
- Recognize that weight gain is often normal in college as you reach your adult growth. Trust your body.
- To find out more about the “Freshman 15” myth or other nutrition concerns, call 517-353-4660 to schedule a free individual appointment with a nutritionist.

**Injury Prevention**

What MSU STUDENTS say and do...

- 97% of MSU students report wearing a seatbelt when riding in a car, but only 14% report wearing a bicycle helmet most or all of the time when riding a bike*

WHY it matters...

- With 50,000+ people walking, driving, rollerblading, and 20,000 biking on campus every day, it’s easy to find yourself in a chaotic and hazardous situation.
- Common injuries at MSU involve bicycle accidents (e.g., with pedestrians, cars, and persons on rollerblades).

What YOU can do...

- Wear bright colors and ride your bike in the roadway; you’ll be safer and get to your destination faster.
- Wear a helmet when biking or rollerblading.

**Physical Activity**

What MSU STUDENTS say and do...

- 65% of MSU students exercised 3 or more days in the last week (at time of survey)*

WHY it matters...

- Regular exercise has many proven benefits:
  - It improves energy and decreases fatigue.
  - It helps fight depression, anxiety, and stress.
  - It improves mood, self-esteem, and quality of sleep.
  - It helps you to meet and connect with new people.

What YOU can do...

- Choose to stay active! There are 8-10 intramural sports each semester, 40+ exercise classes each week, and 40+ club sports you can join. Check it all out at recsports.msu.edu
- Get a fitness test through LIFERx. Call 517-353-4660.
- Join MSU MOVES! This free website allows you to log activities and set up personal and team challenges at msunmoves.msu.edu

**Sexually Transmitted Infection (STI) Prevention**

What MSU STUDENTS say and do...

- 74% of MSU freshmen used a condom during last intercourse*

WHY it matters...

- The most effective way to protect yourself from an STI is abstinence. If you are sexually active, condoms can prevent most STIs when used consistently and correctly.
- Most STIs are either curable or manageable. The key is early detection and treatment.

What YOU can do...

- It is important to question, explore, and assess your sexual values. The decision to be abstinent or sexually active is your choice.
- Talk with your partner about safer sex, use a condom or other barrier method, and get tested for STIs and HIV annually or when you have a new sexual partner.
- Student Health Services has free condoms for MSU students—ask your RA or visit the MSU Health Education waiting room (3rd floor Olin Health Center).

**Pregnancy Prevention**

What MSU STUDENTS say and do...

- 46% reported having one sexual partner*
- 26% reported having no sexual partner*
- 77% of MSU students used some form of contraception at last intercourse*

WHY it matters...

- It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life—your physical and emotional health, your education and career goals, your relationships with other people, and your feelings about yourself.
- When choosing to be sexually active, select the contraceptive method right for you based on cost, the method’s effectiveness, its ease of use, and its safety.

What YOU can do...

- Be informed. Educate yourself about the contraceptive methods that are available. MSU Student Health Services offers a variety of contraceptive methods, and you can call 517-353-4660 for an appointment.
- Get FREE condoms and information on their correct use on the 3rd floor of Olin at MSU Health Education.
- The pharmacy at Olin Health Center offers emergency contraception and information in case your method of contraception failed or you did not use contraception.
- For more info, stop by and talk with one of our staff members or visit our website at olin.msu.edu

**Sexual Assault & Relationship Violence Prevention**

What MSU STUDENTS say and do...

- 7% of MSU women report having been sexually touched against their will*
- 10% of MSU women report being in an emotionally abusive relationship*

WHY it matters...

- Whether or not one commits violent behavior is a choice one makes—sexual assault, including verbal harassment, IS violent behavior!
- This is date rape drug is alcohol. Intoxication is not consent. When someone is under the influence of alcohol or drugs, they cannot legally give consent.

*2012 NCHA Survey; ‡MSU Police; *2011 MSU Spring Celebration Survey; **2009 MSU Fall Celebration Survey