

health happenings

Boiling Water 101: An Introduction to Cooking

Wed. 4-5:30
Feb. 5-Feb. 19
University Health
Center, Cafeteria

Call 346-2794 to register.

Learn basic skills to prepare quick, nutritious and delicious meals! If you feel like you have no time, money or creativity, then this is the workshop for you. Class is limited to seven students. Cost is \$15.

Quit Kit

Quitting tobacco is the healthiest move you can make! Pick up a "quit kit" from a Health Center practitioner or from the Health Ed Office.

Smoking Cessation Workshop

Tue. Jan. 28
4:00 - 5:30 pm

University Health
Center Medical
Library

Gather information and resources to help you quit for good. Aids such as the patch, zyband, gum and behavior strategies will be discussed.

CPR Certification

Mondays 5-9 pm
Jan. 27 or March 3

Health Center
Cafeteria

Heart saver course with two year certification. Register at 346-2770.

Free Cholesterol Screening

Every Tuesday
9:30-11:30 am

UO Health Center,
Health Education
Office

Simply drop by, no appointment necessary.

Health Info Tables at the Student Rec Center

Wednesdays 3:00 - 5:00 pm

Jan. 15 - Healthy Resolutions

Jan. 29 - Contraception

Feb. 12 - National Condom Week

Feb. 26 - Healthy Body Image

Spring Thing III

March 5, 3-5 pm

Health & Fitness Fair at the Rec Center.

To register for or to learn more about these workshops, check out the University Health Center's website at <http://healthed.uoregon.edu>. You can also call 346-4456 or stop by the Peer Health Education Office on the first floor of the University Health Center.

A new look at SEX in the U.S.



By Cara McCarthy

How, when and where did you first learn about sex? Were you comfortable enough to discuss it openly? Did you feel you were given accurate, realistic information? Did you feel that you had been given the responsibility to make whatever choices felt right for you?

These are the main questions of the "Rights, Respect, Responsibility" (RRR) Initiative, founded by Advo-

cates for Youth and currently being adopted by organizations, from church groups to grade schools, across the nation. The idea behind the campaign is this: provide affordable, confidential family planning services; establish sustained, realistic media campaigns; educate people with information based on scientific research; and create an open dialogue between parents, youth and educators. This is a radically different way of addressing sexuality in our culture but has proven to be

a very successful approach in other countries.

For the past 5 years, Advocates for Youth has sent a team of educators, health care workers and youth to Western Europe to study the media, public health policy and philosophy regarding sex in those countries. What they have seen on their study tours to Germany, France and the Netherlands is that sexuality in these countries is viewed as a natural and healthy part of being human. People are encouraged to talk openly with parents, educators and clergy members and are given accurate and realistic information so they are able to make their own, educated decisions about sex. Sexuality is addressed repeatedly in the media in a normal, positive and often humorous light. Family planning services are accessible and affordable. And, instead of being urged to abstain completely from sex, people are encouraged to delay sex until they are emotionally, physically and socially ready. In these countries the message about sex is simple and repeated time and time again by parents, educators and the media: safe, responsible sex or no sex.

What results from this approach is teens in these countries wait an average of 1 1/2 years longer than U.S. teens to have sex

for the first time and a decrease in rates of unintended pregnancies, abortions and sexually transmitted infections (STIs) among people of all reproductive ages. RRR is working to bring this European model of sexuality education home to the United States.

Since 1997, \$500 million United States dollars have been set aside for use in "abstinence-only until marriage" education, although no research has proven this to be an effective strategy. The driving force behind RRR is the realization of a society where people are valued to make their own choices about their sexuality and public health policy is grounded in scientific research. This would be a society where encouraging healthy sexual attitudes and behaviors is regarded as a community responsibility.

Access to free or low cost health care is one of the core values of the RRR campaign and the University Health Center is a great place to get information on contraception, STI's and other sexual health issues. Call for an appointment or stop by to see if you qualify for free family planning supplies and services under the FPEP grant. For more information about "Rights, Respect, Responsibility" go to www.wecandobetter.org or www.advocatesforyouth.org.

A New Men's Center on Campus *continued*

Men's Top Barriers to Obtaining Health Care

- Need to conceal vulnerability and be independent
- Lack of knowledge/misinformation about services
- Lack of time/not feeling susceptible to health concerns (tie)

Men in the UO study offered numerous suggestions for how the university could help guys attain better health, one of which was the development of a Men's Center.

What will a Men's Center do?

The goal of the Men's Center is to help men develop health promoting habits by increasing utilization of support services like those at the Health and Counseling Centers. Ideally, the Men's Center will eventually be housed in a centrally located area such as the EMU. Services envisioned include a health library with information about campus resources, discussions, activities and mentoring opportunities aimed at health outreach with campus men.

How is it being received?

In order to demonstrate to the ASUO that students support the idea of a Men's Center, a diverse group of students (n=260) was surveyed last spring. 93% were in support of Men's Center; 89% felt men would benefit from a Men's

Center; 86% believe that women would benefit from a Center, and 86% would refer a friend to the Men's Center.

Getting Involved

George Hanawahine, doctoral student in Family and Marriage Counseling, is currently the director of the Men's Center. He observes, "Men are socialized from the time they are born to be strong and tough. This often results in men attempting to solve most of their problems on their own. In society it is evident that men are privileged at many different levels, therefore some believe men don't need services that help or benefit them. Statistics clearly show that men have serious social, health and emotional needs, therefore the mere existence and success of the Men's Center would help legitimize this need."

Like the ASUO Women's Center, the Men's Center is governed with by-laws, a diverse advisory board and officers that provide guidance and decision making for the Center. The Men's Center web site (<http://www.geocities.com/rpscotty/UOMC.htm>) offers more on the philosophy and answers to frequently asked questions about the Center. To become involved or learn more about the Men's Center, contact George at aghanawah@darkwing.uoregon.edu.

...here at UO, men make up about 80% of the student conduct cases but are the minority at the Health and Counseling Centers. The Men's Center hopes to change that.

Winter 2003 Contributing Writers and Peer Health Educators



Raha Chan, Maria Guerrero, Kim Ito, Ronalyn Malasig, Cara McCarthy, Christine Mosbaugh, Danielle Wallace.

photos and editing by: Annie Dochmabl