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## YOU COULD SAVE A LIFE!

BY ROBIN BADING

A 2004 survey conducted by the American College Health Association found that...

- At some point, nearly half of all students find themselves feeling so depressed they have trouble functioning; that translates to over 7000 of our students at NKU.
- 15% of college students meet the clinical criteria for depression.
- 10% of students have considered attempting suicide. Sadly, that equals over 1400 of our NKU students.

Given these statistics, it's likely that you will cross the path of at least one of these students. You could be the key to saving that student's life.

QPR is a suicide prevention program intended to teach participants the warning signs leading to suicidal behavior and to give them skills to act vigorously to prevent a possible tragedy. QPR is

being implemented on university campuses all across the country. NKU Counseling Services staff has been teaching QPR to the NKU community for the past few years. The more people we train, the fewer cracks there will be for students to fall through. The more lives we could save.

NKU Counseling Services staff will be offering QPR training Tuesday **March 9<sup>th</sup> from 10-11:30 pm**, Wednesday, **March 10<sup>th</sup> from 6-7:30 pm** and **Thursday, March 11<sup>th</sup> from 1-2:30 pm**. Email Robin at [badingr1@nku.edu](mailto:badingr1@nku.edu) with your name and session choice. Space is limited. Parent47.6 (Coad.) 2 (-)



**Healthy U**

Healthy U is a system of healthy food criteria designed by Wellness dietitians in order to offer students affordable dining options that are clearly defined as healthy. Healthy U options are more balanced and nutritious than other dining options because they contain less fat and more fiber. Choosing Healthy U is an easy step that your student can take toward a healthier lifestyle.

*Healthy U selections* contain **less**

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## **SPRING BREAK SAFETY: TIPS TO KEEP YOUR STUDENTS SAFE**

**BY NKU POLICE CHIEF, HAROLD TODD**

Make sure your student's Spring Break is a relaxing escape from the semester, as opposed to a dangerous nightmare! Here are some important precautions to ensure your student's safety.

Spring Break is a quintessential part of the college experience, and it can be one of the highlights of your college career-- if you're careful. Here are some safety precautions and tips to help college (and high school) students have a fabulous Spring Break.

### **Property Safety**

Be aware that there are lots of people out there who see students on Spring Break as easy targets for theft. Don't prove them correct. When traveling, here are some precautions your student should always take with his or her valuables.

- Take as few valuables with you on your trip as possible,
- Book hotels that give you access to a safe. Lock up anything of value. Do not leave money or valuables around your room.
- Always lock your hotel room door.
- If you are traveling abroad, keep your passport in a secure location at all times.
- Watch out for scam artists who try to rip off students. Avoid high pressure sales pitches, and never go off to a secluded location with someone who wants to sell you something.
- If your student's cell phone or credit cards are stolen, report this immediately to the companies so they can cancel your service.
- When booking your trip, watch out for Spring Break travel package scams.

### **Physical Safety**

High profile cases such as Natalee Holloway-- a high school student who disappeared during her Spring Break trip to Aruba-- are uncommon. However, sexual violence and other violent acts during Spring Break are not. Neither are accidents. Use common sense and follow these simple safety tips.

- Always stay in the proximity of at least one friend, and preferably two or three. Adhere strictly to this "buddy system" and do not leave with someone other than your buddies. Be sure to choose buddies and friends, 0 11 a 277 8.499268Tr

