



WHAT IS CONSENT?

When it comes to sex, **silence** is *not* consent.

Flirting is *not* consent.

Being in a **relationship** is *not* consent.

Consent for **one thing** is *not* consent for everything.

Dressing in **sexy clothing** is *not* consent.

Having had **sex before** is *not* consent now.

Being **too drunk or high** to say no is *not* consent.

Being **passed out** is *not* consent.

If a person is **underage**, it is *not* consent.

Being **afraid to say no** is *not* consent.

Making out is *not* consent.

Going into a **bedroom** is *not* consent.

"Maybe" is *not* consent.

"No" is *not* consent.

Sexual activity without consent is **sexual assault**.

Consent is a **voluntary, conscious, and mutual agreement** to engage in sexual activity.

Only "Yes" is consent.

Stop. Ask. Listen. **Get consent.**

GET IN TOUCH



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Striving for a Wellness-Focused Semester

Whether you're a returning or new student, this semester is definitely different. The world is still in the midst of a pandemic, and many of us are just trying to keep up. This fall is the first fully in-person semester in two years, and if you are struggling with that fact, no matter the reason, know that you are not alone.

Although we can't solve the pandemic, we would like to offer you some tips for developing healthy coping skills, creating boundaries between school or work and free time, and how to relax.

Healthy Coping Skills

- Take a break from the news
- Connect with friends, family, or your community
- Set aside time to unwind and do things you enjoy
- Practice self-care

Creating Boundaries

- Create a dedicated schoolwork space
- Set a daily routine
- Dedicate school-free time (don't check anything school related during this period)

Relaxation Tips

- Take snack breaks
- Take quick, midday naps
- Spend time outdoors or in your comfy place
- Partake in a new (or old!) hobby
- Start a new game, series, or book

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THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



MISSOURI S&T RESOURCES:

LEAD: The Learning Enhancement Across Disciplines (LEAD) Program provides learning forums to students who wish to increase their understanding, improve their skills, and validate their mastery of concepts and content in a wide variety of foundational courses to achieve their full potential.

Miner Oasis: The Miner Oasis is located in 201 Norwood, open Monday-Friday, 8am-5pm. There are a variety of activities available, including coloring books, bracelet and necklace making materials, board and card games, yoga mats, customizable essential oils, and a massage chair. There is also a Keurig with coffee, tea, and hot chocolate, various healthy snacks, a fridge, freezer, and microwave, comfy seating, and a computer and printer. All of these activities and amenities are available to all students at no cost.

ONLINE RESOURCES:

Ask.Listen.Refer.: The Missouri S&T Ask.Listen.Refer Suicide Prevention Training Program was designed to help faculty, staff, and students prevent suicide by teaching you to identify people at risk for suicide, recognize the risk factors, protective factors, and warning signs of suicide, and respond to and get help for people at risk. Completing the training is the first step to becoming a Mental Well-Being Ambassador. Email your certificate of completion to wellbeing@mst.edu to learn the next steps.

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