

- 01. Honors House
- 02. Amphitheater 03. Stone Center
- 04. Merrill Building
- 05. The Pointe@JSU
- 06. Brewer Hall
- 07. Conferences and Support
- Operations 08. Softball Field
- 09. Rowe Hall
- 10. Baseball Field
- 11. Soccer Field
- 12. Rock House
- 13. Patterson Hall
- 14. Logan Hall
- 15. International House
- 16. Martin Hall

- 17. McGee Science Center 18. Self Hall
- 19. Dixon Hall 20. Crow Hall
- 21. Pete Mathews Coliseum
- 22. Duncan Maintenance
- 23. Carlisle Fine Arts Facility
- 24. Sparkman Hall
- 25. Avers Hall
- 26. President's Home
- 27. Houston Cole Library
- 28. Mason Hall
- 29. Counseling Services
- 30. Ramona Wood Building
- 31. Angle Hall 32. Penn House Apts

- 33. Intramural Field/Track 34. Tennis Courts
- 35. Paul Carpenter Village
- 36. Bennett Field
- 37. Pannell Hall
- 38. Leone Cole Auditorium
- 39. Jack Hopper Dining Hall "The Caf"
- 40. Quad
- 41. Anders Hall (Round House)
- 42. Hammond Hall **43.** Theron Montgomery Building
- 44. TMB Lawn
- 45. Fitzpatrick Hall
- 46. Daugette Hall
- **47.** Salls Hall (University Police) 48. Curtiss Hall

52. Gamecock Field 53. Kennamer Hall

51. Athletic Fieldhouse

49. JSU Stadium

• 54. Recreation & Fitness Center/The Peak

50. Stephenson Hall/Gamecock Diner

- 55. Jax Apts
- 56. Campus Inn Apts 57. Dillon Field
- 58. Meehan Hall
- 59. Colonial Arms Apts
- 60. Mountain Street Homes
- 61. University Development
- 62. Longleaf Studios
- 63. School of Business & Industry Complex
- 64. JSU-RMC

		-	
30	Angle Hall Financial Aid, Office of Housing Operations & Residence Life, Office of Student Accounts, Title IX Coordinator,	27	Houston Cole Libra Student Success Center, and Bakery
	Office of Community Standards and Student Ethics, Office of Diversity & Inclusion, Registrar's Office, P.A.C.E	24	Sparkman Hall Gamecock Market
39	Jack Hopper Dining Hall "The Caf"	54	University Recreati The Peak Cafe
64	JSU-RMC Student Health Center		E
47	Salls Hall University Police Department		
43	Theron Montgomery Building Dean of Students Office, Food Court		4
46	Daugette Hall Military & Post Traditional		

MARKFI

ACKSONVILLE STATE UNIVERSITY

Located in the Basement of Sparkman Hall, the Market is an initiative that serves students, faculty, and staff in need.

Questions?

Reach out to us at gamecockmarket@jsu.edu

SCAN HERE FOR MORE **INFORMATION!**

WE PROVIDE:

- CLOTHING
- ✓ PROFESSIONAL ATTIRE
- ✓ HYGIENE PRODUCTS
- SCHOOL SUPPLIES
- ✓ MATERNITY ITEMS

HELPFUL NUMBERS

ON-CAMPUS RESOURCES:

Dean of Students Office					
402 Theron Montgomery Build	ding jsu.edu/studentlife				
Counseling Services (Confidential Resource)					
147 Trustee Circle	jsu.edu/ccservices				
Gamecock Market					
Sparkman Hall Basement	jsu.edu/gamecockmarket				
Office of Community Standards a	and Student Ethics				
Angle Hall, Suite 301 - A	jsu.edu/community-standards				
Title IX Coordinator (Jennifer Ar	go)782-5769				
Angle Hall, Suite 301 - A	jsu.edu/titleix				
University Police Department					
Salls Hall on Forney Ave. NW	jsu.edu/police				
RMC/JSU Health Center (Confide	ential Resource)782-5310				
1701 Pelham Rd. South	jsu.edu/studenthealth				
Office of Diversity & Inclusion					
Angle Hall, Suite 323	jsu.edu/diversity				
Office of Housing Operations & F	Residence Life782-5290				
Angle Hall, Suite 103	jsu.edu/housing				
University Recreation (UREC)					
119 Beck Circle	jsu.edu/urec				
P.A.C.E.					
Angle Hall, Suite 303 - F	jsu.edu/ccrt				
Student Success Center					
Houston Cole Library	jsu.edu/studentsuccess				

jsu.edu/transit The jsuRIDE 256-782-8637



udent Services

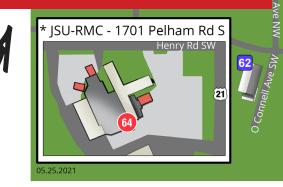
Request a ride (to and from many on and off campus location):

1.) Download the myJSU app from the app store on your phone.

2.) In the left-hand column, choose 'jsuRide'.

3.) Enter the time and place that you need to be picked up and where you need to be dropped off. **Requests must be made 15 minutes** prior to requested pick-up time.

There is no fee for this ride, it is included in your tuition costs.







OTHER RESOURCES

- O Jacksonville Police Department 911 Public Safety Drive SW Jacksonville, AL 36265 256-435-1075 or 911 www.jacksonvillepd.org
- O Calhoun County Sheriff's Office 400 West 8th Street Anniston, AL 36201 256-236-6600 or 911

www.calcoso.org

O Calhoun County District Attorney's Office

This office can provide assistance with the paperwork associated with filing for a Protection from Abuse Order and/or making a claim with the Crime Victim's Compensation Fund. 256-231-1770 www.brianmcveighda.com

- O Northeast Alabama Regional Medical Center (Emergency/Trauma) 400 East 10th Street 256-235-5121 www.rmccares.org/hospitals/rmcanniston/
- O 2nd Chance, Inc. Crisis Line: 256-236-7233 Office: 256-236-7381 www.2ndchanceinc.org
- O One Love Foundation (live chat available) Text LOVEIS to 22522 to text with a peer advocate regarding unhealthy relationships www.joinonelove.org/get-help/
- O LovelsRespect.org 866-331-9474 or Text: LOVEIS to 22522
- O Stalking Prevention Awareness & Resource Center (SPARC) www.stalkingawareness.org

- O Rape Response (Emergency/Trauma) Birmingham, AL Sexual Assault Nurse Examiner facility offers exams 24 hours a day, 7 days a week. When leaving JSU, please notify the facility when you are on your way and approximate arrival time. 205-323-7273 www.crisiscenterbham.org/raperesponse
- O National Human Trafficking Hotline 1-888-373-7888 or Text:233733 www.humantraffickinghotline.org
- O JSU Safe Zone

Email: safezone@jsu.edu 256-782-8434 www.jsu.edu/studentaffairs/safe-zone Learn more info about LGBTQ+ local and national resources.

O The Trevor Project

Crisis Intervention and Suicide Prevention for LGBTQ+ Individuals 24/7 Hotline or Computer Chat or Text Chat 866-488-7386 www.trevorproject.org

O Trans Lifeline Peer support phone service run by trans

people for trans and questioning peers 24/7 Hotline 877-565-8860

O Alcoholics Anonymous www.aa.org

O Crisis Text Line Text HOME to 741741 for free, 24/7 crisis support in the US

WHAT IS...

P.U.B.S. ? ALCOHOL OVERDOSE CAN HAVE ANY OF THESE 4 SYMPTOMS PUKING WHILE PASSED OUT

UNRESPONSIVE TO STIMULATION (PINCHING OR SHAKING)

B (SLOW, SHALLOW, OR NO BREATHING)

S SKIN (BLUE, COLD, CLAMMY)

If you observe any ONE of these signs, call 911 immediately. While you're waiting for help to arrive: If the person has passed out, roll them onto left side and prop head up. Stay and monitor closely. The National Poison Control Hotline (1-800-222-122 2) provides free, expert, confidential advice 24/7/365.

Tips For A Lower BAC

Blood alcohol concentration (BAC) is the percentage of alcohol in your blood. Judgement and reaction skills are impaired at BACs of .05 and above.

Pace and Space -- Sip your drink instead of chugging, alternate with water or soda and have no more than 1 drink per hour. On average, it takes nearly 3 hours for most people to eliminate the alcohol in 2 drinks

Eat Before and While Drinking-- Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in your stomach.

Avoid Mixing Alcohol With Other Drugs --Some prescription and over-the- counter drugs (e.g., antihistamines and narcotics) can increase alcohol's effects. Caffeine and other stimulants can trick you into feeling less impaired.

Use Caution When Sick or Tired -- Alcohol leaves the body more slowly when a person is sleep deprived or ill.

Be Aware Of Your Environment -- Alcohol can cause greater impairment when drinking different beverages or in new locations.

BAC FOR WOMEN AFTER 1 HOUR NUMBER OF STANDARD DRINKS 1 2 3 4 5 6 7 100 .03 .07 .12 .16 .21 .25 .30 110 .02 .07 .11 .15 .19 .23 .27 120 .02 .06 .10 .13 .17 .21 .25 130 .02 .05 .09 .12 .16 .19 .23 140 .02 .05 .08 .11 .14 .18 .21 150 .01 .04 .07 .10 .13 .16 .19 .01 .04 .06 .09 .12 .14 .17 170 .01 .03 .06 .08 .10 .13 .15 ରୁ <u>1</u>90

BAC FOR WOMEN AFTER 3 HOURS

LEGALLY NTOXICATED

	NUMBER OF STANDARD DRINKS											
		1	2	3	4	5	6	7				
	100	.00	.04	.09	.13	.18	.22	.27				
	110	.00	.03	.07	.12	.16	.20	.24				
	120	.00	.03	.06	.10	.14	.18	.21				
	130	.00	.02	.06	.09	.13	.16	.19				
5	140	.00	.02	.05	.08	.11	.14	.18				
	150	.00	.01	.04	.07	.10	.13	.16				
5	170	.00	.00	.03	.06	.08	.11	.14				
202	190	.00	.00	.02	.05	.07	.09	.12				
		PLEASURE ZONE (MINOR IMPAIRMENT)			IMPAIRED JUDGEMENT & REACTIONS		LEGALLY INTOXICATED					

BAC FOR MEN AFTER 1 HOUR

	NUMBER OF STANDARD DRINKS										
		1	2	3	4	5	6	7			
	120	.02	.05	.08	.11	.14	.17	.20			
~	140	.01	.03	.06	.09	.12	.14	.17			
8	160	.01	.03	.05	.08	.10	.12	.15			
Ē	180	.00	.03	.05	.07	.09	.11	.13			
ש	200	.00	.02	.04	.06	.08	.10	.12			
WEIGHT (LBS)	220	.00	.02	.04	.05	.07	.09	.10			
BODY	240	.00	.02	.03	.05	.06	.08	.09			
o B	260	.00	.01	.03	.04	.06	.07	.08			
		PLEASURE ZONE (MINOR IMPAIRMENT)				IMPAIRED JUDGEMENT & REACTIONS		LEGALLY INTOXICATED			

BAC FOR MEN AFTER 3 HOURS

		1	2	3	4	5	6	7		
	120	.00	.01	.05	.08	.11	.14	.17	G	
~	140	.00	.01	.03	.06	.09	.11	.14	LEGALLY INTOXICATED	
LBS I	160	.00	.00	.02	.05	.07	.09	.12	INTO)	
WEIGHT (LBS)	180	.00	.00	.01	.04	.06	.08	.10	ALLY	
	200	.00	.00	.01	.03	.05	.06	.08	LEG	
Ň	220	.00	.00	.00	.02	.04	.05	.07		
	240	.00	.00	.00	.01	.03	.05	.06		
ворү	260	.00	.00	.00	.01	.02	.04	.05		
PLEASURE ZONE (MINOR IMPAIRMENT)								IMPAIRED JUDGEMENT & REACTIONS		

*BAC Calculations are based on Matthews & Miller (1979). Source of BAC Effects: Traffic Safety Adm In the USA, MINIMUM drinking age in ALL 50 states is 21 years old. DISCLAIMER: These charts are an estimation. They are meant to provide guidance but they do not guarantee a specific BAC.



DISTRACT

INTERRUPT AN INCIDENT WITH A DISTRACTION.

Start a random conversation with the individual, ask for directions, compliment their outfit, etc.)

COVID VACCINE INFORMATION:

Why Should You Get Vaccinated?

- It's safe, simple, and free of charge.
- It could keep you from getting COVID-19.
- If you still get COVID-19, it could keep you from becoming seriously ill.
- It will help you do your part to slow the spread of COVID-19 and protect the health of your family, your friends and your community.
- It's an mRNA vaccine. These types of vaccines have been studied for more than two decades to evaluate their safety and effectiveness.

For recent news and updates on vaccination in Alabama, please visit the Alabama Public Health website at AlabamaPublicHealth.gov/ covid19vaccine/updates.



People who seek help for themselves or others for alcohol or drug overdose or for an act of violence may not be subject to discipline for drugs and alcohol use.

Why is this important?

Seeking immediate assistance can save a life.

Steps to Amnesty: Be the friend.

2 Remain with your friend

3 Notify and cooperate with university

For more information, visit: jsu.edu/community-standards

DELAY

GET HELP FROM SOMEONE ELSE.

Get a friend, RA, coach, or the police to

CHECK IN ON THE PERSON AFTER AN INCIDENT.

Ask them if they are ok and what they need.

DOCUMENT

RECORD THE INCIDENT WITH A VIDEO, PHOTO, OR BY TAKING DETAILED NOTES.

Always ask the impacted person what to do with footage/photo/notes.

Red Flags of Hazing

"Red flags" that may indicate that a person has experienced hazing:

Changes in behavior and communication that may correspond with the timing of a person becoming involved with an organization.

• Disrupted patterns of behavior: Not attending classes, change in grades, becoming difficult to reach or other changes in patterns of communication, not coming home when expected, not eating meals as usual, change in personal hygiene, only associating with certain people.

Describes activities that would meet the definition of hazing, but refers to them as "traditions" or "initiations."

- Chronic fatigue.
- Symptoms of depression.
- Friends, roommates, organizational/ school staff, and/or parents/siblings express concerns about change in behavior.
- Unusual photos posted in Facebook.

*Source: StopHazing I https://www.stophazing.org/

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JSU is an equal opportunity/affirmative action institution and does not discriminate based on age, religion, race, color, sex, veteran's status, national origin, or disability. Pursuant to Section 504 of the Rehabilitation Act of 1973 and

10 Signs of Unhealthy Relationship

While everyone does unhealthy things

sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse.

If you think you are in a dangerous situation, trust your gut and get help.

Here are some characteristics and behaviors of a unhealthy relationship.

- Intensity
- Manipulation
- Sabotage
- Guilting
- Deflecting Responsibility
- Possessiveness
- Isolation
- Belittling
- Volatility



Having Trouble Coping?

Please call JSU Counseling Services if you or someone you know is experiencing any of the following problems, especially if a problem is making it hard to get through the day or is getting worse.

- Eating or sleeping too much or too little.
- Pulling away from people.
- Having low or no energy.
- Feeling numb or like nothing matters. •
- Having unexplained aches and pains.
- Feeling helpless or hopeless.
- Smoking, drinking, or using drugs more than you should.
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared.
- Fighting with family and friends.
- Unable to get rid of troubling thoughts and memories.
- Thinking of hurting or killing yourself or someone else.
- Unable to perform daily tasks, such as completing your academic assignments.

Title II of the Americans with Disabilities Act of 1990, Jennifer Argo, Title IX Coordinator, Suite 301 A, Angle Hall, phone (256) 782-5679 is the coordinator for Jacksonville State University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award bachelor's, master's, educational specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Jacksonville State University.

10 Signs of Healthy Relationship

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first.

Here are some characteristics and behaviors of a healthy relationship.

- Comfortable Pace
- Honesty
- Respect Kindness
- Healthy Conflict
- Trust
- Equality

• Taking Responsibility

*Source: One Love I https://www.joinonelove.org/