

THE STALL SEAT JOURNAL

SUMMER 2026 EDITION

MO'FRIES Consent Model

MO'FRIES is a consent model used to explain the 7 interconnected dynamics of giving and/or receiving consent. It breaks consent down into clear, easy-to-remember principles that can help navigate real-life situations with confidence and respect.

- **Mutual:** All parties agree to partake.
 - EX: "I want to __. Do you want to ___?" "Yes, I do."
- **Ongoing:** Throughout the activities, all parties feel comfortable and safe and can vocalize this.
 - "Are you okay?" or "Do you like this?"
- **Freely Given:** Permission isn't granted through pressure, manipulation, gaslighting, or when the person giving/asking for consent is under the influence of a substance. In order for consent to be freely given, it must also be reversible.
 - EX: "If you really liked me, you'd do ___ for me/with me."
- **Reversible:** Participants can revoke consent at any time. They can revoke consent for a specific act or to the sex/intimate encounter as a whole.
 - EX: "I changed my mind about __, can we do this instead?" or "I don't want to do __ anymore."
- **Informed:** The person(s) consenting knows exactly what they're consenting to.
 - EX: Did they consent to penetrative sex or oral sex?
- **Enthusiastic:** Body language matters! The person(s) consenting should be visually AND verbally excited about their decision.
 - EX: "This is great!" or "I'm so excited to do this with you!"
- **Specific:** The person(s) consenting are replying to a specific ask and the person asking for consent is specific about what they are asking to do/have done to them.
 - EX: "Do you want to hook up?" isn't specific. Does it mean making out? Penetrative sex? Be specific!

Think Before You Drink in the Summer Heat

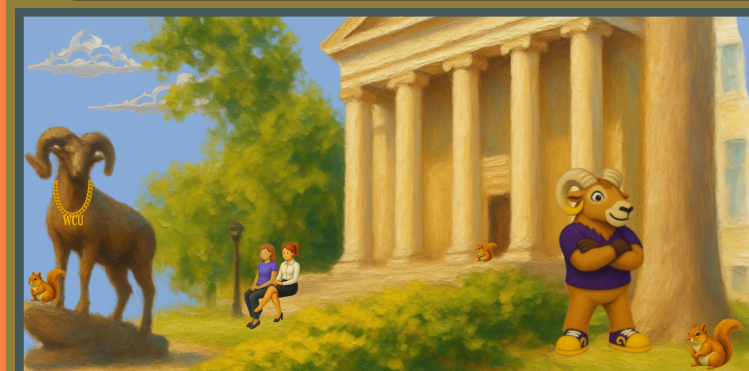
Summer may include beach trips, lake days, internships, and pool hangouts. Consuming alcohol in the heat can lead to serious risks, especially for those who are traveling, working outdoors, or spending time around water.

If choosing to drink during hotter weather, be sure to consider:

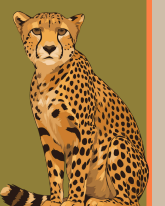
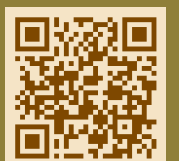
- **Dehydration:** Alcohol is a diuretic, meaning it causes your body to lose more fluids than it takes in. In hot weather, this raises body temperature faster and increases sweating and vomiting, worsening fluid loss.
- **Heat Stroke:** When dehydrated, your body can't cool itself effectively. Symptoms of heat stroke include dizziness, confusion, headache, and even loss of consciousness. What to do for heat stroke? Call 911.
- **Drowning:** Alcohol contributes to about 25% of adult drowning deaths. Impaired balance and judgment increase water-related danger. It is recommended to wait at least one hour after consuming alcohol before participating in swimming/water activities.
- **Boating & Car Accidents:** Alcohol slows reaction time and coordination, raising the risk of crashes on water and roads.

Make summer memories, not emergencies! Hydrate, set limits, and think before you drink.

Can You Spot All 5 Differences In Each WCU-Themed Image?



Scan the QR code to see the answers once you think you've found them all!



Rammy Riddler



Why don't acrobats work in the winter?

SCAN ME



Success Coaching: Your Partner in Academic and Personal Growth

Adjusting to college life, whether you're a first-year student, a transfer student, or a returning student, can feel overwhelming. New routines, academic expectations, and responsibilities can take time to navigate.

The good news? **You don't have to do it alone.**

Building a strong foundation early can make all the difference. Creating a consistent schedule, using effective study strategies, setting realistic goals, and staying connected with professors and peers are all key steps toward success. Just as important is taking care of your well-being; managing stress and maintaining balance are essential parts of thriving in college.



This is where Success Coaching comes in.

- Success Coaching at West Chester University offers one-on-one support to help students succeed academically and personally through flexible sessions tailored to individual needs.
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- Support includes guidance on online learning, communicating with professors, and connecting with campus resources.
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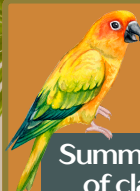
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Balance Over Break



Summer isn't always just vacation – it's a massive shift. Without the rhythm of classes and campus life, it's easy for your well-being to slip. Use these months to recharge, find your routine, and check in with yourself.

Manage the transition: Returning home doesn't always feel like a vacation. It's tough balancing your new independence with existing family roles. Instead of waiting for any tension to boil over, start a conversation about expectations. Setting boundaries isn't rude – it's how you make the summer actually work for everyone.

Rest is productive, too: If you're feeling exhausted, listen to that. Sometimes the most productive thing you can do is fix your sleep schedule and embrace a slower pace. Your well-being will thank you when the fall semester rolls around.

Purposeful routines: Structure doesn't have to mean stress. Instead of a massive to-do list, pick a few intentional things that actually matter to you. Whether it's volunteering, a side hustle, or just learning a skill for fun, small goals provide a sense of purpose without pressure. It's not about doing everything – it's about doing a few things that keep you feeling like you.

Create calm amidst the unknown: It's hard to relax when your brain is spiraling about what comes next. If summer feels more like a waiting room for your future, you're not alone. The goal isn't to have it all figured out by fall; it's about learning to handle not knowing. Focus on the small steps – what you can control today – and let the long-term goals take care of themselves for a bit.

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