

# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Haven Project at the Center for Health and Well-Being

March 2023

## Green Dot Bystander Intervention

### EVENTS THIS MONTH:

Clothesline Project | Tues. Mar. 7th | 6pm-8pm | Suites on Maple East G 18

Behind the Post | Mon. Mar. 20th | 6pm-7:30pm | Elkin Great Room

Green Dot Training | Tues. Mar. 21st | 7pm-8pm | Leonard Hall B02

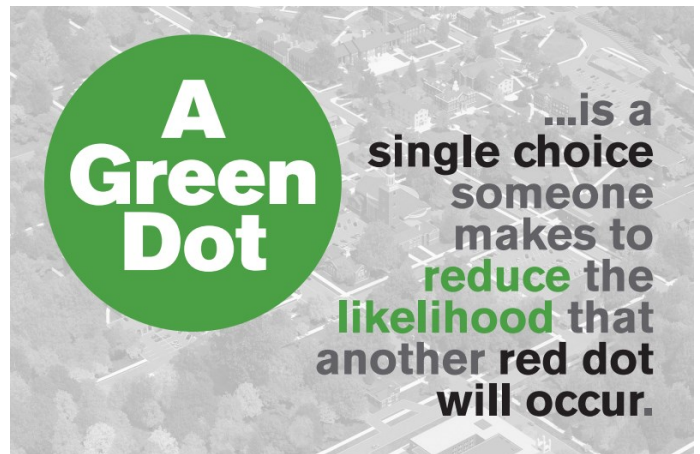
Embracing the "F" Word | Wed. Mar. 22nd | 4:30pm-6pm | 225 Leonard

Take Back the Night Vol. Trg | Tues. Mar. 28th | 6pm-7pm | Suites on Maple East G 18



### What is Green Dot?

Green Dot is a bystander intervention education program at IUP that works to reduce the rate of power-based personal violence. Any action that reduces the risk of violence in the moment, supports survivors, or creates a culture less tolerant of violence is a Green Dot! This program equips students, faculty, administrators, and staff with information about barriers to action and realistic solutions, so together we can mobilize our campus and communities. **Everyone can do green dots—no matter who you are, where you live, what you like, or what you do.** For more information, contact [green-dot@iup.edu](mailto:green-dot@iup.edu).

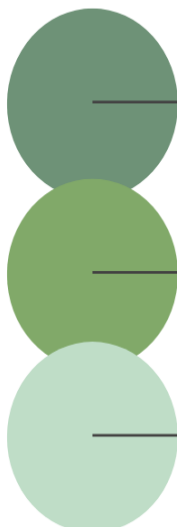


### Green Dot Week of Action— Scan QR code for events

Get involved in our Green Dot Week of Action initiative happening this semester between **Monday, March 20th to Sunday, March 26th!** It will be full of opportunities to get Green Dot trained and become an active bystander. Events will include Chalk the Walk, open Green Dot programs, and other sponsored events like BACCHUS BINGO! *No one has to do everything, but everyone has to do something. What's your Green Dot, IUP?*



### THE 3D'S OF GREEN DOT



**Direct:** Intervene in the moment to prevent a problem from happening!

**Distract:** Interrupt a situation without directly confronting anybody!

**Delegate:** Get help from someone who is better equipped to handle the situation!

**You are not alone.**

**Help is available.**

### Campus and Community Resources

Haven Project.....724-357-3947

\*IUP Counseling Center.....724-357-2621

\*Alice Paul House (24/7 hotline)....724-349-4444

University Police.....724-357-2141

Title IX Coordinator.....724-357-3402

LGBTQIA Support.....724-357-2598

*\*Confidential Resource*