



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 Sept. 2023

September — RAINN Day | Red Zone | Green Dot

Upcoming Events

Chalk the Walk for RAINN Day | Tuesday, Sep. 19th | 4PM-7PM | Oak Grove

RAINN Day | Wednesday, Sep. 20th | 10AM-3PM | Oak Grove

Dating & Domestic Violence Volunteer Training | Thursday, Sep. 25th | 5PM-6PM | G-18 Suites on Maple East

Student Green Dot Training | Thursday, Sep. 28th | 6PM-7PM | HUB—Susquehanna Room



RAINN Day 2023

Wednesday, Sep. 20th • 10am to 3pm • Oak Grove

RAINN Day is an annual day of action created by the Rape, Abuse, and Incest National Network (RAINN.org). This day is meant to bring awareness to the effects of sexual violence within our community as well as show solidarity with survivors.

RAINN Day is held in the Oak Grove every September where dozens of colorful umbrellas with statistics, quotes, resources, and words of encouragement are displayed. All of the umbrellas have been decorated by students and organizations from IUP.

Show your commitment to speaking up against sexual violence and share solidarity with survivors by chalking with quotes, facts, words of encouragement, and more at Chalk the Walk on Tuesday, September 19th at 4pm to 7pm in the Oak Grove.



What is the Red Zone?

The first six weeks on a college campus are known as “The Red Zone.” Data shows that first-year students are at the highest risk of experiencing sexual violence during this time. The Red Zone time period begins the first day on campus and generally lasts until November. To eliminate The Red Zone, we need to change the culture on campuses that perpetuates sexual violence.

#ShattertheSilence



Be an Ally in the Fight Against Sexual Violence

Sexual violence is preventable. Changing the culture of oppression happening on campus is the goal to ending sexual violence. Everyone has a role to play. You don't have to do everything, but you do have to do something—it's on all of us.

Unsure what you can do to help? Consider getting Green Dot trained to learn how to be an active bystander in a red dot situation (when individuals are harmed by power-based violence). Everyone can make green dots—no matter who you are, where you live, what you like, or what you do. The list of possible green dots is endless!

**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*