

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 4, 2024

Green Dot Bystander Intervention

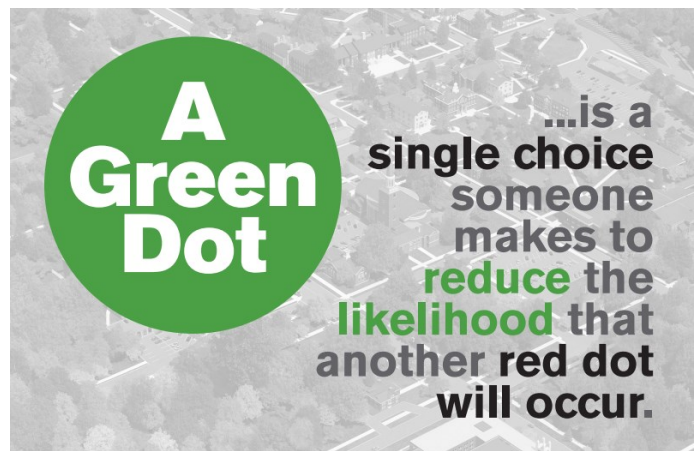
EVENTS THIS MONTH:

- Green Dot Student Training | Mon. Mar. 4th | 6pm-7:30pm | Elkin Great Room
- Green Dot Student Training | Mon. Mar. 18th | 5pm-6pm | Leonard B02
- Bystander Moment with IFC| Tues. Mar. 19th | 6pm-8pm | HUB Ohio
- Alice Paul House- Sexual Violence: What You Need to Know | Wed. Mar. 20th | 6pm-7pm | HUB Monongahela
- Online Green Dot Student Training | Thurs. Mar. 21st | 11:30am-12:30pm | Zoom ID: 93557303276
- Green Dot Bingo with BACCHUS | Fri. Mar. 22nd | 9:30pm-10:30pm | HUB Ohio
- Take Back the Night March & Speak Out | Wed. Apr. 10th | 6pm-9pm | Oak Grove & HUB Ohio Room



What is Green Dot?

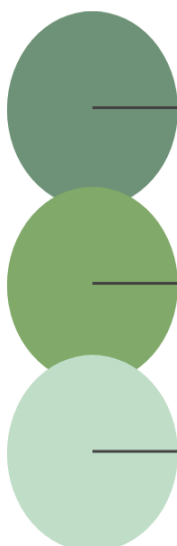
Green Dot is a bystander intervention education program at IUP that works to reduce the rate of power-based personal violence. Any action that reduces the risk of violence in the moment, supports survivors, or creates a culture less tolerant of violence is a Green Dot! This program equips students, faculty, 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.



Green Dot Week of Action– Events listed above

Get involved in our Green Dot Week of Action initiative happening this semester between **Monday, March 18th to Sunday, March 24th!** It will be full of opportunities to get Green Dot trained and become an active bystander. Events will include chalking messages, open student Green Dot program, and other sponsored events! *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*

Haven Project Instagram: @IUPHaven