



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

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



HAVEN PROJECT

Nov. 6, 2023

Upcoming Events

- **Hot Chocolate Table with Student Veterans Org.** | Tues. Nov. 7th | 11AM-1PM | Stapleton Library
- **It's On Us Kahoot Trivia Co-sponsored by S.V.O.** | Thurs. Nov. 9th | 6PM-7PM | HUB- Susquehanna
- **Clips & Commuters (open to all)** | Tues. Nov. 14th | 7PM-8PM | *Zoom ID: 357 885 6766*
- **It's On Us Discussion Co-sponsored by Phi Delta Theta (open to all fraternities)** | Mon. Nov. 27th | 6PM-7PM | HUB- Susquehanna
- **Green Dot Student Training Co-Sponsored by S.V.O.** | Thurs. Nov. 30th | 6PM-7PM | Leonard 215

It's On Us (to Stop Sexual Assault)



It's On Us is to build the movement to combat campus sexual assault by engaging all students, including young men, and activating the largest student organizing program of its kind in grassroots awareness and prevention education programs. It's On Us was founded in 2014 as an initiative of the Obama-Biden White House to address the impact of sexual violence on college campuses—13% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students). The social movement has over 300,000 people taking the pledge to end sexual violence.

Sources: It's On Us and RAINN

It's on Us to...

- **Recognize** that non-consensual sex is sexual assault.
- **Identify** situations in which sexual assault may occur.
- **Intervene** in situations where consent has not been given.
- **Create** an environment in which sexual assault is unacceptable and survivors are supported.

Take the pledge!



SCAN ME



Be an ACTIVE Bystander!

Get Green Dot trained at IUP.

More than 50% of campus sexual assaults occur between August & November, according to RAINN.

Take action on YOUR campus: ItsOnUs.org

CONSENT IS



Freely Given
Reversible
Informed
Enthusiastic
Specific

**You are not alone.
Help is available.**

Campus & 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*