



# 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 3, 2025

# GREEN DOT

## RED DOTS

Indicates every time an act of relationship and/or sexual violence occurred.

## GREEN DOTS

Indicates every time an act of safety promotion or violence intervention occurred.

No one has to do everything. **Everyone** has to do something. What's your **green dot?**



The Green Dot Program is ultimately about mobilizing people across settings and contexts to create safe, healthy, and respectful spaces. By equipping individuals with the knowledge, skills, and motivation necessary to do their part, cultures can shift and all forms of harassment and interpersonal violence can be reduced.

## BYSTANDER INTERVENTION

UNDERSTANDING THE BYSTANDER EFFECT

### DIFFUSION OF RESPONSIBILITY



THE PRESENCE OF OTHERS MAY DIFFUSE THE SENSE OF THE INDIVIDUAL RESPONSIBILITY

### AMBIGUITY



IN AMBIGUOUS SITUATIONS PEOPLE ARE MUCH LESS LIKELY TO OFFER ASSISTANCE THAN IN SITUATION INVOLVING A CLEAR CUT EMERGENCY

### PERCEIVED COST



THE LIKELIHOOD OF HELPING INCREASES AS THE PERCEIVED COST TO OURSELVES DECLINES

### EVALUATION APPREHENSION



WE'RE AFRAID WE WILL LOOK FOOLISH

## Green Dots that You Can Do:

- Be vocal about your intolerance for power-based personal violence.
- Speak up when someone tells a rape joke or makes a sexist comment.
- Post about Green Dot on your socials.
- Encourage friends, roommates, or organizations to get Green Dot trained.
- If you see someone in a situation where non-consensual sexual activity seems imminent, say something directly, create a distraction, or get somebody else to say or do something to stop it from happening.

## Upcoming March Events

- Mon. 3/03, **Beers, Peers and Cheers**, 6 O'Clock Series, 6:00 pm - 7:30 pm, Elkin Great Room
- Tues. 3/18, **Clothesline Project Shirt Making Workshop**, 6:00 pm - 8:00 pm, Maple East G18
- Wed. 3/19, **Green Dot Student Training**, 5:30 pm - 6:30 pm, Maple East G18
- Thurs. 3/20, **Take Back the Night Sign Making Workshop**, 5:30 pm - 7:30 pm, Maple East G18
- Tues. 3/25, **Take Back the Night Volunteer Training**, 5:00 pm - 6:00 pm, Maple East G18
- Wed. 3/26, **Take Back the Night Sign Making Workshop**, 6:00 pm - 8:00 pm, Maple East G18

All materials are provided for the workshops.

## Upcoming April Events

- Tues. 4/2, **Take Back the Night Volunteer Training**, 5:00 pm - 6:00 pm, Maple East G18
- Tues. 4/8, **Chalk the Walk for Take Back the Night**, 4:00 pm - 7:00 pm, Oak Grove (no rain)
- Wed. 4/9, **Take Back the Night**, 6:00 pm, Oak Grove



Do a Green Dot this St. Patrick's Day!

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
- Multicultural & LGBTQIA Support..724-357-2598
- \*Confidential Resource



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