



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

February 10, 2025

Healthy Relationships



RELATIONSHIPS

UNHEALTHY

HEALTHY

✗ Disrespectful	✓ Respectful
✗ Dishonest	✓ Honest
✗ Pressured into Sex	✓ Consent
✗ Lack of Trust	✓ Trust
✗ Non-communicative	✓ Good Communication
✗ Controlling	✓ Equal
✗ Isolating	✓ Being Yourself

Upcoming Events

Green Dot Student Training

Tues. Feb. 11th, 7pm-8pm, Maple East G18

Escalation: 6 O'clock Series

Mon. Feb. 17th, 6pm-7:30pm, Elkin Great Room

Clothesline Project Workshop

Wed. Feb. 19th, 5pm-7pm, Maple East G18
All materials provided for workshop

Strength Through Connection: Modern Manhood Event

Tues. Feb. 25th, 6pm-8:30pm, HUB Ohio

Haven Project March Vol. Trg: Green Dot

Wed. Feb. 26th, 5pm-6pm, Maple East G18

Take Back the Night

Wed. Apr. 9th, 6pm, Oak Grove



Healthy Love



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



www.iup.edu/haven



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