



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

September 16, 2024



Green Dot Red Zone RAINN Day September



The Red Zone

From the first day on campus until Thanksgiving break, when more than 50% of sexual assaults occur on college campuses.

-RAINN.org

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! Email for more info at: green-dot@iup.edu

How You Can Create a Green Dot

- Put green dot info on your social media
- Have a conversation about ending power-based personal violence
- Look out for friends/others at parties, bars, online, and in other high risk situations
- Get involved with your on-campus orgs (Ex: Haven Project)
- Share resources for help with others

How can you combat the Red Zone?

Get Green Dot trained!



What is RAINN Day?

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 impacting IUP
- show solidarity with survivors

RAINN Day is held in September in the Oak Grove and is recognized by dozens of colorful umbrellas and chalkings with statistics, quotes, resources, and words of encouragement.

Upcoming Events

- Mon, 9/16, Green Dot Bystander Intervention Trg.- 6 O'Clock Series, 6-7:30pm, Elkin Great Room
- Wed, 9/18, Umbrella Workshop for RAINN Day, 5-7pm, Maple East G18
- Tues, 9/24, Chalk the Walk for RAINN Day, 4-7pm, Oak Grove (all supplies provided, cancelled if raining)
- **Wed, 9/25, RAINN Day, 10am-3pm, Oak Grove**

You are not alone. Help is available.
Campus and Community Resources



@IUPHaven

haven-project@iup.edu



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