S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles...Words of Whiz-Dom

Brought to you by The Haven Proejct at the Center for Health & Well-Being

September 24, 2012

GEAR UP FOR...

RAINN DAY

September 27, 2012

If you missed **R.A.I.N.N. Day** last year, you missed something incredible. Student organizations chalked the Oak Grove with statistics and umbrellas were painted with information regarding sexual assault and rape. It was a powerful display. **Don't miss it this year!**

Rape
Abuse
Incest
National
Network

...is the largest anti-sexual assault organization in the U.S. R.A.I.N.N. operates the National Sexual Assault Hotline (including an online hotline) and carries out programs to help prevent sexual assault, assist victims, and help ensure rapists are brought to justice.

What can YOU do to end sexual violence?

- **Speak out** against victim-blaming attitudes and language that make light of or invalidate the problem.
- **Don't ever laugh at a survivor** ~ sexual violence is no laughing matter.
- **Don't ever blame a victim**. It is never his/her fault regardless of the circumstances.
- **Believe the victim** and be a "safe place" for him/her to open up about his/her experience.
- ***Men are victimized*** and need the support of their friends and family just as much as women do.
- **Educate yourself**. Know the facts, know the statistics. Learn how to help.
- **Become active** in organizations which create awareness around the issue. The Haven Project and Students Advocating Gender Equity are examples of campus groups who make a difference on the IUP campus.
- **NEVER HAVE SEX WITH ANYONE AGAINST HIS/HER WILL. ALWAYS SEEK CONSENT**.

Always remember: Violence is **everyone's** issue. Speak up! **Your voice matters**

IUP HAVEN PROJECT
Supporting Survivors
Stopping Violence

Resources for Sexual Violence

Safety
University Police 724-357-2141
Medical Care
Indiana Regional Medical Center 724-357-7121
Advocacy/24 hour hotline
The Haven Project at Alice Paul House.....724-349-4444
Education
The Haven Project.....724-357-4799
Counseling Service
The Haven Project at The Counseling Center.....724-357-2621

Ways to get involved:

- Walk around campus carrying a decorated R.A.I.N.N umbrella
- Bring your group or organization to chalk the Oak Grove at 6 PM on **Wednesday**, September 26th

For other opportunities email:
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