S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

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

September 2, 2013

You don't need a "S" on your chest to

be a super hero! Situations that may call for intervention occur all the time. Having the courage to step in and give help or step out and get help can save someone's life! Everyone deserves a friend that will be there to help them when they are in need. In fact, you don't even need to know the person in need, to be their super hero! If you see or know of a situation that could benefit from some form of intervention, be a good bystander by stepping up and offering help.

Not sure how to help? Try out these tips:

- ⇒ Approach everyone as a friend. Let them know you're concerned and see if they need help.
- ⇒ Don't be antagonistic. This will only escalate the situation.
- ⇒ Be honest and direct whenever possible. Try using I-messages (ex. "I've noticed you've been missing class a lot lately, I'm concerned about you because that's not like you. Is everything okay?")
- ⇒ Recruit help if necessary. There is power in numbers!
- ⇒ Avoid using violence!!
- ⇒ If things get out of hand, or become serious, contact the police:

Campus Police: 724-357-2141 **Borough/State Police 9-1-1**

Here is Some Food for Thought...

The best way bystanders can assist in creating an empowering climate free of interpersonal violence is to diffuse the problem behaviors before they escalate.

ACT 66—it could save your friends life!

Under ACT 66, a person under the age of twenty-one will be protected from prosecution for the possession or consumption of alcoholic beverages if law enforcement, including campus police, became aware of the possession or consumption solely because the individual was seeking medical assistance for someone else.

For more information, visit the ATOD website at www.iup.edu/atod

Sources:

http://www.alleydog.com/glossary/definition.php?term=Bystander%20Effect www.stopabuse.vt.edu/pdf/plavbook.pdf http://savp.vassar.edu/facts/bystander-intervention.html

anders Have Pow



Read the following scenario and decide the most appropriate way to respond.

You are walking to your residence hall room and overhear your neighbor and his partner arguing. It sounds like his partner is crying and he is being very aggressive. This is not the first time you've heard this, in fact it happens on a regular basis, and it seems to be getting worse...

What would you do?

- A. Keep walking.. You don't want to "be nosy"
- B. Cause a distraction. Knock on your neighbors door and ask if you can borrow something from him.
- **C.** Go to the CA on call and let them know what you heard.
- **D.** Contact University Police to inform them of the situation.

Did you make a good decision? Let's see...

If you selected:

A— Walking away from a situation is the same as silently accepting what is going on. Remember, no one deserves to be the victim of abuse! In this case, you should step in and give help or step out and get help.

B- This is a great choice! Getting your neighbor to open the door allows you to scope out the scene to see if more intervention is necessary.

C- This is also a great way to provide indirect intervention. Your CA is responsible for the safety of residents. You can let him/her know what is going on so they can investigate.

D-This is a great choice, especially if you feel you immediate assistance is needed and you can't find your CA.

Do you know where to turn for help?

The Haven Project (Domestic/Sexual Violence)

at the Alice Paul House...... 24-Hour Hotline... 724-349-4444

IUP HAVEN PROJECT upporting Survivors topping Violence

at the IUP Counseling Center ...724-357-2621

Medical Attention

- Indiana Regional Medical Center.....724-357-7121
- IUP Health Services......724-357-2550

(for STD screening and non-forensic help)

University Reporting

Office of Student Conduct......724-357-1264