

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

TURN THE RED ZONE GREEN

The Red Zone is the time from the beginning of the fall semester until Thanksgiving break begins.

It's believed that there are more sexual assaults on United States college campuses during this time than any other time during the school year (rainn.org). **Together we can turn the Red Zone Green and create a violence free campus!** Turning the Red Zone Green means seeking true consent from your partner, promoting a violence free environment, being an active bystander by helping someone in need, and showing support to survivors and victims of violence.

Be an Active Bystander by Helping Out!

Bystander intervention is the *willingness to offer help to a person in need*. If you see something that you think is wrong, you are probably right. When it comes to risky situations, always trust your gut. You can: **Step In and Give Help or Step Out and Get Help**. If it's safe, you react. If you feel unsafe, or are unsure of how you can help, call someone else to help. Being an active bystander can save someone's life. It's the right thing to do.

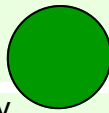
74% of college men would intervene to prevent a sexual assault or rape! (rainn.org)
We can make this number 100% on our campus!

1/4 Girls and **1/6** Boys will be affected by sexual violence before their 18th Birthday

In their life time, **1/6** women and **1/33** men will be the victims of either completed or attempted rape. (rainn.org)

Support Survivors by Rocking your Button!

The **GREEN** button represents The Green Light Campaign and the importance of asking for and receiving true consent for any form of sexual activity. It is a visual reminder that violence **SHOULD NOT** be a part of our campus life. This is a way to display our dedication to making IUP community safe for everyone!

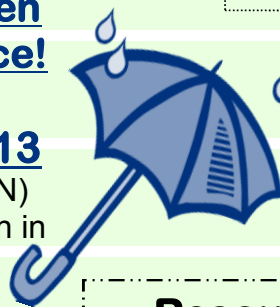


You Can Turn the Red Zone Green by Speaking Out Against Violence!

Join the Haven Project as we GEAR UP FOR RAINN DAY 2013

Rape Abuse Incest National Network (RAINN) 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.

If you missed RAINN 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.



YOU Can Turn The Red Zone Green

- ⇒ **Always seek TRUE consent** (a verbal, sober yes) in your sexual relationships
- ⇒ **Support survivors of violence**
- ⇒ **Believe victims of violence** and be a "safe place" for him/her to open up about his/her experience
- ⇒ **Educate yourself**. Know the resources available on campus and in our community that can help victims of violence
- ⇒ **When you see a bad situation**, Step In and Give Help or Step Out and Get Help
- ⇒ **Speak out** against victim-blaming attitudes and language that supports rape culture
- ⇒ **Become active** in organizations which create awareness around the issue. Students Advocating Gender Equity (SAGE) and Men's Awareness Project (MAP) are examples of campus groups who make a difference on the IUP campus.

Violence is everyone's issue. Speak up!

Your voice matters!

You can make a difference!

Volunteers are needed for RAINN Day 2013. Find out how you can help by emailing health-awareness@iup.edu

Resources for Sexual Violence on Campus

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

The Haven Project
Center for Health & Well-Being
Suites on Maple East G-59

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