Tabletop Talks

Brought to you by
The Haven Project
Suites on Maple East G-59
Center for Health and Well-Being
(724)-357-4799

STOP BULLYING

Bullying

Not just a child's problem.

Bullying is unwanted, aggressive behavior involving a real or perceived power imbalance. It is usually part of a pattern of repeated behavior, or it at least has the potential to be repeated.

Help is available:

Haven Project

724.357.4799

Alice Paul House

724.349.4444

University Police

724.357.2141

Counseling Center

724.357.2621

Title IX Coordinator

724.357.4040

Bullying happens in college, too!

Forms of bullying that take place in a college setting include:

- Intimidation/verbal attacks
- Hazing/physical violence
- Cyber-bullying
- Social alienation

The negative effects of bullying include mental health problems such as: depression, emotional distress, and low self-esteem. If you believe that you or someone you know is being bulling bullied, help is available. You're not alone.

IUP HAVEN PROJECT
Supporting Survivors
Stopping Violence

Stopbullying.gov, www.examiner.com, iusbpreface.com, gse.buffalo.edu

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There is Support

If You're Being Bullied

If you believe that you or someone you know is being bullied, help is available. You can report incidents to your C.A., University Police, The office of Student Conduct, or other campus authorities. Help others who are bullied by: Stepping in to offer help and believing/ supporting people if they open up to you. Know the resources to offer help!

Make it Orange. Make it End.

Unite Against Bullying! Support Unity Day. Wear Orange on Wednesday, Oct. 9th

Show victims of bullying they're not alone and someone cares.

visit Pacer.org/bullying for info.

You can take a free, anonymous, mental health screening at:
http://www.mentalhealthscreening.org/screening/IUP

This screening is provided so that you may find out—in a few minutes– whether or not professional consultation would be helpful

Hercampus.com, stopbullying.gov, gse.buffalo.edu