



S.T.A.H.L. NEWS

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

Brought to you by The Haven Project, Center for Health and Well-Being September 16th, 2013

GEAR UP FOR R.A.I.N.N. DAY!



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. Never, ever laugh at a survivor ~ sexual violence is no laughing matter.
- **Never, ever blame a victim.** It is never their fault regardless of the circumstances.
- **Believe the victim** and be a 'safe place' for them to open up about their experience. Remember, **men are victimized also** 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. Men's Awareness Project, The Women's Studies Club, That's What She Said and Students Advocating Gender Equality are examples of campus groups who make a difference on the IUP campus.
- **Stand up and speak out!** If you see something happening that you think may lead to sexual assault, help the person being victimized even if you don't know them. Chances are, if something feels off, it probably is.
- **Remember that you always have the right to say no.** Even if you've already said yes to sex and you've changed your mind, it is always okay to say no at any time. Nobody should make you feel that they are entitled to having sex with you.
- **ALWAYS SEEK TRUE CONSENT.** True consent is a verbal, sober yes or a clear action.

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

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**

**Brought to you by the IUP Haven Project, G-59
Suites on Maple East
(724) 357-4799**

**For more information, go to www.rainn.org
Updated by Melissa King**

Ways to get involved:

- Sign up your group or organization to chalk the walks of the Oak Grove on Wednesday, September 25th at 6PM
- Sign up to pass out RAINN cards on RAINN Day, Thursday, September 26th
- Decorate an umbrella with words of encouragement to be included in the RAINN Day visual display. Drop off all umbrellas to the Have Project office by Tuesday, September 24th.

Email health-awareness@iup.edu to sign up!

