



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Haven Project at the Center for Health and Well-Being

September 21, 2020

# September - RED ZONE

## The Red Zone

The first six weeks on a college/university campus are known as The Red Zone, when first-year students are at the highest risk of encountering sexual violence.



**RAINN Day 2020**  
**Wednesday, Sep. 23!**  
**10am-4pm, Oak Grove**  
(weather permitting)



**You're not alone.**  
**Help is available.**

Campus and Community Resources

Haven Project (Education).....724-357-3947  
\*The Counseling Center.....724-357-2621  
\*The Alice Paul House (24/7 hotline)...724-349-4444  
University Police..... 724-357-2141  
Title IX Coordinator.....724-357-3402  
Office of Student Support & Community Standards..  
.....724-357-1264

*\*Confidential Resource*

**What is RAINN Day?**

RAINN Day is an annual day of action created by the Rape, Abuse, and Incest National Network (RAINN.org). This day is meant to bring awareness to the effects of sexual violence within our community as well as show solidarity with survivors.

RAINN Day is held in the Oak Grove every September and is recognized by dozens of colorful umbrellas with statistics, quotes, resources, and words of encouragement. All of the umbrellas have been decorated by students and organizations from IUP.

*The Haven Project* organizes RAINN Day, as well as, Umbrella Making kits and Volunteer Trainings to truly incorporate our campus into this empowering event.



**Upcoming Events**

- Tuesday, Sep. 22:** Chalk The Walk for RAINN Day 2020 4:00 p.m.—7:00 p.m. The Oak Grove
- Wednesday, Sep. 30:** Volunteer Training for Domestic Violence, 5:00 p.m.. — 6:00 p.m. Suites on Maple East G-60 or via Zoom: <https://iupvideo.zoom.us/j/99455840819>

**All Individuals and Organizations are welcome!**  
**All materials are provided!**