



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

October 14, 2024



Domestic Violence Awareness Month

What Is Domestic Violence?

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, psychological, or technological actions or threats of actions or other patterns of coercive behavior that influence another person within an intimate partner relationship. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone. [*https://www.justice.gov/ovw/domestic-violence](https://www.justice.gov/ovw/domestic-violence)



The Silent Witness National Initiative

In 1990, a group of women in Minnesota upset about those being murdered by partners/acquaintances joined together to speak out against the escalating domestic violence. They created life-sized red wooden figures to commemorate the lives of the 26 women in their state whose lives had been lost due to domestic violence. A twenty-seventh figure was added to represent the murders that went unsolved or were ruled accidental. The organizers called the figures the *Silent Witnesses*. **Resource: Silent Witnesses*



WARNING SIGNS OF Domestic Violence

- Showing extreme jealousy
- Preventing you from making your own decisions
- Controlling finances
- Destroying your belongings
- Telling you that you never do anything right
- Intimidation with violence or weapons



To learn how to help someone who has or is experiencing domestic or dating violence, scan the QR code below:



Upcoming Events

- Purple Table Talk: Recognizing Violence co-sponsored by NAACP**, Thurs. Oct. 17th, 6pm-7:30pm, Leonard Hall B10
- Green Dot Bystander Intervention Training**, Thurs. Oct. 24th, 6pm-7pm, Suites on Maple East G18
- Haven Project Volunteer Training: It's On Us**, Mon. Oct. 28th, 5pm-6pm, Suites on Maple East G18

You are not alone. Help is available.

Campus and Community Resources

Haven Project.....	724-357-3947
*IUP Counseling Center.....	724-357-2621
*Alice Paul House (24/7 hotline)...	724-349-4444
University Police.....	724-357-2141
Title IX Coordinator.....	724-357-3402
LGBTQIA Support.....	724-357-2598

**Confidential Resource*
National Domestic Violence Hotline 1-800-799-SAFE

You deserve healthy love. Remember that. ❤️



About **1 in 3** women and **1 in 4** men report having experienced severe physical violence from an intimate partner in their lifetime.