



# 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

Sept 19, 2022

September — RAINN Day | Red Zone | Green Dot

## Upcoming Events

**Chalk the Walk** | Tuesday, Sep. 20th | 4PM-7PM | Oak Grove

**Dating & Domestic Violence Volunteer Training** | Thursday, Sep. 29th | 5PM-6PM | G-18 Suites on Maple East



## RAINN Day 2022

Wednesday, Sep. 21st • 10am to 2pm • Oak Grove

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.

Show your commitment to speaking up against sexual violence and your solidarity with survivors by chalking with quotes, facts, words of encouragement, and more at Chalk the Walk on Tuesday, September 20th at 4pm to 7pm in the Oak Grove.

## What is the Red Zone?

The first six weeks on a college campus are known as "The Red Zone," because data shows first-year students are at the highest risk of being impacted by sexual violence. This period of time runs generally from the first day on campus to November. To eliminate The Red Zone, we need to change the culture on campuses that perpetuates sexual violence.

#ShattertheSilence



## Be an Ally in the Fight Against Sexual Violence

Sexual violence is preventable. Changing the culture of oppression happening on campus is the goal to ending sexual violence. Everyone has a role to play. You don't have to do everything, but you do have to do something—it's on all of us.

Take action by getting Green Dot trained to learn how to be an active bystander in a red dot situation (when individuals are harmed by power-based violence). Everyone can do green dots—no matter who you are, where you live, what you like, or what you do. The list of possible green dots is endless!

Email: [green-dot@iup.edu](mailto:green-dot@iup.edu) for info



**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*