



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 Oct 2022

Upcoming Events

Movie with a Message | Wednesday, Oct 19th | 6PM | B02 Leonard Hall

It's On Us Volunteer Training | Wednesday, Oct 26th | 5PM-6PM | SoME G18

DV Graveyard & Silent Witness Table | Monday, Oct 31st | 12PM-2PM | Oak Grove



Domestic Violence Hotline: 800-799-7233

What is Domestic Violence?

Behavior patterns that are used to gain/maintain power and control over an intimate partner. Abuse can be physical, sexual, emotional, economic or psychological actions or threats. This may include behaviors that intimidates, terrorizes, manipulates, humiliates, or blames someone. Domestic abuse can happen to anyone and includes couples who are married, living together, or dating.



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*



View The Silent Witnesses at IUP:

- 10/17-10/21- Eberly Atrium
- 10/24-10/31- Stapleton Library

Domestic Violence Awareness Month— Show Your Support!

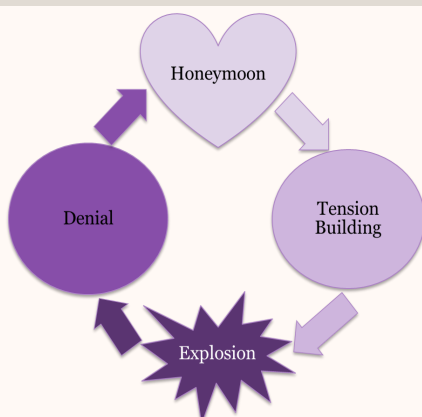
Tips on how to be a good ally:

- Believe them and be vocal about your belief in them
- Tell them you love them often
- Don't tell them what they should do
- Listen, be patient, and support them
- Demand more out of others and yourself

Remember, you can't control whether they stay or leave. Instead, empower them to reach out for help and they may choose to leave if they are ready.

Cycle of Violence

The more frequently this occurs, the higher the likelihood of serious injury or lethality.



**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*