



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

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

Nov. 2022




Upcoming Events

Redefining Masculinity | Wednesday, Nov. 9th | 6-9PM | HUB Ohio Room

Setting Boundaries for Your Body | Monday, Nov. 14th | 7-8PM | Leonard Hall B11

It's On Us (to Stop Sexual Assault)

It's On Us is to build the movement to combat campus sexual assault by engaging all students, including young men, and activating the largest student organizing program of its kind in grassroots awareness and prevention education programs. It's On Us was founded in 2014 as an initiative of the Obama-Biden White House to address the impact of sexual violence on college campuses—13% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students). The social movement has over 300,000 people taking the pledge to end sexual violence. Sources: *It's On Us* and RAINN **Take the pledge** 



Movember—Shining A Light On Men's Health Issues

With the new month comes a new awareness campaign— Movember. A movement to bring awareness to men's health issues. Toxic masculinity can impact male-identifying individuals from seeking out support but this awareness opportunity works to improve the quality of life for all men by encouraging action to decrease health-related concerns like testicle and prostate cancer and unaddressed mental health issues that can lead to suicide or self-injury. The Movember movement encourages men to check in on other men to get real about what affects their daily lives negatively. Open conversation can lead to positive changes. Check in on your friends today. Source: *Movember*

Redefining Masculinity: An Event for Male-Identifying and Masculine Presenting Individuals at IUP

Join us on Wednesday, November 9th in the HUB Ohio Room at 6pm for a night of engaging in topics like toxic masculinity and healthy masculinity and the impact on they have on society. Students can expect to interact with various campus and community tables, enjoy a catered meal, hear from a panel of guest speakers consisting of three IUP staff/faculty and three IUP students, and participate in small table discussions. Plus, the first 50 students to arrive will receive a copy of Justin Baldoni's book *Man Enough*.

**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*

