



# 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 Sep. 15, 2025

## Green Dot Bystander Intervention

### Red Zone

From the time school starts to Thanksgiving break, first year students are at a higher risk of experiencing sexual violence.

### Green Dot

Promotes a healthy, safe, and respectful environment for students on campus by spreading knowledge and resources.

The Green Dot Program is about empowering and educating students, so that we can foster a healthy and safe environment on campus. By equipping individuals with motivation, knowledge, and an appropriate skill set, cultures can shift, and power-based personal violence can be reduced.

### Green Dots You Can Do!

**Direct:** Intervene by directly addressing those involved; either the perpetrator or person being harmed.

**Delegate:** Ask someone else, who may be more equipped, to step in.

**Distract:** Indirectly intervene by distracting those involved.



Want more info?  
Scan the QR Code



**No one has to do everything, but everyone has to do something!**

### Upcoming September Events

#### **Umbrella Workshop**

Mon. Sep. 15, 5:30pm - 7:30pm, Maple East G18

#### **Chalk the Walk**

Tue. Sep. 23, 4pm - 7pm, Oak Grove

#### **RAINN DAY**

Wed. Sep. 24, 10am - 3pm, Oak Grove

#### **October Volunteer Training**

Tue. Sep. 30, 5pm - 6pm, 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

Multicultural & LGBTQIA Support..724-357-2598

*\*Confidential Resource*



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