

# COMMUNITY OF CARE

We each play a role in shaping our community and creating a positive environment where everyone feels safe, included, and supported. You can be a caring community member by checking in when a friend seems troubled, sticking with buddies when going out, and intervening in concerning situations.

## HOOS GOT YOUR BACK

Look out for the people around you and take action when a situation doesn't look or feel right. **Use these strategies to be an active bystander:**



\*From the March 2021 Spring Health Survey with responses from 607 UVA undergraduates. Collected by UVA Student Health and Wellness.

**86% of UVA undergraduates** talk with others about things that are going well or problems they are experiencing.\*

### DIRECT

Use direct communication to **check-in, provide support, or actively shift** the situation.

"Hey, are you okay?"

"What you just said/did makes me uncomfortable."

"Can I call a friend for you?"

### DISTRACT

Create a distraction to **de-escalate the situation** or **provide an opportunity** for the person to leave.

"Can you help me find my student ID?"

"I think your friends are looking for you."

"Hi, are we in the same class?"

### DELEGATE

Enlist **help** from others.

"Your friend needs help."

"Could you please come check on someone with me?"

"Let's get an RA."

If someone is incapacitated, **confidently** take action and help



### Google Maps:

Walking directions for UVA buildings



### UTS

### University Transit Service:

Free buses on and around Grounds (TransLoc app)



### Safe Ride:

Free ride after UTS buses have stopped for the night (TransLoc app)



### Charge-a-Ride:

Yellow Cab ride charged to your student account (434-925-4131)

## LOOKING AHEAD

UVA has lots of fun traditions! Get excited for these **upcoming events:**

\_\_\_\_\_ A Capella concert on the Lawn

**Activities Fair:** Opportunity to explore interests and learn about ways to get involved

**Arts Grounds Day:** Food, music, art, and opportunities to get involved

**Fall Sports Games:** Fun occasions to cheer on the Hoos with new friends

**Pancakes for Parkinson's:** Annual breakfast hosted by UVA students in the spirit of service

**Trick-or-Treating on the Lawn:** Festive celebration among UVA students and the Charlottesville community

**4th Year 5K:** Annual Fun Run/Walk open to ALL students on the morning of the last home football game

**Lighting of the Lawn (LOTL):** Concert and light show at the Rotunda to promote unity and inclusion

For **additional resources** on topics including physical and mental well-being, academics, finding community, nutrition, safety, and more, **scan here:**



**91% of UVA undergraduates** actively contribute to the happiness and well-being of others.

## RESOURCES

**Student Health & Wellness** - Free services include primary care (sick and well) visits, mental health (counseling and psychiatric services), disability access, health promotion resources, and more: **550 Brandon Ave**

**Hoos Involved** - Resource to explore student organizations, opportunities, and events around Grounds: **virginia.presence.io**

## ABOUT THE STALL SEAT JOURNAL

We're a team of fellow UVA students from different academic years and interests and public health professionals. We hope to empower you to make informed choices by offering tips and resources. Each month, we'll install a new issue on topics like healthy relationships, alcohol safety, sleep, and mental well-being. Look out for "Hooknew" data about our peers - which comes directly from anonymous surveys of UVA undergrads.

Want to learn more? Visit:



Feel free to take this poster home after 9/8!  
+From the February 2020 NCHA with responses from 904 UVA undergraduates. Collected by UVA Student Health and Wellness.