

# CARING COMMUNITY

Welcome, Hoos! We are thrilled to welcome you as the newest addition to the UVA community. Here we all have an active role to play in ensuring that our community is an inclusive and supportive environment for **all** students.

## Being an Active Bystander

Being a part of UVA's caring community means looking out for the people around you! See something that concerns you? You can help your fellow Hoos by taking small steps to intervene in a problem situation.

### Direct

**Make direct suggestions to change the situation.**

Are you okay?

Can I call a friend for you?

### Distract

**Change the conversation or give a person an opportunity to leave.**

I think I am ready to leave. Will you walk with me?

I think your friends are looking for you.

### Delegate

**Enlist support from others.**

Will you go with me to check on someone?

I think someone needs help.

**All are encouraged to use UVA's *Just Report It* website to make reports of incidents such as discrimination, violence, or hazing.**

## Hoos Helping Hoos

**Wahoo Weekender:** Email listserv for substance-free weekend activities.

**Student Health:** Services include medical services, disability services, psychological and counseling services, nutrition, and Peer Health Education appointments for help getting connected.

**RAs:** A friendly face and listening ear. Can connect you to the best resources.

**Project RISE:** Sponsored by the Office of African-American Affairs to provide free, one-on-one peer counseling.

**Multicultural Student Services:** Cultural programming and support, plus space to relax and study! Located in Newcomb.

**LGBTQ Center:** Welcoming space, programming, and support services. Located in Newcomb.

**Maxine Platzer Lynn Women's Center:** Education, advocacy, and counseling services for all students. Located on the Corner.

**Hoos in Recovery:** Community for people in recovery or considering recovery from alcohol or other substance use disorders.

## Looking Ahead

There are lots of fun events and UVA traditions to look forward to this semester. Here are a few highlights:

### ● Rotunda Sing

Come out for a relaxing evening of acapella performances on the Lawn.

### ● Trick or Treating on the Lawn

Celebrate Halloween with the UVA and Charlottesville community.

### ● 4th Year 5K

Celebrate the last home football game with students from all class years.

## Finding Your People(s)

Transitions can be hard and take time, but UVA is made up of people of all backgrounds, interests, and experiences - try these tips to get to know someone new.

**INTRODUCE YOURSELF:** Say hi to someone in class or in the dining hall - everyone is trying to make friends. Check out **After Hours at the AFC** for a fun way to meet new people and stay active!

**GET TO KNOW YOUR NEIGHBOR:** Grab food at the dining hall with your hallmates, study with new people in your dorm, go to a football game, or explore downtown with your hallmates.

**FIND YOUR PASSION:** Check out the **Fall Activities Fair** to learn about different clubs, sports, and more to join.

**REACH OUT:** Don't hesitate to talk to a friend or trusted adult for support. **Your RA** and **professors** are great places to start!

**HOO  
KNEW?**

**9 out of 10** UVA students build relationships by talking with others about problems. \*\*

\*\* From the February 2017 Health Survey with responses from 1,010 UVA students.

**HOO  
KNEW?**

**4 out of 5** UVA students get enough sleep, rest, or relaxation to feel better.\*

\* From the February 2019 Health Survey with responses from 808 UVA students.

