

# welcome to our CARING COMMUNITY

VOLUME 19 – ISSUE 1

Office of Health Promotion  
 Department of Student Health  
 University of Virginia



## WELCOME, HOOS!

We are excited to have you here! One of the most important things about UVA is our caring community. Here, **everyone plays a role** in sustaining an inclusive and supportive environment for all students.

### FINDING YOUR PEOPLE

UVA is made of people of all backgrounds, interests, and experiences. Make the most of your time here by connecting with different people!

**GET TO KNOW YOUR NEIGHBORS:** Go to a football game, explore the Downtown Mall, or watch a movie with hallmates.

**FIND YOUR PASSION:** Visit the Fall Activities Fair to learn about clubs, sports, or other activities you can get involved in. The Source is a multicultural event for getting involved in cultural and professional organizations on Grounds.

**MEET SOMEONE NEW:** Try introducing yourself to someone in class, or even at the dining hall - everyone is trying to make friends. Or, check out After-Hours at the AFC for a fun way to stay active and meet new people!

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

### LOOKING AHEAD

There are plenty 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 a capella 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.

### BE 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.

- 1 DIRECT**  
 Make direct suggestions to change the situation.

Is everything okay here?

Can I call a friend for you?

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

I think your friends are looking for you.

Let's get food! I'm hungry!

- 3 DELEGATE**  
 Enlist support from others.

Will you go with me to check on someone?

I think someone needs help.

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

**HOO KNEW?** 94.5% of UVA students do acts of kindness for friends, family, or strangers to build relationships with others.\*

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

**HOO KNEW?** 94.1% of UVA students intervene when they notice a problem situation.\*

### FIND COMMUNITY AND GET SUPPORT

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

**Student Health:** Services include general medicine, gynecology, disability services, psychological and counseling services, 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:** Free, confidential peer counseling services at OAAA.

**Multicultural Student Services:** Cultural programming and support, plus a place to relax and study! Located on the lower level of Newcomb.

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

**LGBTQ Center:** Welcoming space, programming, and support services. Located on the lower level of Newcomb.

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