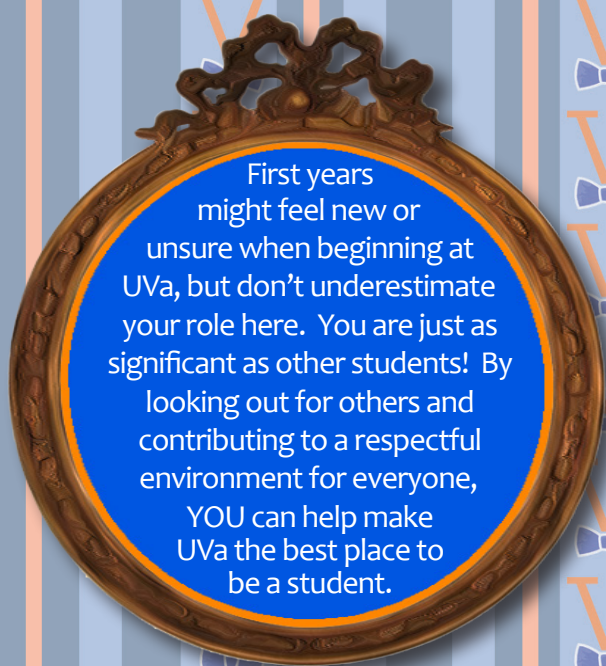


Welcome to the UVa Community

Stall Seat Journal, Vol.17 Issue 01



First years might feel new or unsure when beginning at UVa, but don't underestimate your role here. You are just as significant as other students! By looking out for others and contributing to a respectful environment for everyone, YOU can help make UVa the best place to be a student.

HOO KNEW?

95.7% of UVa students like when friends come to them to talk about their problems or concerns.*

Give and Get Support

If a friend comes to you about a problem, **listen to their concerns** in a caring, non-judgmental way. Honor their feelings. If appropriate, encourage them to get professional care.

Concerned about someone? **Check in** to see if they are okay. Even if they don't want to talk, they know you care.

If you're having a hard time, **talk with a friend** or another adult you trust or get professional care. **You aren't alone.** Everyone deals with tough stuff sometimes.

See Something That's Bothering You?

Ever get a feeling that something isn't right? Ordinary people can take small steps to influence concerning situations. Choose whichever strategy best fits you in the situation.

Direct – Make direct inquiries to change the situation. *Can I call a friend for you? Can I walk you home? Do you want to keep talking to them? Are you okay?*

Distract – Break up an uncomfortable or potentially dangerous situation by shifting the focus. *Will you help me find my wallet? I'm feeling sick, can you get me a glass of water? Can someone show me where the restroom is?*

Delegate – Support from friends, emergency services, or others can make it easier to intervene. *Ask a friend to go with you to talk to someone. Ask someone to call for help. Ask the bartender to check in. Ask your advisor or professor if they can help.*

If you think there is an emergency, call 911 immediately.

HOO KNEW?

92.5% of UVa students who have the opportunity intervene when they notice a problem situation.*



Many People Want to Help You and Your Friends

RAs: A listening ear and connections to the best support resources.

Office of the Dean of Students (ODOS): Support and guidance for student concerns of all types, no matter how big or small. **In Peabody.**

Student Health: Services include general medicine, counseling, gynecology, pharmacy, travel clinic, allergy clinic, disability support, nutrition counseling, alcohol and drug abuse prevention and recovery, and peer education. Afterhours care available for emergencies. **On JPA and Brandon.**

Maxine Platzer Lynn Women's Center: Education, advocacy, and counseling related to gender violence. **On the Corner.**

LGBTQ Center: Welcoming physical space, programming, and support services. **In Newcomb.**

Madison House HELP Line: No issue is too big or too small. They're here to listen. **(434) 295-8255**

It's never too late to help make Grounds safer. If you saw something concerning, visit UVa's Just Report It website to **make an anonymous report** of incidents like discrimination, violence, or hazing.

YOU Can Help Take Care of UVa

Sustained Dialogue: Discussion groups centered around social issues at UVa.

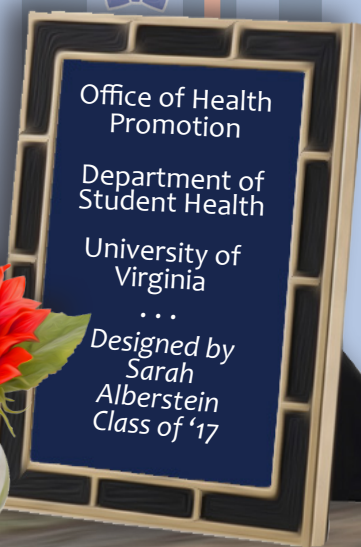
Green Dot: Training to prevent power-based violence through culture change.

Safe Space Training: Training to build allies for the LGBTQ community.

Survivor Support Network: Training to support survivors of gender-based violence and abuse.

Visit the Fall Activities Fair to learn about other organizations and service opportunities.

The **Office of Health Promotion** at Elson Student Health wants to support you in a happy, healthy, and academically successful year at UVa. We'll bring you two new issues of the *Stall Seat Journal* every month. All statistics come from our annual spring surveys of UVa students.



*From the Spring 2015 Health Survey with responses from 931 UVa students