



CARDINAL  
VIRGINIA STATE  
BIRD



## About SSJ



We're a team of UVA Peer Health Educators (PHE) trained to empower our peers to practice holistic health and well-being in a positive, supportive, interactive, and nonjudgmental manner. 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

DOGWOOD  
VIRGINIA STATE  
FLOWER

## 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:

### Direct

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

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

*"Can I call a friend for you?"*

*"Hey, are you okay?"*

### Distract

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

*"I think your friends are looking for you."*

*"Hey, let's grab some food."*

*"Hi, are we in the same class?"*

### Delegate

Delegate responsibilities and enlist help from others.

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

*"Your friend needs help."*

*"Let's get an RA."*

If someone is incapacitated, confidently take action and help. Here's what to expect when getting help:



## HOO KNEW?

More than half of UVA undergraduates perform community service or volunteer activities during their leisure time.\*

### Getting Around Grounds:

- ♥ Charge-a-Ride: Yellow Cab ride charged to your student account (434) 925-4131
- ♥ UTS OnDemand: Fare-free shuttle service. Request rides via the TransLoc app.



### Concerns about hazing?

Get more info here:



## Resources

- ♥ **Student Health and Wellness (SHW)** - Services include sick and well visits, mental health services, disability services, well-being resources, and more: studenthealth.virginia.edu
- ♥ **Timely Care** - Free, 24/7/365 virtual mental health support. timelycare.com/UVA. Private telehealth rooms are available to book at SHW. Call (434-243-5150).
- ♥ **Hoos Involved** - Resource to explore student organizations, opportunities, and events around Grounds: virginia.presence.io
- ♥ **HELP Line** - A free and confidential hotline staffed by anonymous volunteer students, offering a judgment-free space to discuss any issue: (434) 295-TALK
- ♥ **PHE: Hoos Got Your Back (HGYB)** focuses on how to have each other's backs through the '3Ds' of bystander intervention. HGYB can be requested by student organizations, including Fraternities or Sororities, and residence hall groups. studenthealth.virginia.edu/phe-outreach-programs

**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 engaging in concerning behaviors.**



Look out for the **4Y5K: Community of Care 5K** on November 23, 2024! This race is a longstanding UVA tradition presented by the Peer Health Educators to promote healthy behaviors and community engagement.



EASTERN GARTER  
SNAKE

# Community of care

2 out of 3 UVA undergrads used one of the 3 D's (direct, distract, delegate) to intervene in a problem situation.\*\*

## HOO KNEW?



RED  
SALAMANDER