

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.

Look out for the **Community of Care 5k** on November 18, 2023! This race is a longstanding UVA tradition presented by the Peer Health Educators to promote healthy behaviors and community engagement.

HOO? KNEW! 3 out of 4 UVA undergrads asked a friend to slow down if drinking excessively.

*From the Feb 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.

hoos got your back

Look out for the people around you and take action when a situation doesn't look or feel right. These are some strategies you can use to be an active bystander:

direct

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

- "Hey, are you doing alright?"
- "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.

- "I think your friends are looking for you."
- "Hi, are we in the same class?"
- "Hey, let's grab some food."

delegate

Enlist help from others.

- "Your friend needs help."
- "Could you please come check on someone with me?"
- "Let's get an RA."

HOO? KNEW!

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

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Concerns about hazing?
Get more info here:



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



resources

- **Student Health & Wellness** - Services include sick and well visits, mental health services (CAPS), disability access, health promotion resources, and more: 550 Brandon Ave
- **Timely Care** - Free, 24/7/365 virtual mental health support sessions, even throughout the summer: timelycare.com/UVA. Private telehealth rooms are available to book. 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 issues: (434) 295-TALK
- For **additional resources** on topics including physical and mental well-being, academics, finding community, nutrition, safety, and more, scan here:



about ssj

We're a team of fellow UVA students 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, substance safety, sleep, and mental well-being. Look out for "HooKnew" data about our peers - which comes directly from surveys of UVA undergrads that are conducted by the Office of Health Promotion. Want to learn more? Visit



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