

YoUR

STALL

SEXUAL ASSAULT AWARENESS MONTH

Please show your support and participate in these University of Richmond SAAM campus events:



TAKE BACK THE NIGHT

* Take Back the Night | April 2, 6pm (Indoor Speak-Out in Alice Haynes Room) & 7:30pm (Outdoor Speak-Out in The Forum)

Shatter the silence, stop the violence! Since the 1960s, Take Back the Night events have been held worldwide to empower and support survivors, help those in pain, and assert that it is wrong for people to live in fear for their safety at night and any time of the day. Join the Center for Awareness, Response & Education (CARE) for a night of healing. The indoor speak-out will be in Alice Haynes Room starting at 6pm. The outdoor speak-out will be in The Forum at 7:30pm. Come for either or both! All survivors and allies are welcome.

* The Clothesline Project Display | April 2, 10 am - 5 pm | Gottwald Atrium | Sponsored by the WILL* Program and CARE

Those affected by dating/intimate partner violence anonymously express their emotions and experiences on T-shirts, which are hung on a clothesline to educate the campus community. Please be mindful that this display may be upsetting for some. If interested, survivors and their allies are invited to come to THC Room 348 to create a t-shirt that represents their experiences on March 29, 12pm-9pm & March 30, 12pm - March 31, 9pm



* Wear Teal Day | April 7
Teal is the color of sexual assault awareness and prevention. On Tuesday, April 7, we invite the entire UR community to wear teal to serve as a conversation-starter for important issues about consent, respect, and supporting survivors. Stop by the CARE Lobby in Sarah Brunet Hall to pick up a teal ribbon.

* Denim Day | April 29
Wear denim to show solidarity with survivors of sexual violence! Post pictures of you, your organization, or your department in denim using #URDenimDay2020 on social media!
Request Denim Day buttons at bit.ly/URDenimDayButtons

C.A.R.E.



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What's yoUR pleasure? Come to the Forum for Pleasurefest: The Carnival of Health and Wellness to practice well-being in all eight dimensions of wellness! Swag, prizes, giveaways and food will be available! Rain location is Gottwald.

Did you know that 4.5 TRILLION cigarette butts are littered per year? Visit the Student Health Center for quit kits, coaches, one-on-one appointments, and information about nicotine products and cessation. Contact urairismyair@richmond.edu for more information.



TALK

GENERAL EVENTS & ANNOUNCEMENTS

- ↪ AA Meetings | Every Wednesday | SHC, 7:30 pm
- ↪ SMART Recovery Meetings | 1st and 4th Mondays of each month | International Center, 4:30 pm
- ↪ 3/5 | STI Clinic | SHC, 6-8 pm (no sign-up)
- ↪ 3/18 | Kick Butts Day | THC, 4:30-6:30 (sign-up)
- ↪ 3/19 | STI Clinic | SHC, 6-8 pm (no sign-up)
- ↪ 3/25 | Carnival of Health and Wellness (Pleasurefest) | Forum, 11 am - 3 pm
- ↪ 4/2 | STI Clinic | SHC, 6-8 pm (no sign-up)
- ↪ 4/16 | STI Clinic | SHC, 6-8 pm (no sign-up)

JOIN THE WELLNESS EDUCATION BANDITS!

We are a group of UR students trained to educate peers about college health and wellness issues in a positive and non-judgemental manner. Attend any meeting on Thursdays @ 5 pm in the Student Health Center to learn more!



Healthy
+
Well

University of Richmond's first student-run health and wellness blog! Includes organization tips, recipes, work out ideas, wellness hacks, and more!
Visit <https://urhealthyandwell.tumblr.com>

Live Well, Spiders!

This issue of YoUR Stall Talk is brought to you by Wellness Education Bandits member Shruti Sathish

Questions about YoUR Stall Talk?
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For more info, go to @urwell_spiders on Instagram