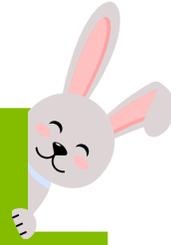




# APRIL



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## EVENTS

### My Voice Has Power

April 4th | 12:30-1:30pm | EAD 255

Learn more about the power of bystander intervention and creating a community of support for Sexual Assault Awareness Month! We will have snacks, SWAG, and information on how to be an active bystander and report concerns to Title IX.

### Planting Seeds of Empowerment

April 11th | 2-4pm | MET Lawn

Join the Office of Care and Civility and Title IX for a discussion around Sexual Assault Awareness Month. We will have succulent pots to decorate as we help each other learn more about reducing the likelihood of sexual abuse, assault, and harassment in our communities!

### Change in Motion

April 17th | 2-3:30pm | MET Lawn

Decorate a glass cup and make a comfort drink as we talk about Alcohol Awareness Month!

Scan to RSVP for events



## APRIL IS

### ALCOHOL AWARENESS MONTH

Play it safe this month with these tips for safer drinking

Setting boundaries around substance use can help you to decrease risks and stay safe on your terms. When drinking, it's important to engage on your own terms and keep track of what you have consumed.

Take a look at some of our favorite ways to stay safe while drinking:

- Stay nourished by drinking water and eating before or while you drink.
- Enjoy your moment with who you're spending time with! Have those moments be the highlight of your hangout, not drinking.
- Take it slow by drinking or sipping in small amounts, spacing out your drinks, and alternating alcoholic and non-alcoholic drinks.
- Stay aware of accidentally mixing different types of alcohol and never leave your drink unattended.

Visit [SAMHSA.GOV](https://www.samhsa.gov) for more information

## APRIL IS

### SEXUAL ASSAULT AWARENESS MONTH

Join us all month long as we raise awareness about the impacts of sexual violence and how to support survivors.

Scan to learn more about supporting survivors



You can also visit the Title IX Office webpage: [unthsc.edu/title-ix](https://unthsc.edu/title-ix)

Join us on **Denim Day, April 24th**. This day of action and awareness is an event in which people are encouraged to wear denim to combat victim blaming and educate others about sexual violence.



### WELLBEING UNLOCKED: BE|WELL PODCAST

Dive into the world of Be|Well with your host, SPH student Dhruvi Pradhan. Each episode she will spend time with an HSC student, faculty, or staff member to help unlock the foundation of Be|Well and what it means to support your wellbeing!

Scan the QR code for YouTube at the top of the page!

