

Know your protective strategies...which would you pick?



be aware, you're still in it: **The Red Zone** is the time between the start of the fall semester through Thanksgiving Break where sexual assaults on U.S. campuses spike. About 1/4 of Lehigh students choose not to drink, but whether you choose to drink or not, knowing some protective strategies can help you or help you help a friend (don't be a bystander!)

PEER HEALTH ADVISORS EVENTS!

10/2 - Menstrual Equity Event w/ CGE, HWC, HAPS & Office of Sustainability @STEPS from 11:30am - 1:30pm

10/8 & 10/30 - Student Flu Shot Clinic @STEPS from 10am - 6pm

10/29 & 10/30 - Medical Amnesty isn't Spooky! @STEPS from 11:30am - 1pm



Survivor Support ADVOCATES



for initial support, please contact the Survivor Support Advocates, trained to support survivors of sexual misconduct, at 610-758-4763

Lehigh After Dark

Art Night- every first Friday in HST 3rd floor!

Garba- sponsored by SASA @ Lamberton, 10/4, 8pm Night at the Museum with LAD and LUAG at LU Art Galleries, 7pm

Thursday Night Trivia- 10/17- now once a month @ Lamberton, don't miss it! Free pizza for all, milkshake coupons first 30 participants

SpookFest with UP- 10/18 @ STEPS Lawn, 7pm- caricaturist, inflatables, psychic, fall-themed foods and more!

LAD Murder Mystery Night- 10/24 7pm- 90s theme!
GLOW SPIN- 10/25 @ Taylor Gym 3rd Floor Studio, first come first serve- 30 spots available

WINGO-10/27 @ Lamberton Hall with Flrst and Kappa Kappa Psi, 9pm

The Great LAD Spook-Off- 10/31 Halloween Night, 8pm @ Lamberton: Halloween treat decorating, music, and food!

Around Campus

Note Taking 101 - Tues. 10/1, Williams Hall 4pm

Take Your Body Back Yoga - Tuesdays, 4:30pm Maida House

Indigenous Cultures, Gender, & Health - Thurs. 10/3, 12pm, Christmas-Saucon Hall Annex

Growth Mindset Seminar "How to Keep Going when the Going Gets Tough" - Tues. 10/8, 4pm, Williams Hall 341

LUAG Community Days & Family Workshop - Sat. 10/19, 1 - 3pm, for ages 4-94!

CHECK US OUT AROUND CAMPUS FOR SOME COASTERS & OTHER NEW WELL-BEING GIVEAWAYS!

The Wellness Wagon



As an extension of the HWC resource center, the Health Advancement & Prevention Strategies Office created a resource center on wheels! Look for the Wagon on Tuesdays and Wednesdays between 11:30 & 1:30 near FML

FREE* health items such as: first-aid kits, condoms, lubricant, tissues, menstrual products, snacks, hygiene products, and more!
*all items no cost except for emergency contraceptives, which are \$11

Health & Wellness Center

10/9 & 10/22 - Free STI Clinics

10/16 - Wellness Wednesday "Self care during acute illness"

In November: Free HIV/ Syphilis Testing Clinics

Menstrual Equity Survey

[click here!](#)

chance to win a gift card!

