

Stall Seat Journal



Sexual Assault Awareness Month



THIS MONTH, OUR AIM IS TO RAISE PUBLIC AWARENESS OF SEXUAL VIOLENCE AND EDUCATE COMMUNITIES ON HOW TO PREVENT IT, TALK ABOUT IT, AND PROVIDE SUPPORT.

Consent is Sexy!

CONSENT IS...

- INFORMED
- FREELY-GIVEN
- REVERSIBLE
- SOBER
- ONGOING
- ENTHUSIASTIC

CONSENT IS NOT...

- BEING UNDER THE INFLUENCE
- BEING IN A RELATIONSHIP
- FLIRTING
- SILENCE
- DRESSING "SEXY"

SAVE THE DATE



Wear denim on
April 24th

SHOW YOUR SUPPORT TO SEXUAL
ASSAULT SURVIVORS!

2024 Earth Month

EARTH MONTH IS A TIME TO RAISE ENVIRONMENTAL AWARENESS AND CREATE CONSCIOUSNESS ABOUT THE ISSUES THAT IMPACT OUR PLANET EVERY DAY.



7 Things YOU Can Do to Help the Earth!

1. **AVOID SHORT CAR TRIPS!**
 - a. Walk, ride a bike, or take the MTU
2. **USE COLD WATER!**
 - a. Take a cold shower every now and then! It's good for your health and the planet
3. **BRING A REUSABLE BAG FOR GROCERY SHOPPING!**
 - a. Use less single use plastics
4. **UNPLUG YOUR CORDS!**
 - a. Unplug electronics when not in use to save energy
5. **GO THRIFTING!**
 - a. Shopping second-hand helps reduce waste and saves money
6. **REDUCE YOUR MEAT INTAKE!**
 - a. Reduces carbon emissions and food waste
7. **GET OUTSIDE MORE! APPRECIATE NATURE!**
 - a. Go on a walk, take in the sunshine - it boosts your dopamine!



Current Environmental Issues

- CLIMATE CHANGE
- POLLUTION
- DEFORESTATION
- BIODIVERSITY LOSS
- WATER SCARCITY
- OCEAN ACIDIFICATION
- OZONE DEPLETION



Attend Earthapalooza on **April 26th** for fun activities and a free vegan dinner!

National Counseling Awareness Month

Why is counseling important?

PROFESSIONAL COUNSELING CONTRIBUTES TO THE GROWTH AND DEVELOPMENT OF PEOPLE ACROSS THEIR LIFE SPAN AND ASSISTS THEM IN ACHIEVING THEIR FULL HUMAN, EDUCATIONAL, AND CAREER POTENTIAL.

Why is this month important?

IT'S A TIME TO CELEBRATE AND HONOR COUNSELORS WHO DO THIS IMPORTANT WORK AND PROVIDES AWARENESS, UNDERSTANDING, AND EDUCATION.



Seeking Counseling?

CHECK OUT THE COUNSELING AND TESTING CENTER!

- INITIAL ASSESSMENT (TRIAGE) APPOINTMENTS
- SHORT-TERM INDIVIDUAL COUNSELING
- CRISIS COUNSELING THROUGH OUR URGENT CARE
- GROUP COUNSELING
- WORKSHOPS
- OUTREACH PROGRAMMING
- REFERRAL SERVICES
- COUPLES COUNSELING

COUNSELING AND
TESTING CENTER



UWLAX.EDU/COUNSELING-TESTING
2106 CENTENNIAL HALL
608.785.8073
INSTAGRAM: @UWLCTC

Mark Your Calendars!

April 4th	Eagles Don't Stand By: Bystander Intervention Training Student Union 3130 @10-11:30am Empower Hour Student Union 3314 @2-2:30pm
April 11th	Chat and Color with Violence Prevention Center for Transformative Justice @1-3pm
April 15th	Advocacy Quilt Craft Night with CAB Student Union Cove @5-6:30pm
April 18th	Trauma Informed Yoga REC @5-6:30pm
April 19th	Sanford Block Party Sanford Field @1-5pm
April 22nd	Terra Trivia Student Union E-Cafe @6:30pm
April 24th	Denim Day Clocktower @12-3pm Ally Training Student Union 3105 @4:30-5:30pm
April 26th	Earthapalooza Student Union Lawn @3-7pm



Apply to be a **Peer Health Advocate**
on Handshake!

Applications due April 16th

Resources

Wellness & Health Advocacy
608.785.8977 | WELLNESS@UWLAX.EDU
149 GRAFF MAIN HALL
@UWLPEERHEALTH



Violence Prevention
ADVOCATE@UWLAX.EDU
149 GRAFF MAIN HALL
@UWLVIOLENCEPREVENTION

Counseling and Testing Center
608.785.8073
2106 CENTENNIAL HALL
@UWLCTC

**Students for
Sustainability**
MEETINGS EVERY
THURSDAY AT 6PM
@SFSUWLAX

**Sustainability
Program Manager**
ANDREW ERICSON
AERICSON@UWLAX.EDU

