


october 2009



Hokies Helping Hokies

STOP ABUSE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				Free Messages 1 11:30-1pm @ the women's center (advanced registration required)	2	3
<b>WHAT IS RAD?</b> The Rape Aggression Defence System (RAD) is a program of realistic, self-defense tactics and techniques. Visit <a href="http://police.vt.edu">police.vt.edu</a> for more information and to sign up!	RAD 1 @ the VT inn 5 6-9pm res life program series: "Sex, Violence, and Pop Culture" @ 7pm location: ask your RA!	RAD 1 @ the VT inn 6 6-9pm	CLOTHESLINE PROJECT DISPLAY ON THE DRILLFIELD 8	SAVES downtown initiative 9pm outside of Sharkey's	9	10
<b>clothesline project workshop at the VT women's center all week (9am-5pm)</b>						
Watch out for your fellow Hokies (even those you don't know).  If a friend is doing something hurtful or abusive, say something.	12  RAD 2 @ the VT inn 6-9pm	13  RAD 2 @ the VT inn 6-9pm	14  res life program series: "Sexual Assault" 7pm location: ask your RA!	15  "Strong Than We Think: Self-Empowering Skills that Reduce the Risk of Violence" 7pm in Smyth Hall Room 146	16  Free Messages 11:30-1pm @ the women's center (advanced registration required)	17
Healthy relationships are built on trust, safety, balance, and connection.  Say something if you see a red flag in a friend's relationship.	RAD 3 19 @ the VT inn 6-9pm  "Breathwork" exercises in breathing 5:30-7pm @ the women's center	<b>LOVE YOUR BODY DAY</b> 20  RAD 3 @ the VT inn 6-9pm	21	22	23	24
Consent is sexy!  Find a way to make sure any sexual act is okay with your partner before you do it.	26	27	28	29	30	31
						for more information about these events please visit <a href="http://www.stopabuse.vt.edu">www.stopabuse.vt.edu</a>