

Sexual Assault Awareness and Prevention Month

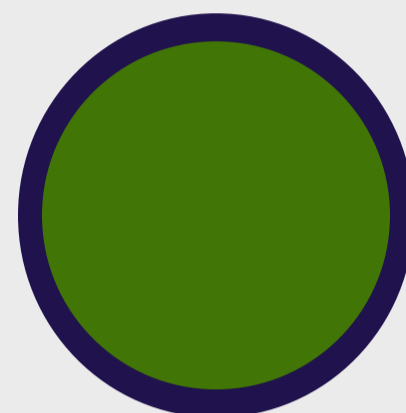
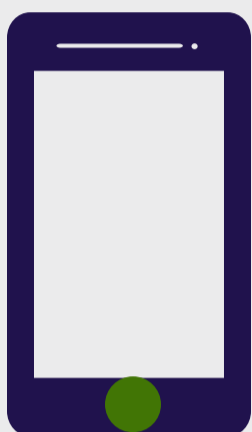
at Middlebury College

Self-care for Survivors

Wednesdays 12pm-1:30pm Service Building 209

Everyone has their own methods of self-care, but sometimes the right tools or skills can be hard to come by. Come join Director of Health and Wellness Education, Barbara McCall each Wednesday for the month of April to explore grounding techniques and self-care skills—a new one each week. Come to just one, or all four! This event series will focus on strategies for survivors, but all are welcome to attend. Please bring your lunch!

April 4th: Writing a Self-Care Plan
April 11th: Grounding Techniques
April 18th: Creative Mediums
April 25th: Setting and Maintaining Boundaries



Beyond Consent: The Science of Yes & No

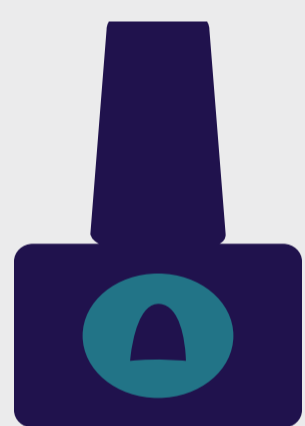
Monday April 2
Abernethy Room, 5pm
Sex educator Emily Nagoski will talk about the art and science of sexual pleasure and communication.

Green Dot in Hook-up Culture

Thursday April 5
209 Service, 12pm-12:45pm
Join program staff and student interns to talk red dots, green dots, and barriers to action in the context of hook-up culture. Dessert provided.
go/greendot

Green Dot Bystander Training

Sunday April 8
10am-4pm
Looking to take your bystander skills to the next level? Register for the last 6-hour bystander training of the year at go/greendottraining. Free t-shirts for all participants.



SGA Nail Painting Booth

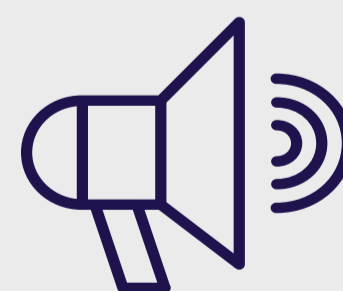
Tuesday April 10
Proctor and Ross Lounges
11am-2pm
Join the SGA Sexual and Relationship Respect committee to celebrate consent with a nail-painting station!

ConsentFest

Tuesday April 10
Axinn Winter Garden, 4:30pm
Join orgs and offices from across campus for consent themed carnival games, and leave with one of our amazing prizes!

MiddSafe Tabling

Wednesday April 11
Proctor & Atwater
Thursday April 12
Proctor & Ross
11am-2pm
Stop by to say hello, ask a question, try out the online advocate, or pick up MiddSafe swag. go/midsafe



Sex Positive Education College Style (SPECS) Consent Workshop

Friday April 13
Axinn 229, 12:15pm
Join the new peer sex education group on campus, for a workshop on consent!
go/specs

Sexy Bingo

Tuesday April 17th
Crossroads Cafe,
7:30pm
Sex Educator BK Chan will be hosting bingo, sex ed style! Brush up on your sexual health knowledge, eat some free snacks, and play for prizes.

Empowerment, Allyship, & Calling In: A Workshop for Activists

Wednesday April 18
Axinn 229, 4:30pm
Join BK Chan and other student activists on campus to work through moving from apathy to empowerment, and developing your "calling in" toolbox for compassionate accountability.