

# THE STALL STREET JOURNAL



## Sexual Assault Awareness Month: Looking Out for Each Other



TUPHE & SAPHE  
FEATURE

April is Sexual Assault Awareness Month (SAAM), a time that brings together survivors, advocates, and communities in the mission to end sexual violence. This year marks 25 years of SAAM, with the theme “25 Years Stronger: Looking Back, Moving Forward,” reflecting on the progress of the movement while acknowledging the work still ahead.

Sexual violence is an umbrella term that includes behaviors such as rape, sexual assault, sexual harassment, and sexual exploitation. These forms of sexual violence affect college campuses across the country, including Tulane. Preventing sexual violence is everyone’s responsibility, and one important way students can help keep their peers and community safe is through bystander intervention.

Bystander intervention means recognizing when a situation may be unsafe and taking action to help someone who may be at risk. A helpful framework for intervention is the “Four D’s”:

- **Direct:** Address the situation directly by interacting with one of the people involved.



### Study Break: De-Stress Fest

Finals season can feel relentless, so take a break and recharge at **Study Break: De-Stress Fest**. Stop by for chair massages, snacks and hydration, and a build-your-own stress kit with practical tools for managing stress. You’ll also have the chance to meet peer educators and campus wellness partners who can share tips and resources to help you finish the semester strong.

**Tuesday, April 28**

**11:00 a.m. – 1:30 p.m.**

**Pedersen Lobby, Lavin-Bernick Center**

Come as you are, stay as long as you like, and take a well-deserved break before finals.

Examples include telling someone to stop, asking if someone is OK, or clearly naming inappropriate behavior.

- **Delegate:** If a direct approach does not feel safe to you or if someone else is better suited to help, you can ask someone else to step in, such as a friend, resident advisor, bartender, staff member, or campus security.
- **Distract:** Interrupt or deescalate the situation by starting a conversation, creating a diversion, or separating the people involved.
- **Delay:** If you can’t act in the moment, following up is critical. Check in with the person, listen to what they need, and offer support.

Throughout April, Sexual Aggression Peer Hotline and Education (SAPHE) will be partnering with campus organizations, including Tulane University Peer Health Educators (TUPHEs) and Harm Education, Awareness and Reduction at Tulane (H.E.A.R.T.), to host events and programming related to Sexual Assault Awareness Month.

Together, we can create a safer Tulane community by looking out for one another and taking action when something doesn’t feel right.

### Get Involved During SAAM

Follow campus peer organizations for events, workshops, and resources throughout April:

**Tulane University Peer Health Educators (TUPHEs)**

Instagram: @tulaneTUPHEs

**Sexual Aggression Peer Hotline and Education (SAPHE)**

Instagram: @tusaphe

**Harm Education, Awareness and Reduction at Tulane (H.E.A.R.T.)**

Instagram: @heart.tulane



## The School Year Is Ending — Take Care of Yourself Through the Chaos



The end of the school year is coming fast. Before you know it, May will be here and it’ll be time to pack up, move out, and—for many—graduate. It’s an exciting time, but it can also be a stressful and exhausting one. Here are a few ways to stay organized, healthy, and grounded as the semester wraps up.

**Start move-out prep early.** Waiting until the last minute to pack can make finals week even more stressful. Start with non-essentials like decorations, books for leisure, and winter clothes. Label boxes, gather supplies early, and declutter as you go by making “keep,” “donate,” and “trash” piles. Look for Trash to Treasure donation bins on campus for items you don’t want to take home.

**Don’t let the heat drain you.** Spring heat can

sneak up on you, especially while packing, cleaning or studying. Stay hydrated, wear breathable clothing, and take breaks. Caring for your body now helps both physical fatigue and mental burnout before finals.

**Protect your peace during finals.** This time of year can feel overwhelming, so try to build in small moments to reset. Take short walks, get some fresh air, and be mindful of caffeine late in the day so you can still get enough sleep. Focus on your own progress and do what works best for you when it comes to studying and managing stress.

The end of the year can feel like a whirlwind, but starting early, staying hydrated, and taking care of yourself can make the last few weeks much more manageable.