

# #UP2MHU

## Sexual Violence Prevention Week



MON.  
SEPT 25

### **Pledge Event : Lunsford Commons, 11:00–1:00 p.m.**

Unite with #Up2MHU! Make a pledge to end sexual violence. Cover our #Up2MHU logo with your pledge or make a quilt square to be displayed at the #Up2MHU art show!

### **Creating Community Connections: Lunsford Commons, 4:00–6:00 p.m.**

Meet community partners that stand with MHU to end sexual violence! Learn about your resources, make connections, and build relationships!

### **Up2MHU Kickoff: Lunsford Commons, 6:00–7:00 p.m.**

Hear from former student and keynote speaker, Maggie Crisp, as she shares her story of survival! Light refreshments provided.

### **Panel Event: Nursing Building 306, 7:00–9:00 p.m.**

Hear from experts in their field as they discuss trauma, sexual assault survival and the criminal justice system, steps to take after a sexual assault, Title IX campus reporting, and supporting LGBTQIA+ survivors. Panelists include Dr. Shannon Dowler, Dr. Chris Cain, Renee Sprinkle, R.N., Dr. Craig Goforth, and Kayti Ledford.

TUES.  
SEPT 26

### **Trauma-Informed Coaching, Belk Auditorium, 10:00–11:00 a.m.**

Review the nature of trauma, the many ways it affects student-athletes, and evidenced-based strategies for establishing a trauma-informed coaching approach.

### **One Love Event: Nash 212, 11:00–12:30 p.m.**

Join us for the short film *Escalation*, based on the true story of a college athlete, as we explore the difference between healthy and unhealthy relationships. Learn to identify the warning signs of both physical and mental relationship abuse.

### **Black When I Was A Boy and Black Out: Owen Theater, 5:00–9:00 p.m.**

Award winning playwright Cooper Bates presents his solo show, followed by a brief talk-back with Our Voice's Maria Suarez. Preregistration required: [mary\\_grimm@mhu.edu](mailto:mary_grimm@mhu.edu).

WEDS.  
SEPT 27

### **One Love Event: Nash 212, 1:00–2:30 p.m.**

Join us for the short film *Escalation*, based on a true story, as we explore the difference between healthy and unhealthy relationships. Learn to identify the warning signs of both physical and mental relationship abuse.

### **Restor(y)ing Women's Relationships to Our Bodies and the Land: Pavilion, 7:00–9:00 p.m.**

All who identify as women or femmes are invited to use mediation, yoga, writing, and nature connection to re-story, and thus restore, our relationship with our bodies and mother earth in ways that center all beings' inherent interconnection and wholeness.

THURS.  
SEPT 28

### **One Love Event: Nash 212, 10:00–11:30 a.m.**

Join us for the short film *Escalation*, based on a true story, as we explore the difference between healthy and unhealthy relationships. Learn to identify the warning signs of both physical and mental relationship abuse.

### **Men Educating Men: Nash 212, 4:30–5:30 p.m.**

Come discuss how men can play an important role in preventing sexual violence and how men can educate other men. Pizza provided!

### **Creative Storytelling: Black Box Theater: 6:00–8:00 p.m.**

Award winning playwright Cooper Bates will lead students in a creative writing workshop. Learn to write and perform your own story! Reserve your spot at [mary\\_grimm@mhu.edu](mailto:mary_grimm@mhu.edu).



FRI.  
SEPT 29

### **Up2MHU's Art Exhibit: The Loft: 6:00–8:00 p.m.**

View various forms of artwork from survivors of sexual and domestic violence. Free Admission, light refreshments provided.

### **Up2MHU After Party: The Loft, 8:00–10:00 p.m.**

Earn your spot at #Up2MHUs afterparty by attending three or more events throughout the week. Food, games, music, and prizes!!!

**PAWS  
Credit for  
all Events**