

## Email and Social Media Messages for week of April 13<sup>th</sup>

Emails:

Monday April 13<sup>th</sup>: Supporting Survivors of Sexual Violence

April is Sexual Assault Awareness month and at Stonehill we dedicate a week to raising awareness of and supporting survivors of sexual assault. Although we are not on campus to hold our Take Back the Night March and events this year, we ask that students post a message of support to survivors of sexual violence on their social media feed on Tuesday April 14<sup>th</sup> in a support of solidarity. To learn more about resources for survivors of sexual violence [visit here](#).

Wed. April 15<sup>th</sup>: JED Mental Health

If you're like me, you've been hearing a lot of messages in the news and on social media lately about how to keep ourselves physically safe and healthy, but what are we doing to also keep our mental and emotional self healthy? Are we talking about our concerns, fears, worries or do we keep these thoughts inside? The JED Campus Foundation has many wellness and mental health resources including a program called #seizetheawkward, which embraces life's vulnerable moments and encourages us to reach out for help and how to support others. Learn more at <https://seizetheawkward.org/>.

Friday April 17<sup>th</sup>: Good News Friday

Today's Good News Friday starts us off with a [12 year old girl from Olyphant PA](#) who has made over 300 masks for first responders. She wanted to give back and do something good, so she taught herself how to make the masks and has been donating them to first responders in her community.

Find some inspiration! iHeart Radio announced that due to COVID-19 cancelling graduations around the country, they will be releasing [graduation speeches](#) in May made by famous artists and celebrities such as John Legend, Eli Manning, Jimmy Fallon and Katie Couric.

Furry Friends! Amid stay at home orders in most states, [Pet Fostering](#) is on the rise. Shelters such as the one in Omaha Nebraska, has seen a sharp increase in people wanting to foster pets from shelters. Are you considering adopting or fostering a pet? Contact your local shelter to learn more.