

## Sullivan Benefits



## Sexual Assault Prevention

Sexual assault occurs when a person is forced to experience unwanted sexual contact or attention. A sexual assault often begins at a bar, nightclub or party, where it is easy for a predator to use alcohol and drugs to weaken a potential victim's awareness. Follow these safety tips to avoid an unwanted situation:

- Do not leave your drink unattended at a party or bar. If your drink smells or tastes funny, throw it out.
- Do not leave a party with anyone you just met; stay safe by getting the person's phone number instead.
- Never hitchhike or pick up a hitchhiker.
- Walk with confidence and don't allow anyone to enter your personal space without permission.
- Trust your instincts if you feel uncomfortable.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alcohol Awareness Month – <a href="http://www.ncadd.org">www.ncadd.org</a> Irritable Bowel Syndrome Awareness Month - <a href="http://www.aboutibs.org">www.aboutibs.org</a> National Autism Awareness Month – <a href="http://www.autism-society.org">www.autism-society.org</a> National Child Abuse Prevention Month – <a href="http://www.childwelfare.gov">www.childwelfare.gov</a> National Distracted Driving Awareness Month – <a href="http://www.nsc.org">www.nsc.org</a> National Donate Life Month – <a href="http://www.organdonor.gov">www.organdonor.gov</a> National Facial Protection Month <a href="http://www.aafoms.org">www.aafoms.org</a> National Minority Health Month – <a href="http://www.minorityhealth.hhs.gov">www.minorityhealth.hhs.gov</a> Sexual Assault Awareness and Prevention Month – <a href="http://www.rainn.org">www.rainn.org</a> National Sarcoidosis Awareness Month – <a href="http://www.nationalsarcoidosisfriends.org">www.nationalsarcoidosisfriends.org</a> Occupational Therapy Month – <a href="http://www.aota.org">www.aota.org</a> Sports Eye Safety Awareness Month - <a href="http://www.geteyesmart.org/eyesmart/injuries/index.cfm">www.geteyesmart.org/eyesmart/injuries/index.cfm</a> STI Awareness Month – <a href="http://www.ashaSTD.org">www.ashaSTD.org</a> National Public Health Week (6-12) – <a href="http://www.nphw.org">www.nphw.org</a> Sexual Assault Awareness Day of Action (7) - <a href="http://www.nsvrc.org/saam/current-campaign/day-of-action">www.nsvrc.org/saam/current-campaign/day-of-action</a>			1 <b>April Fool's Day</b>	2	3 <b>Good Friday</b>	4
5 <b>Easter</b>	6 National Public Health Week	7 Sexual Assault Awareness Month Day of Action World Health Day National Alcohol Screening Day	8	9	10 National Youth HIV/AIDS Awareness Day	11
12	13	14	15	16	17	18 National Infant Immunization Week
19 National Infertility Awareness Week	20 Every Kid Healthy Week	21	22 <b>Earth Day</b>	23	24 World Immunization Week World Meningitis Day	25
26	27 Air Quality Awareness Week	28	29	30	World Health Day (7) – <a href="http://www.who.int/world-health-day/en">www.who.int/world-health-day/en</a> National Alcohol Screening Day (7) - <a href="http://www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx">www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx</a> National Youth HIV/AIDS Awareness Day (10) – <a href="http://www.youthaidsday.org">www.youthaidsday.org</a> National Infant Immunization Week (18-25) - <a href="http://www.cdc.gov/vaccines/events/niw/index.html">www.cdc.gov/vaccines/events/niw/index.html</a> National Infertility Awareness Week (19-25) – <a href="http://www.resolve.org">www.resolve.org</a> Every Kid Healthy™ Week (20-24) – <a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a> World Immunization Week (24-30) World Meningitis Day (24) – <a href="http://www.comomeningitis.org">www.comomeningitis.org</a> Air Quality Awareness Week (April 27-May 1) – <a href="http://www.airquality.noaa.gov">www.airquality.noaa.gov</a>	

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