

MSMR: SSS Essential Conversations Emails Spring 2017

TO: NC, PPs, DNCHs, Mentors, HRMs, Ps, RREds, & GAs

#1: Sent 2/1/17

My Sister, My Responsibility:

Sisterhood, Safety and Support

Risk Reduction & Education Chairmen,

As we begin another academic year emphasizing conversations about prevention and support, Zeta Tau Alpha is thrilled to announce the next phase of our *My Sister, My Responsibility: Sisterhood, Safety and Support* (MSMR:SSS) sexual assault and relational violence prevention module.

Social Essentials eBook

This resource, funded by the Zeta Tau Alpha Foundation, is a companion piece to the *MSMR:SSS* workshop and provides readers with invaluable information on how to best support a sister, friend, and/or survivor. It also offers you with the knowledge to further your social life and personal relationships throughout college and beyond.

- Prior to your next chapter meeting, please have **all** members and new members **download the eBook** by logging onto *Sisters Only* then clicking the **Z-Learning tab** and opening the eBook portal in the lower right hand corner. It is available as both an iBook and PDF.

Essential Conversations

We are excited to share our next **MSMR:SSS Essential Conversations Topic**.

Questions to be presented during your next scheduled chapter meeting **between January 22nd and February 3rd** (eBook Section for reference: “Healthy Physical Intimacy” which begins on page 6):

- Healthy physical intimacy is defined by the expectations you set for your partner’s attitudes and behaviors. Your personal standards and choices are personal to you. Your partner should not define your standards for you. It is up to you what you feel 100% comfortable with happening in your relationship.
 - What are some of your personal standards and expectations in a relationship?
 - Why is it important to think through what you are most comfortable with in terms of your own personal standards and expectations?

PLEASE NOTE: **All** members and new members should have by now **downloaded the eBook** by logging onto *Sisters Only* then clicking the **Z-Learning tab** and opening the eBook portal in the lower right hand corner. It is available as both an iBook and PDF.

- Kyle A. Pendleton & Alison Templeman

#2: Sent 2/1/17 (through 2/17)

My Sister, My Responsibility:

Sisterhood, Safety and Support

Risk Reduction & Education Chairmen,

We are excited to share our next **MSMR:SSS Essential Conversations Topic**.

Questions to be presented during your next scheduled chapter meeting **between February 5th and February 17th** (eBook Section for reference: Five Key Concepts about Personal Boundaries & Consent on pages 7-8):

- Whether you are in one now or will be in the future, boundaries in relationships are important to discuss. Knowing they can change at any time, it is important to reconfirm them with the other person. By knowing each other personal boundaries, it leads to a more positive experience for both people involved, especially if it leads to sexual activity.
 - Why is it important to know the boundaries of the person with whom you are in a relationship?
 - Read the Five Key Concepts of Personal Boundaries and Consent* Which of these resonates the most with you?

For Reference: Five Key Concepts about Personal Boundaries & Consent

1. It is each person's most basic right that nothing should happen with her or his body that is not wanted at the time.
2. Each person has the right to change their mind at any time, and to have their decisions respected.
3. Agreeing to, engaging in or wanting one act is not necessarily agreeing to another.
4. There is no point in a relationship when one partner has the right to engage in an act that is not wanted by the other at the time.
5. It is completely appropriate for either person in any sexual situation to simply state, "I don't want to do that" or "No, I don't want to" or any other way of communicating that they do not want to do something, and to fully expect their partner to be 100% accepting of their wishes.

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We are also excited to share our next **MSMR:SSS Essential Conversations Topic**.

- The Harm Reduction Team

#3: Sent 2/15/17 (through 3/3)

My Sister, My Responsibility:

Sisterhood, Safety and Support

Risk Reduction & Education Chairmen,

We are excited to share our next **MSMR:SSS Essential Conversations Topic**.

Questions to be presented during your next scheduled chapter meeting **between February 19 and March 3rd** (eBook Section for reference: “Red Flag Attitudes & Behaviors” which begins on page 10):

- Red Flags can help you find the attitudes and behaviors that a person has that would make them toxic in your life. It is important to understand what these behaviors are so you can recognize them. By knowing these behavior you can better help yourself in relationship, as well as, helping your friends with theirs.
 - What are the things that you want to be more conscious of looking out for in my own or a friend’s relationship?
 - Why do you feel it is important to know and recognize red flags?

Examples of **Red Flags** to look out for:

Ownership Attitudes, Mistreating or Speaking Harshly about Others, Controlling Behaviors, Invasion of Privacy, Verbal Cruelty, Emotional Abuse, or Using Technology to Control, Limit and Abuse.

PLEASE NOTE: By now, **All** members and new members should have **downloaded the eBook**. If they haven’t done so by now, please have them log onto *Sisters Only*, then click the **Z-Learning tab**, and open the eBook portal in the lower right hand corner. It is available as both an iBook and PDF.

-The Harm Reduction Team

#4: Sent 3/1/17 (through 3/17)

My Sister, My Responsibility:

Sisterhood, Safety and Support

Risk Reduction & Education Chairmen,

We are also excited to share our next **MSMR:SSS Essential Conversations Topic**.

Questions to be presented during your next scheduled chapter meeting **between March 5th and March 17th** (eBook Section for reference: How to Speak Up- Tips on Effective Intervention 25-27):

- Interventions around unhealthy relationships do not just need to happen when there is an emergency situation. If you feel like something is not quite right with a friend it is important to talk to them about it. As a sister, you have the power to influence those Zetas around you. You can make a difference when you help friends understand that these attitudes and behavior are unhealthy.
 - What are situation would be a non-emergency situation that you would need to intervene?
 - Group Discussion: How do you identify certain behavior that may qualify as harassment? (See pages 25-27 for more information and scenarios)

PLEASE NOTE: All members and new members should have **downloaded the eBook**. If they haven't done so by now, please have them log onto *Sisters Only*, then click the **Z-Learning tab**, and open the eBook portal in the lower right hand corner. It is available as both an iBook and PDF.

- The Harm Reduction Team

#5: Sent 3/15/17 (through 3/31)

My Sister, My Responsibility:

Sisterhood, Safety and Support

Risk Reduction & Education Chairmen,

We are also excited to share our next **MSMR:SSS Essential Conversations Topic**.

Questions to be presented during your next scheduled chapter meeting **between March 19th and March 31st** :

- The month of April is Sexual Assault Awareness Month the follow questions should be discussed in chapter to give the women the information that is available to them on campus and with the MSMR program.
 - What events are going on on your campus to spread awareness?
 - What are the offices on Campus that you can go to if a Sexual Assault was to happen?
 - Would your chapter like to have a MSMR: Sisterhood, Safety and Support workshop?
 - Has everyone in the chapter downloaded the MSMR e-book on Z-Learning?

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- The Harm Reduction Team

Add this email to the email list when sending out this weeks email: scontreras@comoso.com