

WAYS TO BE INVOLVED WITH THE LIVE YOUR OATH CAMPAIGN

About the Campaign

As part of Sexual Assault Awareness Month in April, Alpha Delta Pi and Sigma Phi Epsilon partner on the Live Your Oath Campaign. This campaign focuses on the understanding that living our membership oaths includes engaging in actions to prevent sexual assault and create healthier, safer chapters and campuses. Said simply, **it's one thing to take an oath, it's another thing to live your oath.**

As we join our campuses and communities in prioritizing health and safety, identify ways you can raise awareness, provide education and continue the conversation through the campaign. This resource provides ideas for how you can engage with the campaign.

Ways to Raise Awareness

Awareness is about sharing facts and information. Awareness seeks to start a conversation around a topic.

CHAPTER AUDIT

It is encouraged to complete a pulse check of the chapter and community culture regarding sexual assault. This month comes with an array of conversations and lived experiences within your chapter and many times we have survivors of sexual assault or relationship violence without knowing. The confidentiality of Title IX processes is vital to survivor support but also may cause a gap in our programming. Requiring participation in the Live your Oath campaign could cause more damage within the membership experience. While a formal assessment is not necessary, we suggest levels of engagement and proficiency in campus and local resources.

- Layers of involvement, by creating both active and passive engagement opportunities
- Allowing your members to opt into components of the campaign and chose their engagement level
- Being proficient in campus resources and making them accessible to members during chapter meeting or within chapter facilities
- Connecting with chapter advisors and other trusted mentors when conversations become difficult to navigate
- Set your members up for success by providing them all information ahead of time including information about the campaign, the expectations of them and resources

FOR INDIVIDUALS

- Sign and share the Live Your Oath Virtual Pledge Card on your Instagram Stories. Tag and encourage your brothers/sisters, members of other fraternities/sororities, and friends to do the same.
- Share the Live Your Oath video (available at: <https://www.youtube.com/watch?v=UU2cpcYQFsU&t=1s>) on your social media. With the share, explain why this issue is important to you.
- Participate in Denim Day on April 29th. Denim Day is a day where people wear jeans to combat victim blaming and destructive myths surrounding sexual violence. This campaign began after the Italian Supreme Court overturned a conviction because of what the victim was wearing.
 - Find out more about the campaign: <https://www.denimdayinfo.org/>

- Review facts and statistics around sexual assault. Discuss what you learned with a brother/sister. These are sites where you can find information:
 - National Sexual Violence Resource Center (NSVRC) Statistics: <https://www.nsvrc.org/statistics>
 - Facts from the CDC: <https://www.cdc.gov/violenceprevention/sexualviolence/index.html>
 - RAINN (Rape, Abuse, and Incest National Network): <https://www.rainn.org/statistics>
- Find and review your campus policies and procedures on sexual misconduct. Write down any questions you have. Figure out offices on-campus you can contact to find answers and share concerns.
- Reflect on what you know about sexual assault. Use this reflection to identify aspects of the issue you want to learn more about. Questions you could consider include:
 - What stories and happenings of have you seen? In your community? In the media?
 - What harm have you seen sexual assault cause?
 - What are ways you have seen intervention and change happen to address concerns?

FOR CHAPTERS

- Share Live Your Oath Virtual Pledge Card on your chapter's Instagram account.
 - Share the card with other fraternities, sororities, and student organizations on your campus. Invite them to post this on their social media to support and participate in the campaign.
- During a chapter meeting, share how concerns can be reported on your campus and in your community and support/advocacy resources that are available.
- Invite a representative from your Title IX Office, Sexual Assault Education Office, Office of Fraternity and Sorority Life and/or Dean of Students to join your chapter meeting. Ask them to talk about options for reporting concerns, resources for survivors and campus efforts to educate on, respond to, and prevent sexual assault.
- Invite a representative from a community organization that provides support services to survivors. Ask them to talk about what they do for the community and those who have impacted by sexual violence.
- Have your Vice President of Panhellenic Relations share information about Live Your Oath at your Panhellenic/IFC meeting and how others can get involved with the campaign.

Ways to Provide Education

Education is learning strategies you can use to reduce risk and prevention concerns. Education is identifying healthier, safer actions you can take.

- Attend workshops or educational opportunities being hosted by campus offices, student organizations, and in your local community throughout the month.
- Following any educational opportunities, host a discussion to process what you watched. You can have chapter officers serve as facilitators/leaders of small groups or breakout room discussions. Questions for your discussion could include:
 - What were your primary takeaways from this? What stood out to you?
 - How does this connect to our chapter? Our campus?
 - What can we do with what we learned? Individually? As a chapter? In our fraternity/sorority and campus communities?
 - What are action steps we can take to learn more, find support and influence change?
- Have an open discussion about what it means to live your oath. You can have chapter officers serve as facilitators/leaders of small groups or breakout room discussions. Questions for your discussion could include:
 - What does it mean to truly live our oath? How do members think, feel, and act toward one another?
 - What can get in the way of living our oath? How has this shown up in our chapter?
 - How do we hold each other accountable to our oath? What can we do better?
 - How do we provide support to survivors through living our oath?
 - What can we do to cultivate and maintain a sisterhood/brotherhood where we prioritize actions to support safety and security?

Ways to Continue the Conversation

It is important to continue the conversation beyond this week. Growth and change do not only happen during this campaign, and it's important to explore ways you can continue to engage in conversations around this issue.

- Identify ways you can check in and provide updates on action steps your chapter identified in educational opportunities and discussions throughout the week.
- Use the Chapter Wellness Plan (Alpha Delta Pi) to guide and further expand the conversation around health and safety in your chapter.
- Host a bystander intervention training to learn more about strategies to safely intervene. If you have already participated in this training, discuss how these strategies could apply to a concern about sexual misconduct.
- Encourage individual members to identify one actionable step they want to take. Ask them to share their commitment with a sister/brother.

Resources

- Live Your Oath: <https://www.youtube.com/watch?v=UU2cpcYQFsU&t=1s>
- National Sexual Violence Resource Center: <https://www.nsvrc.org/>
- One Love Foundation: <https://www.joinonelove.org/about-yeardeley/>
- RAINN (Rape, Incest and Abuse National Network): <https://www.rainn.org/>
- National Domestic Violence Hotline: <https://www.thehotline.org/>
- Love Is Respect: <https://www.loveisrespect.org/>
- Preventing Sexual Violence (CDC): <https://www.cdc.gov/violenceprevention/sexualviolence/index.html>
- Fraternal Health and Safety Initiative: <https://favorandcompany.com/about-fraternal-health-and-safety-initiative/>

FOR SUPPORT & HELP

All resources are available 24/7 unless otherwise noted.

- If you or someone you know is in immediate danger, call 911.
- [National Sexual Assault Hotline](#): 1-800-2673 (HOPE)
 - When you call, you'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider.
- National Sexual Assault Online Hotline: <https://hotline.rainn.org/online> (Chat Support)
- 1 in 6 (Male Survivors): <https://1in6.org/> (Online Support)
- [National Domestic Violence Hotline](#): 1-800-799-7233
- [Crisis Textline](#): Text HOME to 741741 in the United States and Canada
- [National Suicide Prevention Lifeline](#): 1-800-273-8255
- [The Trevor Project](#) (Support for LGBTQ Students)
 - TrevorLifeline: 1-866-488-7386
 - TrevorChat: Begin chat at <https://www.thetrevorproject.org/get-help-now/>
 - Trevor Text: Text START to 678-678
- [Trans Lifeline](#): 1-877-565-8860
- [StrongHearts Native Helpline](#): 1-844-762-8483 (7-NATIVE)