

WAYS TO BE INVOLVED IN THE LIVE YOUR OATH CAMPAIGN

Alpha Delta Pi
BE THE FIRST

LIVE
YOUR
OATH

SigEp

Before Getting Started

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 with members within our chapters. Requiring participation in the Live Your Oath campaign could cause more damage within the membership experience, we encourage any activities be challenging by choice and voluntary in nature. We encourage you to create both passive and active engagement opportunities and allow members to opt in to the campaign to choose their own engagement level.

Passive Engagement

FOR INDIVIDUALS

- Sign and share the Live Your Oath Virtual Pledge Card on your Instagram Stories.
 - Encourage other brothers and sisters, other fraternities and sororities, and friends to do the same.
- Share the Live Your Oath Video
- Review facts and statistics around sexual assault, discuss what you learned with a brother/sister, friend, or family member. Sites below have great information to discuss:
 - [National Sexual Violence Resource Center](#)
 - [CDC Facts](#)
 - [RAINN](#)

FOR CHAPTERS

- Create a large banner announcing the campaign and display it in front of your chapter facility, student union, or other spaces on campus if this is the campus culture.
- Share the Live Your Oath 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.
- Ask your Vice President of Panhellenic Relations or IFC member to share information about Live Your Oath at your Panhellenic/IFC meeting to share how other organizations can get involved in the campaign.
- During a chapter meeting, share how concerns can be reported in your campus and community and what support/advocacy resources are available.
 - Post these on social media too!

Active Engagement

WALK A MILE

Walk a Mile In Their Shoes is an international men's match where men and boys lead the way on the road to end sexual and relationship violence. Since 2001, men have led this awareness-raising activity in communities around the world to educate about the causes, effects, and remediations to men's sexualized violence.

Why Men in Women's Shoes? What are Walk Events?

Men wear women's shoes for this event for a dual purpose: to pay homage to the old saying, "you can't understand another person's experience until you've walked a mile in their shoes" and to actively confront gender stereotypes and expectations. It's a playful way to engage in meaningful education and dialogue with less defensiveness and denial in addition to being a visually impressive public statement of listening, learning, allyship, and commitment.

How do we participate?

First, see if there is a 'Walk a Mile' event near your college campus. Many cities already host one each year; simply attending as a group and wearing letters is a great way to participate.

If there is not an event nearby, you can host your own. Please note this takes *significant* work and time to do it right. There are resources available on [Walk a Mile's website](#) to register and help develop a new site. If you are planning a new program, partner with ADPi / SigEp first if applicable; if not, reach out to the IFC and see if they would be interested in working together on this meaningful activity.

As always, partner with experts when discussing and engaging with conversations about interpersonal violence. Use your campus-based or community rape crisis center to help with education.

SUPPLY DRIVE

An easy way to get involved with supporting survivors is to run a supply drive for your local rape crisis center or domestic violence shelter. Here is a listing of [state resources](#) (coalitions who know the needs, can help provide education, etc.) and a list of [rape crisis centers by state](#).

Step 1: Reach out to the center

Before planning or executing a supply drive, reach out to the local center or coalition and ask what they need. Oftentimes we can assume what is needed, but it's likely there is a specific list of products of which they are in need.

Share that you are a student leader of either ADPi or SigEp and to get brothers/sisters more involved in supporting survivors you're hoping to host a supply drive during Sexual Assault Awareness Month (SAAM). Ask if they are currently accepting donations, and if so, what do they need. If they are not accepting donations at this time, ask if they could refer you to another resource.

Step 2: Plan and get permission

Once you have a list of in-need items and a place to donate them, it's time to start thinking about logistics.

- Where can people drop off supplies?
 - It may be easier to have items dropped off at the chapter house if there is one.
- What about students, faculty or staff who don't frequently visit your chapter facility?

- Would the Title IX office or your campus-based advocacy center, counseling/health center, or student union be willing to have a box for people to drop off supplies?
- What permission do you need from office directors or building managers to have boxes?
- How often will you collect supplies from the boxes to keep clutter to a minimum in public spaces?
- When and how will you deliver items to the shelter/center?
- If people wish to donate money rather than purchasing supplies themselves, who collects and tracks that?
 - How do we ensure the money is being used appropriately?

Step 3: Marketing

- How can you get the message out to all students, faculty and staff on campus that you are hosting a supply drive?
- Ensure any social media graphics/videos state where you will be donating items
- Does the student newspaper advertise things for student organizations?
- Is there a faculty or staff newsletter you can get this put into? What about a weekly student newsletter?
- Can members make a quick announcement at the beginning of class?
- Do you host tabling events in addition to the drop-off locations?

Step 4: Post Drive Social Media

Before delivering items, take a picture of everything in one room/space/car to show the volume of items donated.

Once you deliver items to the rape crisis center, ask for permission to take a picture of your members at their location

(note: you must ask for permission. They may prohibit pictures at the location for the safety of victim/survivors and their staff). If you are unable to take a picture at the location, you have the volume picture prior to delivery to show the hard work.

We recommend making the post educational in nature versus focusing solely on the service;

- how can you use your platform to bring awareness to the need of rape/dv shelters?
- Think of ways of combining Maybe you are coordinating delivery to also be on Denim Day so you can do a dual post of the delivery and member in jeans to showcase solidarity.

DENIM DAY

History

Denim Day started in Italy after a ruling by the Italian Supreme Court. A rape conviction was overturned because the justices felt that since the victim was wearing tight jeans, she must have helped person who raped her remove the jeans, thereby implying consent. The next day, women in the Italian Parliament wore jeans in solidarity with the victim.

Since then, every year on the last Wednesday of April (Sexual Assault Awareness Month) people around the world wear jeans as a visible statement of solidarity with survivors and as a means of protest against misconceptions that surround sexual violence.

How to get involved

- Partner with your on-campus/local rape crisis center or Title IX office to host a tabling event bringing awareness to the movement
- Wear jeans and post on social media with your chapter in denim pants
 - Please avoid wearing all-denim outfits as that can be viewed as trivializing the movement

LIVE YOUR OATH TABLING GUIDE

Click the link [here](#) for access to our Tabling Guide which has in depth information about how to host a successful tabling event during the Live Your Oath campaign.

EDUCATIONAL WORKSHOPS

- Sponsor or co-host a 'how to support a survivor' workshop for the campus community
 - This should **not** be facilitated by an undergraduate student. There are campus and community experts who should lead this. Or ask if there are ways for your organization to sponsor an event that is already occurring on your campus, if you can volunteer to support it, etc.
- Host a workshop before or during your chapter meetings during the month of April
 - [It's On Us](#) has fantastic resources available and ready to go educational lessons
- **AVOID** hosting a "survivor stories" session of any type. Unless this is a partnership with your campus-based or local rape crisis center (Note: this is NOT the Title IX office) While these sessions can be very powerful, they are often triggering and it's necessary to have multiple counselors/advocates available at any session like this

NATIONAL RESOURCES

- National Sexual Assault Hotline
 - 1-800-656-4673 (HOPE)
 - [Chat Support](#)
- 1 in 6 (Male Victim/Survivors)
 - [Online Support](#)
- National Domestic Violence Hotline
 - 1-800-799-7233
- National Suicide Prevention Lifeline
 - 1-800-273-8255
 - Text to 988
- The Trevor Project (Support for LGBTQ+ students)
 - 1-866-488-7386
 - [Online Chat](#)
 - Text: Text "START" to 678-678
- Strong Hearts Native Helpline
 - 1-844-762-8483 (7-NATIVE)