BETHE POWER OF ONE Building a Safe Community



2st Edition, April 2019

Challenge to True Blue Men: Break out of the "Man Box"

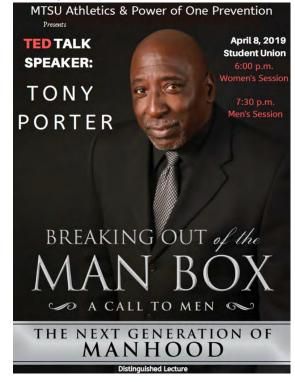
Barbara Scales, Director of the June Anderson Center for Women & Nontraditional Students



What role do men play in ending gender-based violence? Although traditionally, the narrative of gender-based violence has been seen as a "women's issue," the narrative is slowly changing. There are still men who believe that because they are not directly affected by gender-based violence, that it isn't their problem. It is true that there is a very large disparity in the percentages. Research shows that 1 in 4 women will be victims of sexual assault before they leave a university campus but 1 in 16 men will be

victims of sexual assault. When looking at dating violence 1 in 3 women and 1 in 5 men will experience this type of violence. These statistics show us that this is not a "women's issue;" it is a pervasive issue that affects everyone regardless of their gender identity. How do we engage men in these conversations and help them see the importance of their role in the fight to end gender-based violence?

Tony Porter, an author, educator and activist working to advance social justice issues will be on MTSU's campus to address this very question on April 8, 2019. As the co-founder of A CALL TO MEN, Tony is internationally recognized for his efforts to prevent violence against women while promoting a healthy, respectful manhood. Tony's 2010 TED Talk has been



named by GQ Magazine as one of the "Top 10 TED Talks Every Man Should See." Tony is an adviser to the National Football League, National Basketball Association, National Hockey League and Major League Baseball, providing policy consultation, working extensively with pl ayer engagement, and facilitating violence prevention and healthy manhood training. Join us on April 8, 2019 to discover how men and women can "Break out of the Man Box," a thought-provoking and interactive discussion on "The Next Generation of MANHOOD."

In This Issue

Events for Sexual Assault Awareness Month	2
SPOTLIGHT: Debra Winans, Maxwell Pearson, & Phi Delta Theta	3
Maxwell Pearson & Kelsey Johnson: "LGBT+ Representation in Bystander Intervention Training"	
Jared Hall: "I walked away with motivation to be a Change in my Community"	5
Event Highlight Videos	6
Power of ONE in PHOTOS	6

Sexual Assault Awareness Month – Events April 2019

What Were You Wearing?

April 1-5, Display locations include REC Lobby, BAS-S Lobby, Walker Library 1st Floor Lounge, KUC 2nd Floor Lobby, and Murphy Center Classroom Hallway

The question, "What Were You Wearing?" is asked of

survivors all too often, alluding that survivors could have prevented the assault if they had worn something else. This exhibit asks participants to understand that the assault was never about the clothing and puts the onus of responsibility back where it belongs—on the perpetrator.



"When and How to Intervene" at LGBT+ Conference

April 6, 3:30-4:30 p.m., COE 149

The Power of ONE will be facilitating an informal conversation about bystander intervention and being an ally for the LGBTQ community at this session of the LGBT+ College Conference.

The Clothes Line Project

April 8-12, ongoing, STU Atrium

The intention of The Clothes Line Project display is to honor

survivors and act as a memorial for victims. It is also intended to aid in the healing process for those who have been directly affected by genderbased violence.



Power of ONE Campus Prevention Kick-off & Reception

April 8, 11:30 a.m., STU Parliamentary Room
Learn about and meet the implementation team for the \$300,000 OVW Campus Grant MTSU, received from the US DOJ to address gender-based violence on campus.



"A Call to Men: The Next Generation of Manhood to end Violence" with Tony Porter April 8, STU Ballroom

- 6:00 p.m. Women's Session
- 7:30 p.m. Men's Session

A Call to Men embraces and promotes healthy, respectful manhood to prevent violence against women, sexual assault

and harassment, bullying and other social ills. A Call to Men is a violence prevention organization and leader on issues of manhood, male socialization and its intersection with violence, and preventing violence.



"That's Not Love" Workshop

April 10, 4:30-5:30 p.m., BAS S128
This workshop will encourage conversation about unhealthy and abusive relationships. Come join us as we discuss different types of abuse affecting college students on a daily basis.



SoulMate or Nah? #EscalationWorkshop

April 11, 4:00-5:30 p.m., STU 224

There is incredible pressure these days to achieve #relationshipgoals with your #bae, and social media often

accentuates the pressure. This workshop will spark conversation about healthy and unhealthy relationships, and what each of us can do to step in as a bystander.



Walk a Mile in Her Shoes

April 16, 5:30-7:30 p.m., MTSU Recreation Center

- 4:45-5:00 p.m. Registration
- 5:15 p.m. Survivor & Advocate Speakers
- 5:30 p.m. Walk Begins
- After Walk Prizes, Chik-Fil-A, & Live Music!!



Power of ONE Spotlight

CCRT Spotlight: Debra Winans

Debra Winans has served as the program coordinator at the June Anderson Center for Women and Nontraditional Students for the past 4 years. In addition to her primary responsibilities coordinating programs and resources for nontraditional students, Debra has spearheaded the implementation of the Clothesline Project at MTSU. We recognize her contribution to the MTSU community, and wish her well as she transitions into her next life adventure!

"The Clothesline Project is one of my favorite events at MTSU. To see students buy-in to the purpose of this events is overwhelming! We have a large number of students that are against domestic violence and sexual assault. But their questions remain: "What can we do?" I shared the purpose of the Clothesline Project and encouraged students to create a



positive message and put it on a tshirt to display in our beautiful Student Union building for 30 days. Students get keep the shirts at the month.

It is a joy to see students gather together as they recruit other students walking by to join in this amazing event. Our volunteer numbers double every year and it just keeps getting better. The discussions around the subject of domestic violence and sexual assault encourages students to take a

committed stand and makes me proud of each and every one."

– Debra Winans, June Anderson Center for Women and Nontraditional Students

Organizational Spotlight: Phi Delta Theta

This month, Power of ONE recognizes Phi Delta Theta for being a student organizations that has demonstrated commitment to raising awareness of gender-based violence prevention and actively promoting a culture of bystander intervention on campus. During the month of March, Phi Delta Theta had the highest number of member attendance and participation at the Power of ONE screening and discussion for the film *Anita: Speaking Truth to Power*. One of the fraternity's goals this year was to partner with another organization on campus to strengthen their own look at diversity and to create a norm for organizations to mingle at other events. Phi Delta Theta – Thank you for your commitment to diversity and preventing



gender-based violence. We look forward to seeing you at future events!

Student Spotlight: Maxwell Pearson

Over the past year, MT Lambda president Maxwell Pearson has collaborated with Barbara Scales, the creator of MTSU's the Power of ONE Bystander Prevention program, to develop new LGBT+ inclusive content for bystander intervention trainings. Maxwell has also been instrumental in co-creating and co-facilitating content for the Circles of Sexuality workshop with Kelly Hill, the Power of ONE program coordinator. Both of these trainings received extremely positive feedback from students, and will be a part of an ongoing collaboration between MT Lambda and the Power of ONE in the fall of 2019. Power of ONE recognizes Maxwell Pearson for all of the work he has done this year in promoting a True Blue culture of bystander intervention among students at the MTSU community, and within MT Lambda.

Thank you for your contribution, Maxwell!!



"Dr. Anita Hill had so much strength and courage to stand up for what's right and to also stand up for those who can't do so themselves. The film opened my eyes to the lengths that she went for the greater good for women all around



the country. To be able to speak up with such poise and have so many people behind her shows how much of a leader she is. I really admired her for that and those are characteristics that I want to adopt into my own organization and community as well."

- Matt Vining, Phi Delta Theta



Student Reflection: LGBT+ Representation in Power of ONE Bystander Training

Kelsey Johnson, MT Lambda Public Relations Officer & Maxwell Pearson, MT Lambda President

Issues related to gender-based violence, consent, and bystander intervention, are incredibly important and relevant to the LGBT+ community. For this reason, MT Lambda has recently built a very close relationship with the Power of ONE campaign. MT Lambda worked together with the Power of ONE campaign to host two events this year: the first-ever LGBT+ inclusive Power of ONE Bystander Intervention Training and a workshop called the Circles of Sexuality.

On Wednesday, March 20, the June Anderson Center presented an LGBT+ inclusive Power of ONE training at MT Lambda's meeting, during which we learned the basics of bystander intervention. The training included videos about dating violence between non-heterosexual couples.





We believe that the representation of LGBT+ people in the Power of ONE training increased student engagement during the workshop among members of MT Lambda. It also positively affects those who aren't a part of the LGBT+ community because, with this training, they are able to visually conceptualize that dating violence also happens among LGBT+ couples, just like it does with heterosexual couples. Bystander intervention trainings in any community can decrease dating violence and sexual violence through educating people about how to intervene in a potentially dangerous situation and stop violence from happening by using one of the four D's: Direct, Delegate, Distract, and Delay.

The Circles of Sexuality workshop presented information on an educational model based around the "circles" of Power and Sexualization, Intimacy, Sexual Identity, Sensuality, and Sexual Health and Reproduction. Discussing the model during the workshop allowed people to think about their emotions and experiences within these topics, and offered a look into why they might have certain behaviors and thoughts, such as being slow to trust a partner after experiencing sexual or domestic abuse. Even as a presenter, I noticed that I was almost thinking aloud when discussing the topic of intimacy, realizing how trust and boundaries relate in my own life.

During the Circles of Sexuality workshop, the Power of ONE program coordinator Kelly Hill discussed power dynamics as they related to sex and relationships in great detail. This is her area of expertise as the Power of ONE program coordinator. Everyone who attended the workshop was very engaged and open about their thoughts and feelings, which I believe was due to having our seats positioned in a circle, as well as the precedent of openness set by the presenters. I very much look forward to participating in this workshop again, as I feel it is a good promoter for introspection.





Right: Staff and volunteers from the June Anderson Center for Women and Nontraditional Students enjoy a chilly day at SpringOUT, MTSU's annual LGBT Pride Festival. **Left:** Students from gather to speak with facilitators after the Circles of Sexuality Workshop.

Student Reflection: "I walked away with motivation to be a Change in my Community" Jared Hall, Intern, Collegiate 100

I walked away from watching the film screening of *Anita: Speaking Truth to Power* with a sense of motivation – motivation to be a change in my community and my race. Watching the events that took place for Dr. Anita Hill was disturbing, alarming, and overall heartbreaking. I want people to feel heard and understood, but Dr. Anita Hill was silenced and caricatured.

After the screening, I had an opportunity to speak with one of the panelists, Mr. Joshua Crutchfield. He spoke to me personally about my internship with The Collegiate 100. He also expressed his thoughts on how men should be taught differently. Men can educate themselves by speaking to others that have been affected by toxic masculinity and the signs of it. Understanding what makes toxic masculinity a problem and how that problem can affect others instills empathy.



Mr. Crutchfield also expressed during the panel how black women's voices and their issues can be silenced by black men, and how that is often not the case when a black man is going through his own situations. For example, women like Anita Hill or Leslie Jones (from the 2016 Ghostbusters film) get silenced and are seen as complaining. At the same time, when there is a Bill Cosby or a Robert Kelly situation, the black community is far more eager and willing to stand beside them. Black men have more of a support system from their people rather than black women. That stuck with me.

Men have to be able to feel comfortable with knowing and expressing what is right and what is wrong, and expressing that to other men. If they see something going on and are holding back from intervening in a situation, they are choosing to be silent. Silence is not what is needed at times of injustice.

As a man, I want to further explore the issue of relationship violence. I have my own personal connection to relationship violence, and I want to understand it more. What allows somebody to feel that it is justifiable to be hurtful to their significant other (or somebody else in general) is a question I feel is unanswered.

I encourage men at MTSU to take a step by speaking to women you care for and love regarding their experiences. Understand the problems they have dealt with and continue to deal with daily, and reflect on your own life choices. Learn from them, vow to make a difference within yourself and your community, and start by taking action. Take the first step to changing the way you interact with others.

As a man, I acknowledge that I also need to hold myself more accountable in my interactions with others, my choice of diction when speaking, and overall body language. Sometimes, I can overlook the effect my presence can have on others, and I would like to work on being more aware of how I present myself.

How To Support A Friend who has experienced Gender-Based Violence

- Believe them. Don't ask them to describe what happened or ask judgmental questions. You can say, "I believe you."
- Remind them that it is not their fault. The responsibility for an assault always completely lies on the perpetrator. You can say, "I'm sorry that someone hurt you."
- **Listen.** Let your friend know that you care and that you are available to them when they want to talk. You can say, "Thank you for trusting me with your story."
- **Suggest resources.** Examples include talking to your RA, a counselor, or the campus sexual assault advocate.
- Let them make their own decision. If your friend is dealing with a controlling and manipulative partner, the last thing they need is for you to mimic those behaviors by forcefully telling them what to do. You can say, "I support you, whatever you choose to do next."



Power of ONE Event Highlight Videos

Click on the links below to view highlight videos from our most recent events and workshops!



YouTube: Highlights from ANITA: Speaking Truth to Power film screening & discussion



YouTube: Highlights from the Circles of Sexuality workshop with MT Lambda

Subscribe to our the MTSU

Power of ONE channel on



Power of ONE in PHOTOS









Top Left: Rhiana Anthony (Conjure Community Healing Arts) and Joshua Crutchfield (Black Lives Matter-Nashville) speak on a panel about gender-based violence and sexual harassment after the *Anita: Speaking Truth to Power* film screening. **Top Right:** Vincent Black (MTSU Health Services), interns, and volunteers host a table to engage campus men on issues related to relationships. **Center:** Students, faculty, staff, and community members gather after the after the screening and discussion of the film, *Anita: Speaking Truth to Power.* **Bottom:** Students from the Carribbean Student Association gather with Barbara Scales (Director of June Anderson Center) after a Power of ONE Bystander Intervention Training.

MTSU Athletics & Power of One Prevention

Presents

TED TALK
SPEAKER:

TONY PORTER April 8, 2019 Student Union

6:00 p.m.

Women's Session

7:30 p.m. Men's Session

BREAKING OUT of the MAN BOX

O A CALL TO MEN G

THE NEXT GENERATION OF MANHOOD

Distinguished Lecture

We are working to end relationship violence by educating our MTSU community about healthy and unhealthy relationships and empowering all of us to take a step toward change.

Thurs, April 11th 4:00 - 5:30 p.m. STU 224

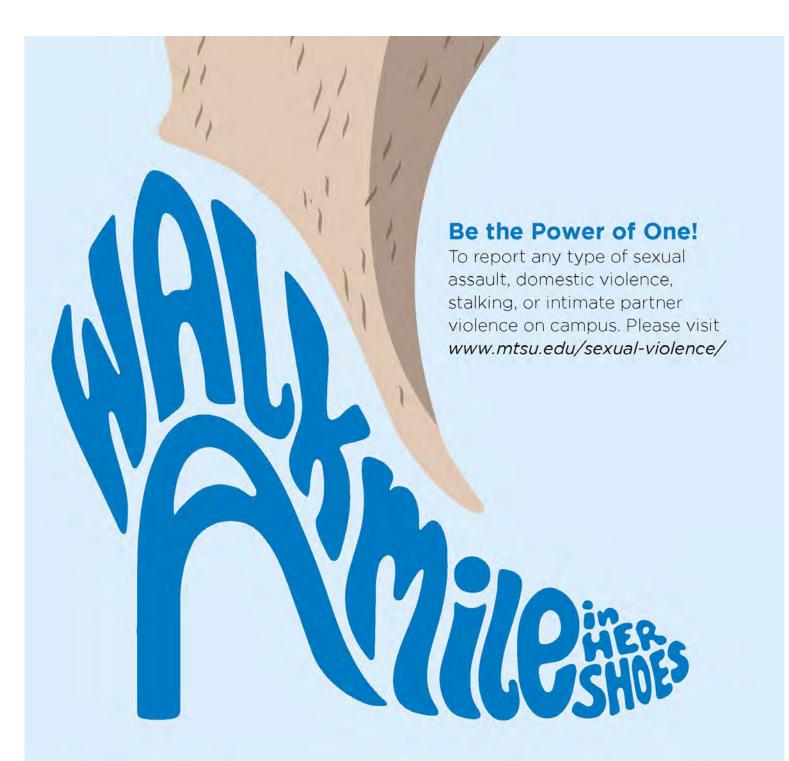






#EscalationWorkshop





April 16, 2019

Registration at **4:45pm**Walk begins at **5:30pm**at the Rec Center

The international men's march to stop rape, sexual assault, and gender violence. The first 100 participants will receive a free t-shirt. There will be free Chick-fil-A, fun and music after the walk.

MTSU - No Closed Door

To talk to someone immediately during a crisis

Sexual Assault 24-hour crisis line, (615) 494-9262 • Domestic Violence 24-hour crisis line, (615) 896-2012 •

To talk to someone confidentially

MTSU Sexual Assault Advocate • Miller Education Center, 503 East Bell St. (615) 715-2870

MTSU Counseling Services • Keathley University Center, Room 326-S (615) 898-2670

MTSU Counseling and Psychological Services • Miller Education Center, 503 East Bell St. (615) 898-2271

To receive STI or pregnancy testing

MTSU Student Health Services • Health, Wellness, and Recreation Center (615) 898-2988

Confidential Resource △ Not Confidential

To receive medical treatment or rape kit

Domestic Violence and Sexual Assault Program • 1423 Kensington Square Court 24-hour crisis line: (615) 494-9262

St. Thomas Rutherford Hospital (SART Program) • 1700 Medical Center Parkway 615-396-4100

To report an incident to the university

Title IX Coordinator △
Cope Administration Building, Room 116
https://www.mtsu.edu/titleix or (615) 898-2185

To report an incident to the police

MTSU Police (615) 898-2424 \triangle Murfreesboro Police (615) 893-1311 or 911

To receive academic accommodations

Disability Access Center (615) 898-2783 △ Keathley University Center, Room 107

Other resources

MTSU Student / Judicial Affairs (615) 898-2440 A



Digital Access: https://mtsu.edu/powerof1/news
For translation: contact isss@mtsu.edu;



Student Committee Meeting

April 12 | 2PM | STU 330 New Members Welcome!

Thank You!

Newsletter Contributors: Barbara Scales, Jared Hall, Kelsey Johnson, Maxwell Pearson, Matthew Vining
Guest Speakers and Program Collaborators: Dr. Barbara Turnage, Sondra Wade, Rhiana Anthony,
Joshua Crutchfield, Magaela Bethune, Dr. Latoya Eaves, Gert Comfrey, Vincent Black,
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