

BE THE POWER OF ONE

Building a Safe Community



The Power of
ONE
Direct. Distract. Delegate. Delay.

7th Edition, November 2019

Happy Movember!

by Kelly Hill, Office of Violence Against Women Campus Grant Coordinator

So, what is ‘MOVEMBER’? And why are so many men on MTSU’s campus wearing a mustache this time of year?

Movember is an annual event involving the growing of mustaches during November, which is Men’s Health Awareness Month. For the Movember Foundation and other organizations supporting the cause, mustaches serve as a conversation starter to bring awareness to and support of men tackling prostate cancer, testicular cancer, mental health, depression, and suicide. In light of this, we want to talk about a key issue that is an important focus for Power of ONE that can have a profound effect on men’s mental health: the issue of masculinity.

According to a [study published by the Journal of Counseling Psychology](#), men who see themselves as playboys or as having power over women are more likely to have negative mental health outcomes than men who identify with less traditionally masculine norms. Similarly, [The Good Men Project](#) states, “A narrow and restricted definition of ‘what it means to be a man’... reinforced to men and boys [can have] a direct and harmful impact on men’s mental health, wellbeing, and risk of suicide.”

In this edition of the Power of ONE Newsletter, we feature two men involved with the MTSU Engaging Men Team, and are campus leaders, promoting positive examples of manhood and engaging men in gender-based violence prevention.



“A **True Blue** man is a man who recognizes his male privilege and checks it. For example, day to day as I navigate the world, I never think about being catcalled or sexually harassed. That’s a privilege I have as a man. Ultimately, being my true self and not being confined to society’s standard of who a man is helps me to be **True Blue** man.”

Travis Stratton, Assistant Manager of MTSU Scholars Academy

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A Conversation about Masculinity with Engaging Men Co-Chair Jordan Borchert

An Interview with Jordan Borchert, Coordinator of Fraternity and Sorority Life



Tell us a bit about yourself.

I currently serve as the Coordinator of Fraternity and Sorority Life (FSL) within the Center for Student Involvement and Leadership (CSIL). As the coordinator, I work in conjunction with the director of FSL to provide oversight of leadership development and programming for 25 fraternities and sororities associated with the National Pan-Hellenic Council (NPHC), National Panhellenic Conference (NPC) and North American Interfraternity Conference (NIC).

I joined the CSIL team at MTSU in May of 2018. I am a proud member of Sigma Alpha Epsilon and serve on the board of my local Alumni Association. I have a passion for risk management and truly care about student development. I enjoy being outside (hiking, trailing, and kayaking) and watching sports.

How do you engage men day-to-day in your role on campus? What are some significant initiatives related to Healthy Masculinity and Manhood that you have been involved with or helped to coordinate?

I engage men each day in my role in FSL. This engagement can be as subtle as challenging ignorant language or having conversations about masculine norms, hypermasculinity and toxic behaviors in fraternities with students in daily interactions. As one of the co-chairs, I worked closely with the other two chairs and the Engaging Men committee to coordinate *The Mask You Live In* documentary screening and train the facilitators for our event. I also worked with the Interfraternity Council to invite to MTSU a national speaker who speaks on manhood and masculinity, and helped plan a 2-day workshop for the 400+ men involved with IFC on our campus.

How has your interest in masculinity and manhood evolved? What are some of the challenges you have encountered?

My understanding of what it means to be a man has evolved over time. I had some really important people in my life who challenged my idea of manhood and masculinity when I was in college. I think that started my real growth and interest in the topic, which continued as I learned more about masculinity in graduate school. The biggest challenge I have encountered is that it is a process for people to understand a healthy masculine lifestyle. People grow up and have experiences in life that define and shape their understanding of manhood and masculinity, and those experiences are sometimes toxic behaviors that have been normalized and understood as okay or good. The cognitive dissonance people experience takes time.

What is some advice you would give to your younger self related to manhood and developing a healthy masculinity?

As a child and growing up, I adhered to traits I was expected to have because I let media, my dad, and other men in my life define them. My main advice not only to myself, but to anyone, is that your manhood, your masculine behaviors, and what you believe it means to be a man is unique to you. Only you can define these things.

There are definitions of what healthy looks like: asking for help when needed, showing vulnerability, developing healthy relationship skills, engaging in conversations about behaviors that are disrespectful, etc. Practicing these behaviors will allow you to care for yourself and others and add to a culture of respect for everyone.



Left: Jordan participates in Interfraternity Council's annual Walk a Mile In Her Shoes event to promote awareness and prevention of domestic violence and sexual assault.

Right: Jordan attends the Fraternity Sorority Life Meet and Greet.

"Man-Identity": My Personal Definition of Manhood

An Interview with Calvin Ockletree, Engaging Men Team & Staff at the Daniels Center for Veterans and Military Families



Tell us a bit about yourself.

My name is Calvin Ockletree and I am a graduate student here at Middle Tennessee State University. I am obtaining my master's in criminal justice. I was honored to be one of the student facilitators for *The Mask You Live In: Conversation on Manhood* event.

What made you want to be a facilitator for the Conversation on Manhood?

It can be uncomfortable to have a conversation about manhood and the different struggles that come with being a young man in our society. Can we even get men to talk? Can we get men to open up about their insecurities without feeling weak or judged? Better yet, could I even do this? Am I able to open up about my personal issues and struggles with my identity as a man before expecting others to be able to? These are tough questions that we face day in and day out as men in our local communities.

How do you define manhood?

When it comes to manhood, I would like to change it and call it *Man-Identity*. The reason being is that, I do not believe every man is the same; each man will react to tragedy or despair in his life differently. Just like every man is not part of a "brotherhood," there are others who may not connect or want to be categorized at all. *Man-Identity* covers it all in my opinion. A man needs to be willing to identify with himself and face who he is in the world, whether or not the world will accept them. It does not have to do with your sexuality, how you like to dress, how deep your voice is, how far you can throw a log, or anything of that nature.

Man-Identity is being able to address the things deeply embedded within your conscience that keep you awake at night. Gaining the courage to approach your parents and let them know how you truly feel about your childhood and things that have happened to you. Being able to share your story with others and hopefully helping them overcome their struggles. *Man-Identity* is being "The Example." You may not have all of the solutions or answers to every question but you can be a light for someone that may be in a dark place. This is also something that women can relate to.

November is Men's Health Awareness Month. Is there a connection between men's health and "Man Identity"?

I definitely believe that someone being in tune with who they are mentally can assist with their health physically. Mental health is very important. One of the top issues I personally believe men deal with is openness about their mental health. Men are taught in their youth to "suck it up, keep pushing forward." Often, no one returns to make sure men are okay after they encounter a trauma. I believe that men mentally fight a trifecta of issues: acceptance by their fathers, acceptance by their community, and acceptance of self. If one or all of these are damaged within an individual, then it is definitely going to affect their health.

What are some of your hopes, and what do you hope to accomplish as a member of the MTSU Engaging Men Team?

I vow to be an "Example." I am not perfect by any means and I am still on my journey to figuring out my own *Man-Identity*, but I accept the challenge, and I am no longer afraid to address the man in the mirror. I encourage everyone to take up the challenge and become a better person for themselves. The action alone will allow our world to change for the better. Unhealthy communication along with deeply rooted stereotypes terrorize our human culture. We have to come together and break the cycle.



Left: Calvin Ockletree participates at an Engaging Men facilitator training. **Right:** Calvin serves as a facilitator at *The Mask You Live In* event.

POWER OF ONE IN ACTION



Top (from right to left): Veronica Quinonez of the Tennessee Coalition to End Domestic and Sexual Violence, and MTSU students Adrien Rodriguez and Mahlet Akile speak at the SURVIVING: Gender-Based Violence Event hosted by Power of ONE.

Second Row Left: Assistant Professor of Social Work Dr. Nikki Jones leads students in a guided discussion at a Power of ONE event. The conversation was also co-facilitated by Power of ONE coordinator Kelly Hill, Assistant Professor of Global Studies and Human Geography Dr. Christabel Devadoss, and Assistant Manager of Scholars Academy Travis Stratton.

Bottom: Staff at the Center for Student Involvement and Leadership celebrate June Anderson Center Director Barbara Scales on her last day of work at Middle Tennessee State University.



Left: Students, including members of the Mu Theta chapter of Zeta Phi Beta, take a photo with Waze We Relate facilitators Maxwell Pearson (MT Lambda), Gert Comfrey (Comfrey Counseling), Kelly Hill (Power of ONE), and Brianna Guydon (Power of ONE) after a Critical Conversation hosted at the Intercultural and Diversity Affairs office on November 5, 2019.

TRANS AWARENESS WEEK

NOVEMBER 13-19, 2019



November 13 – 19, 2019

This past Saturday, MT Lambda hosted MTSU's fourth annual Transgender Day Of Remembrance vigil at the Student Union Commons. Transgender Day of Remembrance is an annual observance on that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence that year.

Power of One is against any form of gender-based violence, including violence against transgender and gender-nonconforming individuals. Power of ONE thanks MTLambda for its partnership in gender-based violence prevention and work for diversity, inclusion, and safety of all students, faculty, and staff on MTSU's campus!



SAFE ZONE

WHAT?

The MTSU Safe Zone Program

Presented by the Intercultural and Diversity Affairs Office, the MTSU Safe Zone program is a voluntary two and a half hour program created to develop confident, knowledgeable and effective Allies of the LGBT+ community. The program was created to develop, enhance and maintain environments that are culturally aware and supportive of LGBT+ individuals (lesbian, gay, bisexual, transgender, and other sexual orientations and gender identities), as well as community Allies who are passionate about diversity, equality, and inclusion.

WHO?

Safe Zone is a community of people who?

- Have attended the two hour Safe Zone training and have knowledge or information on campus and community resources for LGBT+ and Allied students.
- Will be understanding, supportive, and trustworthy if LGBT+ people need help, advice, or just someone to talk to.
- Will not tolerate homophobic, biphobic, transphobic, or heterosexist comments and actions, and will address them in an educational and informative manner.

HOW?

Register for a training!

Trainings are free and open to anyone who is a member of the MTSU community whether you're an administrator, student, faculty or staff member. Trainings are scheduled periodically throughout each semester. Register for one of our upcoming trainings and get Safe Zone trained today!

Register for a training at
mtsu.edu/LGBT/SafeZone.php

Now Accepting Scholarship Applications



Each of the two scholarships listed below will award \$1000 for the Fall 2020 semester and are renewable each subsequent semester



Ruth Houston Memorial Undergraduate Scholarship

Eligible applicants are non-traditional female undergraduate students (age 24 and up) who demonstrate academic promise and financial need. Students must have successfully completed their freshman year at MTSU or be transfer students who have successfully completed a minimum of 30 hours and are currently enrolled full-time at MTSU.



Butler-Fouts Memorial Graduate Scholarship

Eligible applicants are female graduate students from an under-represented ethnic or racial group who demonstrate academic promise and financial need, and who are United States citizens or permanent residents. Applicants must currently be enrolled in or accepted into a graduate program at MTSU.

Applications due Monday, November 18, 2019

For more information or to submit your application, scan the QR codes above or visit mtfwg.org/scholarships

Scholarships awarded by the Middle Tennessee Fund for Women & Girls in partnership with AAUW Murfreesboro

In principle and in practice, AAUW values and seeks a diverse membership and leadership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin or disability.



The Color Purple



A campus-wide, collaborative, and interdisciplinary Power of ONE series focusing on the topics of gender roles, relationship expectations, sisterhood, masculinity, & the collective power of healing during Black & Women's History Months

Book Display

Walker Library Atrium
A book display of black women authors in the Walker Library.

Online Streaming

The streaming version of The Color Purple is available free to all students, faculty, & staff courtesy of the MTSU Walker Library.

Film Screening

Student Union Theater
February 25 & 26th
Time is TBD

Campus Community Conversation

Tom Jackson Building
March 5th, 6-8pm

Students, faculty, and staff will join a multi-generational, conversation on themes in The Color Purple including gender roles, relationship expectations in past and present generations, signs of healthy and unhealthy relationships, masculinity, male dominance, sisterhood, and the collective power of healing. Conversations will be in roundtable format, with food and beverages provided.

Theatrical Performance

Tennessee Performing Arts Center
March 27th, 8pm

*50 MTSU students will receive a scholarship to attend The Color Purple performance at TPAC. Faculty, staff, and family members can purchase tickets at a discounted group rate through the June Anderson Center. Students who receive a discounted ticket are required to attend the **Campus Community Conversation** or another Power of ONE event during the same semester.*

A collaboration with the MTSU June Anderson Center for Women and Nontraditional Students, Pinnacle Honor Society, Black History Month Committee, Women's History Month Committee, MTSU Walker Library, College of Behavioral and Health Sciences, Department of Theatre and Dance, Department of English, Women & Gender Studies Program, and Africana Studies Program

We invite all faculty to take part in this series by incorporating the reading, viewing, and events related to *The Color Purple* into the curriculum for your spring 2020 courses. If you have any questions or want to be involved with planning or facilitating the Campus Community Conversation, contact kelly.hill@mtsu.edu.

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 **△**
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 **△**

Thank You!

Contributors & Featured Collaborators:

Jordan Borchert, Calvin Ockletree, Veronica Quinonez, Adrien Rodrigues, Mahlet Akile, Maxwell Pearson, Brianna Guydon, Gert Comfrey, LMFT of Comfrey Counseling, MT Lambda, Mu Theta chapter of Zeta Phi Beta, Incorporated

Technical Editors: *Bryanna Licciardi & Leslie Merritt*

OVW Grant Coordinator and Content Editor: *Kelly Hill*

OVW Principal Investigator: *Dr. Danny Kelley*



To read additional editions of the PO1 Newsletter, go to <https://www.mtsu.edu/powerof1/newsletters.php>

For translations, contact iss@mtsu.edu

For more information or to get involved, email kelly.hill@mtsu.edu