

# SAAM Meeting Notes

Tuesday, April 20, 2021

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## Student Projects:

- [Dear Survivor Letter](#) (Martina & Jenny)
  - [IG panels](#)
- Teal Tuesday - Outreach (Raia & Emily)

## SAAM programs/events:

- CAPS - Healthy Relationships (Megan)
  - Start April 20th
- CAPS - Reclaiming Empowerment for SA Survivors (Ellen)
  - April 8th & April 22
- YWCA - Bystander Intervention (Raia, Maileen, Bonnie)
  - Raia requested a workshop on behalf of VP committee or next week - decided the timeline is too short

## Updates:

- Anoop, AS President would like to meet with us on June 1st
- Students Demand Action - Want to work with us on future programming
  - Guidelines on working with students in this committee - Summer conversation?

Tuesday, March 23, 2021

IG Accounts: @sjsugenec @sjsupride @sjsu.greeks @sjsuwellness @sjsucaps @sjsuccac  
@sjsuconductcrew @discoversjsu @wowsjsu

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**Check In:** Book you're reading (or podcast)

## Student Projects:

- [Dear Survivor Letter](#) (Martina & Jenny)
  - [IG panels](#)
- Teal Tuesday - Outreach (Raia & Emily)
- Spring Break/How to help a friend Tips

## SAAM Marketing:

- [Call for programs](#) - Tuesday, March 9th (Bonnie)
  - Soft deadline - Monday, March 22
  - Final deadline - Friday, March 26
- Send out calendar of events - Wednesday, March 24th (Jenny)
- [Website](#) - Jenny

- Poster - **Jenny**
- Shared resource folder (in our team drive > Public folders > Sexual Assault Awareness & Prevention (**Emily**, **all**):  
[https://drive.google.com/drive/folders/1zCy\\_GTY\\_hgq1-\\_XIdUvXHQ7CPm3VMhZW?usp=sharing](https://drive.google.com/drive/folders/1zCy_GTY_hgq1-_XIdUvXHQ7CPm3VMhZW?usp=sharing)

### **SAAM programs/events:**

- CAPS - Healthy Relationships (**Megan**)
  - Start April 20th
- CAPS - Reclaiming Empowerment for SA Survivors (Ellen)
  - April 8th & April 22
- Bystander Intervention Training (**Emily** - to be confirmed)
  - PHE KISS Workshop - 4/13  
[https://sjsu.zoom.us/meeting/register/tZ0ucOurqD0qH9yeiLHKnvPoAD5EtmDn\\_oZIy](https://sjsu.zoom.us/meeting/register/tZ0ucOurqD0qH9yeiLHKnvPoAD5EtmDn_oZIy)
- Consent/Boundaries 101 - YWCA Facilitated ( **Maileen/Bonnie**)
- Sexual Assault 101 - YWCA Facilitated (**Maileen/Bonnie**)
- Pathways to careers (**Bonnie**) - Still working
- IPDV Conversation (**Bonnie**) - Posted
- Domestic Violence Awareness Week - Sigma Alpha Zeta Multicultural Sorority Inc.
  - April 12, 13, 14 - @6pm
  - April 12- Trivia night on kahoot
  - April 13- next door solutions workshop
  - April 14- Notes to survivors on canva
  - Sigma Alpha Zeta's philanthropy is Domestic Violence Awareness. We advocate and stand up for those suffering from domestic violence.

### **Review & Action Items:**

- Confirm workshop provided by Ellen (CAPS) (**Megan**)
- Community events (**everyone**)
  - Example: one love workshops

Tuesday, March 9, 2021

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**Check In:** pump up jam

### **Student Projects:**

- Dear Survivor Letter (**Martina & Jenny**)
- Teal Tuesday - Outreach (**Raia & Emily**)

- Spring Break/How to help a friend Tips

### **SAAM Marketing:**

- Call for programs - Tuesday, March 9th (Bonnie)
  - Soft deadline - Monday, March 22
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- Send out calendar of events - Wednesday, March 24th (Jenny)
- Website - Jenny
- Poster - staff
- Shared resource folder (Emily, all)

### **SAAM programs/events:**

- CAPS - Healthy Relationships (Megan)
- Bystander Intervention Training (Emily - to be confirmed)
- Consent/Boundaries 101 - YWCA Facilitated (Maileen/Bonnie)
- Sexual Assault 101 - YWCA Facilitated (Maileen/Bonnie)
- Pathways to careers (Bonnie)
- IPDV Conversation (Bonnie)

### **Review & Action Items:**

- Confirm workshop provided by Ellen (CAPS) (Megan)
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Tuesday, February 23, 2021

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**Check In:** What is the best advice you've ever received from a friend or therapist?

### **Brainstorm around "We can build safe online spaces" theme:**

- Zoom backgrounds denoting: taking a self care break, safe/brave spaces
- Bystander Intervention:
  - Approaches to behaviors on Zoom
  - Intersectional violence prevention - APID/A Heritage Month, etc.
  - Dehumanization patterns
- Approaches
  - Tik tok
  - Sharing campaign - repeated sharing of a simple, single image (e.g. Fyre Festival orange box)

- Potentially have options with different statements, ability to add different department/group lockups or logos
- Link to resources
- Specific color/logo for profile picture and encourage others to do the same (e.g #BlueforSudan)
- Send Marketing/PR packet directly to orgs, share publicly on multiple platforms

## **Discussion on prevention committee naming/branding/recognition apart from individual departments**

Tuesday, February 9, 2021

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**Introductions:** Name, pronouns, department, major

**NSVRC theme: We can build safe online spaces**

### **SAAM events/programs:**

Teal Tuesday

Podcast

- 30 mins or less
- Ellen CAPS

Dear Survivor Letter

- 1 student can work with Jenny on this project

Denim Day

- Wednesday, April 28th
- General info about Denim Day <https://www.denimdayinfo.org/>

Online Bystander Intervention Workshop (to be confirmed)

Resources:

- National Sexual Violence Resource Center - <https://www.nsvrc.org/saam>

RSO/Greek:

- [Sigma Alpha Zeta](#)

Topic areas:

- Trauma
- Information sharing/resources

### **Mediums:**

- IGTV
- Tiktok/reels

- Video essays
- Memes (format similar to this meme).
  - Ex: “Feel like this sometimes? Our resources can help you work through it!”



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Wednesday, January 27, 2021

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Ryan Kelsch - SCC Office of Gender Based Violence Prevention

- Survivor Survey - Open until Feb 13th
- Promoting teen dating violence prevention in February
- <https://endviolence.sccgov.org/home>

Meeting dates/times

**60 mins options:**

1st/3rd Thursdays @ 1 - 2pm

2nd/4th Tuesdays @ 2 - 3pm (new meeting time)

**90 mins options:**

1st/3rd Thursdays @ 1 - 2:30pm

2nd/4th Tuesdays @ 1:30 - 3pm (if we need a longer working time, this will be the option)

New meeting time/date will be February 9th @ 2-3pm, then we will meet bi-weekly

Committee member updates:

- Gisi and Vicky have moved onto new opportunities
- New students: Maileen, Martina, and Raia

Google drive and google group are updated

- If anyone has trouble accessing the google drive, please let the team know

December 18, 2020

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### Meetings:

- **Jenny** will send out doodle poll to committee members (students and staff)
  - January meetings will continue as scheduled for staff
  - February meetings will include students

### Programs:

- Research programs for Spring 2021
- **Emily** will reach out for partnership/collaboration to the SCC Gender Based Violence Prevention
- **Vicki** will review any initiatives/programs from National Panhellenic Conference
- NSVRC theme will come out in February 2021
- Podcast:
  - Multiple small recordings?
- Social Media
  - Informational posts
  - Topics?
- Marketing
  - Branding - Name of the Committee?
- Charge and purpose statement for the committee
- Goals for our committee and SAAM/DV

## SAAM 2021 Logistics:

### Committee Members:

PRIDE, Gender Equity Center, Student Conduct and Ethical Development, Wellness and Health Promotion, Student Involvement, Counseling and Psychological Services

*Students: Raia, Martina, & Maileen*

### Resources:

- National Sexual Violence Resource Center - <https://www.nsvrc.org/saam>
- SCC Gender Based Violence Prevention

### Website:

<https://www.sjsu.edu/genec/events/saam/index.php>

## Spring 2021 Programming:

### Teal Tuesday

Wear teal to show support

Post on social media and hashtag!

### Dear Survivor Letter

April 1 - April 30 | [GeneC Webpage](#)

*Gender Equity Center*

The Dear Survivor Project is a platform in which San Jose State community can share letters of support to survivors of sexual violence. It is inspired by the Dear Survivor Project, to learn more you can visit: [dearsurvivorproject.tumblr.com/](https://dearsurvivorproject.tumblr.com/)

We want to create an opportunity to stand in solidarity for violence prevention and to create an atmosphere of empathy and understanding.

To submit a letter, please fill out the form below. All letters will be anonymous and some information may be redacted to protect the identities of individuals.

Letters will be live for viewing on [bit.ly/dearsurvivor\\_view](https://bit.ly/dearsurvivor_view) starting Monday, **April 5, 2021**

### Domestic Violence Awareness Week Sigma Alpha Zeta

**Check out their Instagram [@sjsu\\_saz](#)**

Trivia Night on Kahoot

Monday, April 12 | 6:00 pm | [Zoom Link](#)

Next Door Solutions Workshop

Tuesday, April 13 | 6:00 pm | [Zoom Link](#)

Notes to Survivors on Canva

Wednesday, April 14 | 6:00 pm | [Zoom Link](#)

### Self Empowerment for Sexual Assault Survivors Workshop

**Reclaiming your Presence**

Thursday, April 8 | 11:00 - 12:00 pm | [Zoom link](#)

## **Your Truth and Power**

Thursday, April 22 | 11:00 - 12:00 pm | [Zoom link](#)

*Counseling and Psychological Services*

Facilitator: Ellen Lin

In this 2-part workshop series, practice reconnecting with yourself, your emotions and strengths, and owning your power in the face of emotional triggers. Attending both workshops is highly encouraged.

## **Keeping It Safer and Sexier (KISS)**

Tuesday, April 13 | 7:00 - 8:00 pm | [Zoom Registration](#)

*Peer Health Education/Wellness and Health Promotion*

Was your sex ed was inaccurate, abstinence-only, and shame-based? Reclaim your sexual health with SJSU's peer health educators! We'll give you non-judgemental, non-gendered info so you can have comfy and exciting experiences! Learn how to communicate boundaries, ask for consent, use safer sex supplies, talk to partners about STI testing, contact campus sexual health experts, choose birth control, and get FREE safer sex supplies mailed to you. You'll even have the chance to enter a drawing for a sexy prize mailed right to your door! Learn with us in wonderful virtual anonymity on Zoom: Tuesday April 13, 7-8 pm.

## **Healthy Relationships Workshop**

Tuesdays: April 20, April 27, May 4, and May 11 | 3:00PM - 4:30PM | [Zoom registration](#)

*Counseling and Psychological Services*

Facilitator: Justine Fan and Karin Voelker

Healthy relationships is a workshop that discusses what are the tenants of healthy relationships within the context of culture

## **One Love Workshops**

<https://www.joinonelove.org/>

## **One Love Educator Hour**

Join One Love for free bi-monthly professional development sessions featuring key topics and exciting speakers that will prepare you to bring relationship health education to young people in your community.

Sexting: Teaching Digital Boundaries & Consent

Thursday, March 25 | 11:00 AM (PST) | [Zoom registration](#)



Teaching Self-Love, Self-Trust, & Self-Care

Thursday, April 8 | 11:00 AM (PST) | [Zoom registration](#)

Stalking & the 10 Signs with SPARC

Thursday, April 22 | 11:00 AM (PST) | [Zoom registration](#)

### Denim Day

**Wednesday, April 28th | On Campus & Online | All Day**

Denim Day began more than 20 years ago, after the Italian Supreme Court overturned a rape conviction because the survivor had been wearing tight jeans. After the ruling, women in the Italian Parliament came to work wearing jeans in protest. Wearing jeans on Denim Day has since become a symbol for raising awareness, supporting survivors, and protesting against destructive attitudes about sexual violence. SJSU community members are encouraged to participate by wearing denim on campus, using campaign materials to promote conversation.

### Resources folder for students

- Zoom backgrounds
- Resources (pamphlets, brochures, etc)
  - Statistics
  - Resources on how to get help