Chapter Specific Programs

Below are a list of programs offered by assorted campus partners that fraternities and sororities can host for chapter specific programs in the Greek Member Experience tracks. Each program specifies how to make the request. It is the chapter’s responsibility to create the event in Anchor Link for the program, indicating that it is a part of the Greek Member Experience program and track via card swipe attendance. The event must be created in Anchor Link at least 2 weeks before the program for it to be included in the Greek Member Experience tracks.

**Gender 101** explains the difference between sex and gender, discusses how gender is socially constructed rather than biologically determined, and considers how gender can be constraining to individuals if we don't think outside the box.

- Length: 1 hour
- Maximum participants: 40
- Set-up: AV, whiteboard
- Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
- Two-week lead time ideal

Greek Member Experience Track: Personal Development

The **Start Smart Salary Negotiation Workshop** provides college students with the confidence, knowledge, and skills needed to negotiate their salaries and benefits when they enter the “real world” after Vanderbilt.

- Length: 1 hour
- Maximum participants: 40
- Set-up: AV, whiteboard
- Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
- Two-week lead time ideal

Greek Member Experience Track: Personal Development

**Let's Talk About Sex, Vandy** is a “sex ed 101” workshop that covers all of the basics on topics including barrier methods, STIs, birth control, anatomy, consent, and more.

- Length: 1 hour
- Maximum participants: 40
- Set-up: AV, whiteboard
- Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
- Two-week lead time ideal

Greek Member Experience Track: Healthy Behaviors

**Let's Talk About Kink** is an introduction to BDSM and kink culture. The program covers terminology, myths and facts based on the popular *50 Shades of Grey* trilogy, and how to navigate consent, scene negotiation, and personal safety.

- Length: 1 hour
- Maximum participants: 40
- Set-up: AV, whiteboard
- Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
- Two-week lead time ideal

Greek Member Experience Track: Healthy Behaviors

**Let's Talk About Dating** is a workshop on healthy relationships where students learn about the different types of intimate relationships, learn how to recognize a healthy or unhealthy relationship, and discuss ways to effectively communicate in relationships.
Length: 1 hour
Maximum participants: 40
Set-up: AV, whiteboard
Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
Two-week lead time ideal
Greek Member Experience Track: Personal Development

*Let’s Talk About Queer Sex* is a workshop specifically addressed to the LGBTQIAP+ community that seeks to provide a safe space for open discussions about holistic sexuality.
Length: 1 hour
Maximum participants: 40
Set-up: AV, whiteboard
Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
Two-week lead time ideal
Greek Member Experience Track: Healthy Behaviors

*Let’s Talk About Virginity* is a program that provides a brief history of the term “virginity”; gives students an opportunity to engage in open dialogue about what virginity means in social, cultural, and religious contexts; and offers students a space to thoughtfully reflect on their personal values around physical intimacy.
Length: 1 hour
Maximum participants: 40
Set-up: AV, whiteboard
Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
Two-week lead time ideal
Greek Member Experience Track: Healthy Behaviors

*Cultivating Self-Love with Food & Fitness* is a 1-hour interactive workshop geared toward students who identify as women. The workshop covers topics related to physical, emotional, and spiritual wellbeing. Participants will identify ways that food and fitness can have a negative impact on their lives, discuss ways to have a positive and healthy relationship with food and exercise, and develop specific tools to cultivate self-love, mindfulness, and confidence.
Ideal length: 1 hour
Maximum number of participants: 50, but this program would work better with 15-25. It could also be altered to accommodate 50+. Set-up needed (AV required, classroom, whiteboard, etc.): PowerPoint
Use Workshop Request on website (https://forms.vanderbilt.edu/view.php?id=453213)
Two-week lead time ideal
Greek Member Experience Track: Healthy Behaviors or Personal Development

*Green Dot Overview*
The Green Dot bystander intervention program is a comprehensive approach to sexual violence prevention that capitalizes on the power of peer and cultural influences. Green Dot challenges all campus community members to be active bystanders, and seeks to engage students, through awareness, education, and skills-practice, in proactive behaviors that establish intolerance of violence as the norm, as well as reactive interventions in high-risk situations – resulting in the reduction of violence. This one-hour educational program reviews the types of power-based personal violence (sexual assault, intimate partner violence, and stalking) and introduces bystander intervention strategies.
Ideal length: 60 minutes
Maximum number of participants: 150
Greek Member Experience Track: Healthy Behaviors

**Green Dot Bystander Intervention Training (Large Group)**
The Green Dot bystander intervention program is a comprehensive approach to sexual violence prevention that capitalizes on the power of peer and cultural influences. Green Dot challenges all campus community members to be active bystanders, and seeks to engage students, through awareness, education, and skills-practice, in proactive behaviors that establish intolerance of violence as the norm, as well as reactive interventions in high-risk situations – resulting in the reduction of violence. This three-hour program teaches participants how to identify the types of power-based personal violence (sexual assault, intimate partner violence, and stalking) and how to safely and appropriately intervene. This program is only available to large groups of 75 or more participants.
Ideal length: 3 Hours
Maximum number of participants: 150
Set-up needed (AV required, classroom, whiteboard, etc.): AV required (PowerPoint presentation w/ sound capability)
How to request (including lead time): [https://www.vanderbilt.edu/greendot/get-involved/request-a-presentation/](https://www.vanderbilt.edu/greendot/get-involved/request-a-presentation/)
Greek Member Experience Track: Healthy Behaviors

**Green Dot Bystander Intervention Training**
The Green Dot bystander intervention program is a comprehensive approach to sexual violence prevention that capitalizes on the power of peer and cultural influences. Green Dot challenges all campus community members to be active bystanders, and seeks to engage students, through awareness, education, and skills-practice, in proactive behaviors that establish intolerance of violence as the norm, as well as reactive interventions in high-risk situations – resulting in the reduction of violence. This six-hour program is the full-length training, which examines the prevalence of power-based personal violence (sexual assault, intimate partner violence, and stalking), teaches participants how to identify the types of power-based personal violence, how to safely and appropriately intervene, how to overcome personal obstacles to action, and proactive prevention strategies to change norms in our organizations and across campus.
Ideal length: 6 Hours
Maximum number of participants: 74
Set-up needed (AV required, classroom, whiteboard, etc.):
How to request (including lead time): [https://www.vanderbilt.edu/greendot/get-involved/request-a-presentation/](https://www.vanderbilt.edu/greendot/get-involved/request-a-presentation/)
Greek Member Experience Track: Healthy Behaviors

**The Escalation Workshop**
The Escalation Workshop, developed by the One Love foundation, is a 90-minute workshop consisting of a video and facilitated discussion on the topic of relationship violence. Participants will learn about the prevalence and warning signs of dating violence and how to support a friend. Learn more about Team One Love and the Escalation workshop: [https://www.joinonelove.org/join-the-movement/escalation-workshop/](https://www.joinonelove.org/join-the-movement/escalation-workshop/).
Ideal length: 90 minutes
Maximum number of participants: 50
Set-up needed (AV required, classroom, whiteboard, etc.): AV required
How to request (including lead time): Email projectsafe@vanderbilt.edu at least 2 weeks in advance.
Greek Member Experience Track: Healthy Behaviors

**DTF: Establishing Effective Consent**
Understanding the University’s effective consent policy can be easy. Using effective consent to guide us through developing our sexual practices takes more conversation and preparation. DTF discusses sex and sexuality, the places for a check-in with a partner(s), pursuing sexual activity bravely, and being the expert when it comes to our own bodies. We talk about the ways people might communicate hesitance, reluctance, or refusal and all of the ways that we can communicate an enthusiastic yes.
Ideal length: 60-90 minutes
Maximum number of participants: 50
Set-up needed (AV required, classroom, whiteboard, etc.): None
How to request (including lead time): Email projectsafe@vanderbilt.edu at least 2 weeks in advance.
Greek Member Experience Track: Healthy Behaviors

**Supporting a Survivor**
Description: Project Safe provides tips and strategies in a facilitated dialogue for those interested in learning how to better support those who have experienced power-based personal violence. Learn what appropriate and constructive support looks like in the immediate aftermath of an incident, in the weeks following an assault, and over time.
Ideal length: 60 minutes
Maximum number of participants: 35
Set-up needed (AV required, classroom, whiteboard, etc.): None
How to request (including lead time): Email projectsafe@vanderbilt.edu for more information or to request a program.
Greek Member Experience Track: Healthy Behaviors

**Stalking: Know It, Name It, Stop It.**
Description: Learn about the prevalence and types of stalking and harassment behaviors, (including social media harassment and the non-consensual taking or distribution of pictures and videos), how to take steps to protect yourself, and how to obtain assistance from on-campus, off-campus resources.
Ideal length: 60 minutes
Maximum number of participants: 150
Set-up needed (AV required, classroom, whiteboard, etc.): AV required
How to request (including lead time): Email projectsafe@vanderbilt.edu for more information or to request a program.
Greek Member Experience Track: Healthy Behaviors

**Straight Facts about LGBTQI Life**
Straight Facts about LGBTQI Life is an educational outreach program for the entire Vanderbilt community. This program is dynamic and flexible; it allows the initiator to request a workshop, presentation, and/or panel to fit the needs of their audience. Topics that can be covered could include: Social Justice Ally Development- Moving Beyond Tolerance, How to create Trans inclusive communities, LGBTQI Life resources on campus and beyond, Creating a Common Language. You can also work with an LGBTQI Life staff person to create your own Straight Facts about LGBTQI Life.
Ideal length: No less than 45 mins. Preferable 1 – 1 1/2 hours.
Maximum number of participants: No Maximum
Set-up needed (AV required, classroom, whiteboard, etc.): AV required
How to request (including lead time): http://www.vanderbilt.edu/lgbtqi/programs/straight-facts-about-lgbtqi-life at least two weeks in advance.
Greek Member Experience Track: Diversity & Inclusion

**Speak Out**
In the format of panel presentations for classes, residence halls communities, or campus organizations, students share their personal stories about being LGBTQI or allied and engage in an active conversation with audiences about their identities.
Ideal length: 1-1 1/2 hours
Maximum number of participants: No Maximum
Set-up needed (AV required, classroom, whiteboard, etc.): None (unless coupled with a Straight Facts presentation)
How to request (including lead time): http://www.vanderbilt.edu/lgbtqi/programs/speak-out at least two weeks in advance.
Greek Member Experience Track: Diversity & Inclusion

**Stress Management**
Description: A healthy and engaging discussion guided by members of Vanderbilt LEAPS on the complexities of stress and ways in which we can cope with various forms of stress that commonly affect college students. Activities include guided deep breathing or muscle relaxation, and mindfulness eating through chocolate.
Ideal length: 45 minutes
Maximum number of participants: No maximum
Set-up needed (AV required, classroom, whiteboard, etc.): a room to hold the presentation
How to request (including lead time): Please make presentations requests at least 10 days in advance. E-mail maria.e.linn@vanderbilt.edu, LEAPS Director of Program Development.
Greek Member Experience Track: Healthy Behaviors or Personal Development

**Love and Other Drugs: The Role of Alcohol in Consent**
A collaborative program with Wellness Programs & Alcohol Education and the Project Safe Center on how alcohol can inhibit an individual's ability to give effective consent to engage in sexual activity. This interactive program will address difficult situations and ways individuals can be a helpful bystander.
Ideal length: 1 hour
Maximum number of participants: 150
Set-up needed (AV required, classroom, whiteboard, etc.): PowerPoint capabilities required
How to request (including lead time): Three weeks prior to the date of the event, send an email to katherine.s.drotos@vanderbilt.edu. Please include the specific program, date and time requested, location of event, and estimated number of participates.
Greek Member Experience Track: Healthy Behaviors

**Marijuana & Mental Health**
The presentation will discuss and challenge today's current attitudes on marijuana usage and its effects on mental health. Are common beliefs accurate or just common misconceptions? With marijuana being the most commonly used illegal drug in America, it is necessary to know the legal, social, and academic consequences of its use. This session will empower you to make the most informed and healthiest decisions for yourself regarding marijuana and your mental health.
Ideal length: 45 minutes
Maximum number of participants: 100
Set-up needed (AV required, classroom, whiteboard, etc.): PowerPoint capabilities required
How to request (including lead time): Three weeks prior to the date of the event, send an email to katherine.s.drotos@vanderbilt.edu. Please include the specific program, date and time requested, location of event, and estimated number of participates.
Greek Member Experience Track: Healthy Behaviors

**Wellness & World-Changers: Helping Yourself to Help Others**
This session will bring awareness to the five essential elements of wellbeing and the influence each person has on their larger community. Exploring strengths in the areas of career, social, financial, physical, and community wellbeing will provide insight into making necessary personal changes. Utilizing self-care strategies from the world’s longest-living societies, the Blue Zones, you will create an action plan to implement healthier practices into daily life.
Ideal length: 45 minutes
Maximum number of participants: 100
Set-up needed (AV required, classroom, whiteboard, etc.): PowerPoint capabilities required, whiteboard (useful not necessary), and classroom
How to request (including lead time): Three weeks prior to the date of the event, send an email to katherine.s.drotos@vanderbilt.edu. Please include the specific program, date and time requested, location of event, and estimated number of participates.
Greek Member Experience Track: Healthy Behaviors or Personal Development

**How to Help a Friend**
Overdose, dependency, and addiction are unfortunate realities on any college campus. This session will provide strategies to best circumvent developing unhealthy relationships with alcohol and other drugs. Learn how to detect the warning signs and symptoms and identify the resources that can best support you and your peers.
Ideal length: 45 minutes
Maximum number of participants: 150
Set-up needed (AV required, classroom, whiteboard, etc.): PowerPoint capabilities required
How to request (including lead time): Three weeks prior to the date of the event, send an email to katherine.s.drotos@vanderbilt.edu. Please include the specific program, date and time requested, location of event, and estimated number of participates.
Greek Member Experience Track: Healthy Behaviors

**Beyond AlcoholEdu: Alcohol and Other Drugs on Campus**
Explore the impact that Alcohol, Cocaine, Stimulants, and Prescription Drugs (including Adderall) can have on the brain along with potential drug interactions. Long term and short effects and the influence their use has on academics will be discussed.
Ideal length: 45 minutes
Maximum number of participants: 100
Set-up needed (AV required, classroom, whiteboard, etc.): PowerPoint capabilities required, Classroom
How to request (including lead time): Three weeks prior to the date of the event, send an email to katherine.s.drotos@vanderbilt.edu. Please include the specific program, date and time requested, location of event, and estimated number of participates.
Greek Member Experience Track: Healthy Behaviors