

The Backstops

“Alpha Chi Omega Fraternity encourages members to **stand up and intervene** when something is unsafe or undignified, **be a positive role model** and influencer to shape the Alpha Chi Omega experience with **health and safety as a priority**, and **make positive choices** reflective of dignity and respect.”

Backstop 1: “WHAT CHOICES DO I HAVE?”

HEALTH AND SAFETY CONCERNS	WHAT DOES THIS LOOK LIKE ON CAMPUS? <i>Think about specific environments or experiences.</i>	WHAT CHOICES DO YOU HAVE? <i>If you were in that situation, what healthy choice(s) could you make?</i>
Stress and/or anxiety		
Feeling overwhelmed		
Loneliness		
Binge drinking		
Taking non-prescribed medication		
Using illegal drugs		
Hazing		

“The Fraternity believes in **the betterment of women** through the **Real. Strong. Women.® Experience.**”

Backstop 2: “HOW WILL I BE A REAL, STRONG WOMAN TODAY?”

A REAL, STRONG WOMAN IS...	WHAT DOES THIS LOOK LIKE ON CAMPUS? <i>Think of an example of someone living out these commitments.</i>	HOW WILL YOU BE A REAL, STRONG WOMAN? <i>Write down when you can put these commitments into action.</i>
Not afraid to intervene when something is unsafe		
A positive role model		
Respectful of herself and others		
Responsible for her actions		
Dignified in her choices		
Accountable for her decisions		
Someone who influences others to make safer choices		
Prioritizing health and safety		