

# Sisterhood: Now More Than Ever

## NATIONAL HAZING PREVENTION WEEK 2020

### CONVERSATION STARTER

As we transition to a new academic year this fall, we are all adapting to new strategies and thinking creatively about connection during this health pandemic. We are all finding new ways to create lasting memories with our sisters. For this fall's harm reduction poster, our partnership with Pi Kappa Phi, Sigma Nu and Zeta Tau Alpha wanted to explore our #OneCertainty, brotherhood and sisterhood.

During this year's National Hazing Prevention Week (NHPW), September 21-25, we want our members to remember the power of sisterhood, to rely on the connections we create to foster a sense of belonging for our members. We know that now more than ever, our one certainty is our sisterhood. For NHPW, let's talk about how we can create healthy and meaningful connections between sisters and focus on opportunities to educate and empower our members to be the best versions of themselves.

Let's break up into small groups and talk about what we are most excited about when it comes to connecting with sisters this fall.

**What are you looking forward to? What makes you the most nervous?** You will have 5 minutes in your small group to discuss these questions.

- *Break members into small groups using your chapter's virtual communication platform. If facilitating in person, please follow social distancing guidelines.*



- *Bring the group back together after 5 minutes.*

### **What are some things your small group talked about?**

- *Let three to five members share what their group discussed.*
- *Validate and appreciate what members share. Take notes on what members are looking forward to and what makes them nervous. These can be helpful to bring back up during later conversations about virtual engagement.*

### **Knowing that relationships and connection are going to be important this fall, what are some ways you can sustain our sisterhood in a virtual environment?**

*If your chapter recently welcomed new members: **What are some ways you can engage our newest members in our sisterhood that will make them feel supported?***

Here are some examples of sisterhood activities you can do virtually:

- Schedule time to catch up over a virtual video platform.
- Schedule weekly sisterhood check-ins. Pair members up for weekly check-ins.
- Host a movie night through Amazon Prime or Netflix by starting a watch party.
- Organize a virtual lunch or dinner. Schedule time to share a meal in small groups.
- Organize a game night on an app like Jackbox.
- Coordinate and share gamer tags for cooperative and multiplayer video games.
- Set up a virtual fitness challenge.

Here are some examples of socially distanced outdoor sisterhood activities:

- Small groups bring their own lunches to a park and eat while maintaining social distancing.
- Go for a hike while maintaining social distancing.
- Play golf, tennis or other outdoor fitness activities that allow you to maintain social distancing.

### **What can you do as a real, strong woman to make our sisterhood safe and stronger than ever this fall?**

Remember, there is no place for hazing in Alpha Chi Omega. If you have concerns about experiences created in our chapter or on campus, know that it is OK to speak up and take action. In Alpha Chi Omega, we strive to be positive role models and influence those around us to make healthy choices.

Visit the [Alpha Chi Omega website](#) for more ways to get involved during NHPW. Should you or someone you know experience or witness hazing, know that you can report it to our headquarters at [collegiateexperience@alphachiomega.org](mailto:collegiateexperience@alphachiomega.org). Should you want to report an incident anonymously, please contact the Greek Anti-Hazing Hotline.

## GREEK ANTI-HAZING HOTLINE | 888-NOT-HAZE

<http://fraternallaw.com/contact/anti-hazing-hotline/>

Alpha Chi Omega is a continued sponsor of the Greek Anti-Hazing Hotline. The hotline provides anonymous reporting for a suspected or recent hazing incident. The phone number 888-NOT-HAZE (888-668-4293) accepts calls 24 hours a day. The hotline connects to a dedicated voice mailbox at Manley Burke, LPA. The calls are automatically saved as audio files that are then transmitted by email to the headquarters of the fraternity or sorority named in the report. Reports about athletic teams, bands or clubs can also be made to the hotline. When those calls are received, the institution where the team or organization is located is contacted.