Sewing Ties Us and Sew It Up

Building upon the past can better propel one for the future. With this adage in mind, we set out to provide our current Monarchs with some toolkit development strategies by hosting two summer sewing sessions.

Little Stitch Studio of Norfolk and Sewfully Sew Inspired by Jazz had participants learning the basics like threading a machine, cutting fabric, to winding the bobbin, using the pedal, and reverse stitching. All supplies were donated to the Women’s Center via Little Stitch Studios. During Sew it Up, participants left with a tote-bag. During Sewing Ties Us a small caddy was their design project. One participant by the name of Christina Johnson had this to say, “I had an amazing time at the Sew It Up event. Looking forward to the next one!”

The Clothesline Project

Clothesline Projects all over the world remind people of the real meaning of violence statistics that are often ignored. It originated in Hyannis, Massachusetts in 1990 when a member of the Cape Cod’s Women’s Defense Agenda learned that 51,000 U.S. women were killed by the men who claimed to love them.

For the past two years, on the Perry Lawn we have had a t-shirt display. Those who visited the display, were able to reflect on the reality sexual assault or interpersonal violence, and were able to share a personal story, or draft a message of hope. ODU students and local entities donated t-shirts for the display. Alumni, incoming students on a campus tour, faculty, staff, and even an online student drove to main campus to participate in the Clothesline Project.
M-POWER

M-POWER will hold an upcoming training session. If you are interested in becoming a Peer-to-Peer mentor fill out an application on our website or in-person in the office. The new M-POWER educator coordinator Maylat and she can be reached at meyob@odu.edu.

RedFlag Campaign

During the month of October, the Red Flag campaign will be the focus of M-POWER. As it’s also Relationship Violence Awareness Month, many of our Women’s Center events will center around tips to remain safe for yourself and others. Red Flags will be proudly on display for our monthly Self Defense Workshop as well as Climb Night in the SRC. A guest speaker will be featured on October 4th who will discuss sexual assault and dating violence and it will segway into a nighttime activity hour event in the North Café.

Love Your Body Day / Talk Back Wall

There’s an adage that says sticks and stones may hurt my bones but words will never hurt me. That, is a lie. Words do hurt. So does imagery that is overly sexualized or demeaning. We decided to put both forces together for the healing of us all and what did we end up with? Love Your Body Day / Talk Back Wall. It is an interactive forum where passerby’s can see images the media has used to sell a product in an overly sexualized manner. Talk Back notes are posted on the wall to allow them to discuss how the images made them feel or notes of inspiration and reminders of just how special each of us are — just as we have been created.

SUNSET PADDLE

Our summer sunset paddle took place on Whitehurst Beach to an overwhelming crowd. Over 50 were in attendance with ages ranging from age 10 to 70 who took advantage of our paddling gathering. Beach-side chats, lawn games, savory BBQ, laughs, selfies, and the relieving of summer finals or other stressors was all on the agenda. Many thanks to the Outdoor Adventure Program for all of their support in making this such a great success.

Man of Quality Video Game Challenge

Oftentimes men ask what they can do to be supportive of women close to them who have been sexually, mentally, or physically assaulted by other men. Our usual response is to listen quietly and intently to what the women opt to share, reassure them of your concern for their well-being, and gently ask what you can do to help. Other ways you can be a supportive ally at ODU is connecting with Green Dot, our M-POWER program, and of course — Man of Quality.

Over the summer, our second annual Man of Quality Video Game Challenge was held. It’s a fun way to engage, inform, and encourage our male allies while simultaneously eliminating zombies or the like. With over 50 in attendance, it was a nice forum to do just that. Our co-sponsors were Alpha Phi Omega, ODU SAGA, ODU PD, ODU Libraries, AAUW ODU, and Health Promotion. Look out for our fall events to include a guest speaker and collaborative programming. MOQ is looking for new members, stop by the Women’s Center to complete an interest form today. Follow us on Twitter @manofqualityodu.

* A Man of Quality *
Is a positive role model for others, is not afraid to express emotions, challenges himself and others to be greater men of quality, is kind and shows empathy to others, values assertiveness over aggression, and respects women’s equality.

#Fear2Freedom

On November 6, the Women’s Center hosted Fear 2 Freedom at the Ted Big Blue Room. F2F consists of participants making after-care kits for victims of sexual assault, child abuse, domestic violence, and sex trafficking.
GET INVOLVED!

M-POWER AND RED FLAG

LOVE YOUR BODY DAY / TALK BACK WALL

SUNSET PADDLE

MAN OF QUALITY VIDEO GAME CHALLENGE

THE RED FLAG CAMPAIGN
During Summer 2018, members of the Women’s Center and emerging feminist student allies attended the National Conference for College Women Student Leaders, or NCCWSL. It’s the nation’s premier conference for college women and is a key event for AAUW, American Association of Undergraduate Women.

Key topics covered in the 2018 NCCWSL session ranged from fostering a quality online presence, building financial security, diversity versus inclusion, the need to get offline sometimes, persisting, and being an ally to one another. The founder of the #MeToo movement Tarana Burke shared with over 800 in attendance about how she came to be engaged in the cause. Ms. Burke ended her speech with this quote, “Be thinking about where you fit in this work, what is your role. Because everybody has a lane.” So fellow Monarchs, we ask you — what’s your lane and what you doing to get in it?

The Women’s Center continues to partner with AAUW to offer $tart $mart — a financial literacy course designed to take the guesswork out of salary negation, personal expense budgeting, the pay gap, and job market research.

Curious about AAUW, stop by the Women’s Center and ask for one of the members for more info!

HELLOS AND GOODBYES

HELLO

TATYANA

Tatyana enjoys shopping and hanging out with her homies. She is a Biology major with high hopes of becoming a forensic scientist.

MAYLAT

This fall our Peer-to-Peer program will be led by Maylat, an International Studies graduate student with a bachelor in Art (Foreign Language of Spanish). As a highly engaged Monarch, as she was won various awards, performed in fashion shows, theatrical plays, dance recitals, and even speaks three languages. Her career aspirations is to be a missionary OB/GYN.
OMARI
Omari is a Fine Arts major with emphasis in Graphic Design. He currently serves as our Web Designer and Lead Graphic Artist. Omari likes traveling and is our first male student staffer.

ASHTA
Ashta is our incoming Graduate Assistant for W.I.L.D. She is majoring in Applied Sociology and is from Nepal.

PETITIE
Pettie is a Communications major from Texas who enjoys reading, writing, and helping others. She is a published author and even has a publishing company.

SPARKLE
Sparkle is an admin intern for the Women’s Center. She hails from Richmond, loves chocolate, fashion, and desires to make the world a safer place.

DANNY
Danny is our Graphics Designer. She is majoring in Graphic Design. Danny is from Richmond and enjoys spending time with family and friends, eating cheeseburgers, and illustrating.

KHADIJEH
International Studies. She has an MA in Iranian studies from Tarbiyat Moallem Tehran University. Khadijeh is a PhD Student and served as a Research Assistant for W.I.L.D. in the Women’s Center.

OMARI
Omari is a Fine Arts major with emphasis in Graphic Design. He currently serves as our Web Designer and Lead Graphic Artist. Omari likes traveling and is our first male student staffer.

GOODBYE

FEMINIST FILMS TO BOLO
MARY, QUEEN OF SCOTS • THREE BILLBOARDS OUTSIDE EBBING • FIRST MAN • THE GIRL IN THE SPIDERS WEB

Like us on Facebook or Twitter to receive helpful tips, special announcements, and updates. Plus, we get to hear from you!
https://www.facebook.com/ODUwomenscenter
7 things you can do to help a friend who has been sexually assaulted:

1. Remain calm.
2. Believe them.
3. Don’t blame them.
4. Listen.
5. Be patient.
6. Allow your friend to make decisions.
7. Encourage follow-up.

Learn more at rainn.org/get-help/help-a-loved-one

Support Services:

safeodu@odu.edu

ODU Women’s Center
757-683-4189

ODU Counseling Center
757-683-5662
Our Mission
The Women’s Center offers programs and services designed to promote gender equity and address the unique challenges and opportunities female students encounter in the pursuit of higher education. Recognizing the critical role that both women and men play in promoting a safe environment free of gender bias, Women’s Center programs are designed to educate and inspire all students to achieve their personal, academic, and professional potential.