



## IDEAS FOR INVOLVEMENT, EDUCATION & ACTION

### ELEVATE Health & Wellness – Raise awareness through sharing information.

- Share information about your campus and community resources - hours, location, phone number, services, etc.
- Share information on national resources – websites, helplines, and organizations that work directly to offer support and education around the cause.
- Take the time to provide education at a chapter meeting. Many national organizations will have resources that will allow you to do easily do this.
- Post facts and statistics on social media to visually show support and spread awareness.
- Watch an educational awareness video at a chapter meeting on the topic and process what you watched together.
  - Following the video, process the video together asking:
    - What are your initial reactions? What stood out to you?
    - How do you think this connects to students on our campus?
    - How can we better help brothers with this issue?
    - What resources and support do we have available to us on-campus and in the community?
    - What can we do with this information? Individually? As a chapter?
- If there is a color to show support and/or ribbon you can wear, encourage brothers to wear this for a chapter meeting and/or on a certain date. Take a picture together. Post this on social media as a show of support with facts and/or resources.
- Coordinate an awareness tabling event with a student organization, campus office, and/or community resource. Work collaboratively to spread information, show support, and share resources available. You can also volunteer at tabling events that are already happening.
- Retweet and share information via social media from organizations that work with the cause.

### Get ELEVATED - Participate in educational programs and available trainings.

- Learn more about the signs of issues and concerns, as well as available support through the educational resources.
- Attend and/or partner with another student organization for education.
- Complete available campus trainings and/or education in your area. Use the Campus Resource Guide to find opportunities. Contact Andrea Kleekamp, Director of Health and Wellness at [ark@phikappapsi.com](mailto:ark@phikappapsi.com), if you need help to identify resources in your campus and/or local community.
- Explore ways to get involved with local organizations doing work on the issue. This could be through volunteering, donating supplies/funds, etc.
- Get involved with local philanthropic efforts around the cause. This may be through the work of other fraternities and sororities. You should also look specifically at events community organizations are sponsoring.



### **Be Part of ELEVATE - Commit to ongoing conversations.**

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- Identify ways this topic can be a regular part of chapter education and discussions.
  - Watch for events happening on-campus or in the community that you might attend. Announce these at chapter, add these to your chapter calendar, and consider going to these as a group.
  - Consider how you might bring the information and resources to your chapter through speakers and workshops. Think about how you might co-sponsor this with other chapters and student organizations.
- Co-sponsor educational programs with other student organizations. Consider doing this a series of events that can be advertised together. You can also invite other student organizations to attend educational events you are hosting to expand the conversation.