

Come As You Are: Community Town Hall – Helpful Tips, Quotes & Links

Members' Thoughts & Tips:

- If the ED goes away, and thus, the Title IX regulations go away, we can still have our own Sexual Misconduct Policies we can use, whether TIX is around or not.
- We've also been doing response to bias, discrimination, and have before it was codified. Such behavior will always be wrong, and we will have processes and policies to address it.... only now we may be better at than back in the day.
- I am seeing worries that TIX protections might go away. I have assured them that we will have policies in place no matter what.
- Paying attention to what I take in - both literally (eating well) and content - news, media, etc. It is ok to step away from the flood of information.
- I am heartened to see 150+ love warriors on this call. I say love because we operate from a place of love. It could be love for students. Love for the work. Love for our campus. Love for our community. Self-love as so many of us are in this work based on our own personal journeys. So again, I am heartened to see 150+ love warriors on this call.
- It is overwhelming. But I have to remind myself every day that we make a difference in providing access and opportunity for our students.
- Last night we had our MLK/kickoff event to Black History Month activities on campus, and it was very helpful and hopeful to me. (It was originally cancelled due to weather.) We, as a nation, have been through really terrible things before...even more recently than many like to admit or acknowledge, and while awful, terrible, and no good, it did lead to even more equity and civil and human rights. It brought me hope. Hearing Dr. King's words during this time was really helpful to me. He struggled as well but always maintained faith. We must continue to look and move forward. I needed the reminder to look to community, and that regardless of the political and legal realities, we can always work towards building community and connection with others.
- Borrowing from my campus' academic focus of art, I say encourage your students to have an artistic revolution. It's protected under the 1st amendment, right? It's ART!!! Student led!!! Get your art faculty to maybe mentor exhibitions. Dance, music, fine art, painting, graphic art, animation, etc.
- I'm creating a series of community-facing education events that boil down to a "Know Your Rights" series: Immigrant students/families; LGBTQ+ students, families and staff; one titled "Critical Thinking, Free Speech and Academic Freedom in Education." Both in-person and virtual for all of the accessibility/privacy/translation considerations.
- As a military veteran my "go to" is not to panic but to strategize. I keep my sanity by remaining grounded in facts. What I do know, is that for now, our state laws in RI affords protections for all students - and until we hear otherwise, we will continue to protect all students. I crafted a memo with approval from our GC and messaged that in our district newsletter. Our office also has implemented drop-in hours on Mondays where the school community can come ask questions, vent etc.

Inspirational Quotes:

- "The horrors persist, but so do I!" – Anonymous
- "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." – Audre Lorde ... And, Audre Lorde explains, joy gives us the "energy

- for change” to resist the oppressive structures and status quo that make us tired and apathetic.
- “Hope is a discipline.” – Mariame Kaba
 - “Freedom makes a huge requirement of every human being. With freedom comes responsibility. – Eleanor Roosevelt
 - Rollo May, an existential psychologist, believed that “freedom is the capacity to make choices and take responsibility for them.”

Helpful Links & Resources:

- Meditation – plethora of guided meditations via *Youtube*, *Calm*, *Headspace*, etc.
- *Those Nerdy Girls*: <https://thosenerdygirls.substack.com/p/how-can-i-tell-if-a-news-source-is> - tool for evaluating news sources
- *Ad Fontes Media Bias Chart*: <https://app.adfontesmedia.com/chart/interactive> - tool for evaluating news sources
- *CliftonStrengths*: <https://www.gallup.com/cliftonstrengths/en/467642/using-your-strengths-lead-through-change-and-uncertainty.aspx>
- *American Association of University Professors*: <https://www.aaup.org/news/against-anticipatory-obedience>
- *Braver Angels*: <https://braverangels.org/> - tool to help navigate differing viewpoints
- *Speak About It*: <https://wespeakaboutit.org/> - consent education and sexual assault nonprofit organization