

**Virtual Programming in 2020-2021
Risk Management Programming**

ENTIRELY VIRTUAL

Hot Topics	<ul style="list-style-type: none"> -Think through anything that you feel your sisters could be at risk for... -Mental Health -Discrimination -Sexual assault -Alcohol and drug abuse -Healthy lifestyle
Virtual Programming Ideas	<ul style="list-style-type: none"> -Consider hosting a town hall meeting where sisters can discuss topics that may be impacting Greek life or people in general -Asking an advisor or professional to help facilitate these discussions so that sisters can be properly informed -Look at resources on campus who can help provide virtual education or training -Watch a DEI program together! Utilize national resources on the website (recordings of DEI week here: https://sigmadeltatau.org/events/diversity-equity-inclusion-week/) -Host a workshop surrounding safe alcohol use -Create a quizlet or an online game regarding the SDT policies -Invite a guest speaker or professional who can discuss a topic with the chapter -Create virtual resources for sisters to reference -Offer contacts for sister to reach out to for help (campus counselors, advisors, etc.)
Pandemic / Covid19 Health Safety	<ul style="list-style-type: none"> -Create a PowerPoint or resources for your specific chapter on how to stay healthy during the pandemic with campus specific information -Check-in on sisters both in a group basis and a one to one basis -Provide information on upcoming testing in your area -Create a presentation or find resources that explain CDC guidelines and how to practice Covid friendly techniques (wearing masks, washing hands, etc.) -Facilitate a discussion surrounding why this matters and is important
Social Media Mindfulness	<ul style="list-style-type: none"> -Representing our sorority properly to set yourself up for success -Remind sisters to post tasteful content that will impress a professional world -Keep sisters accountable for what they post and work with standards for cases that are extreme (i.e. someone posting any type of nudity, racial slurs, etc.) -Work with social media chairs/advisor to create posts that are informative and educational (i.e. how to be a BLM ally, how to help your community, inspirational posts, how to be involved in campus life/Greek life virtually)
How to Support Sisters	<ul style="list-style-type: none"> -Host office hours virtually or meet one-on-one with a sister that needs support -Create google form space for sisters to discuss how they're feeling -Individual reach out to check in -*For risk chair only* Create a personal sister guide or schedule to keep track of sisters in need of more support (mentally, emotionally, etc.)

SOCIAL DISTANCING & A LIMITED CAPACITY

Hot Topics	<ul style="list-style-type: none"> -Think through anything that you feel your sisters could be at risk for... -Mental Health -Discrimination -Sexual assault -Alcohol and drug abuse -Healthy lifestyle
Programming Ideas	<ul style="list-style-type: none"> -Consider hosting a town hall meeting where sisters can discuss topics that may be impacting Greek life or people in general -Asking an advisor or professional to help facilitate these discussions so that sisters can be properly informed -Look at resources on campus who can help provide virtual education or training -Watch a DEI program together! Utilize national resources on the website (recordings of DEI week here: https://sigmadeltatau.org/events/diversity-equity-inclusion-week/) -Host a workshop surrounding safe alcohol use -Create a Quizlet or an online game regarding the SDT policies -Invite a guest speaker or professional who can discuss a topic with the chapter -Create virtual resources for sisters to reference -Offer contacts for sister to reach out to for help (campus counselors, advisors, etc.) -Host an outdoor circle where sisters can express their ideas or concerns -Encourage roommates to participate in candle passes and other wellness activities
Pandemic / Covid19 Health Safety	<ul style="list-style-type: none"> -Create a PowerPoint or resources for your specific chapter on how to stay healthy during the pandemic with campus specific information -Provide information on upcoming testing in your area -Create a presentation or find resources that explain CDC guidelines and how to practice Covid friendly techniques (wearing masks, washing hands, etc.) -Facilitate a discussion surrounding why this matters and is important -Create a campus specific strategy for sisters who are living on campus and may become ill, think about how to respond -Create care packages that can be dropped off at sisters' dorms or housing if they live on campus and considering mailing to sisters who are not on campus
Social Media Mindfulness	<ul style="list-style-type: none"> -Representing our sorority properly to set yourself up for success -Remind sisters to post tasteful content that will impress a professional world -Keep sisters accountable for what they post and work with standards for cases that are extreme (i.e. someone posting any type of nudity, racial slurs, etc.) -Work with social media chairs/advisor to create posts that are informative and educational (i.e. how to be a BLM ally, how to help your community, inspirational posts, how to be involved in campus life/Greek life virtually)
How to support sisters	<ul style="list-style-type: none"> -Host office hours virtually or meet one-on-one with a sister that needs support -Create google form space for sisters to discuss how they're feeling -Individual reach out to check in

	- <i>*For risk chair only*</i> Create a personal sister guide or schedule to keep track of sisters in need of more support (mentally, emotionally, etc.)
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TRADITIONAL W/ COVID-19 SAFETY GUIDELINES

<p>Hot Topics</p>	<p>-Think through anything that you feel your sisters could be at risk for...</p> <ul style="list-style-type: none"> -Mental Health -Discrimination -Sexual assault -Alcohol and drug abuse -Healthy lifestyle
<p>Programming to address topics</p>	<ul style="list-style-type: none"> -Consider hosting a town hall meeting where sisters can discuss topics that may be impacting Greek life or people in general -Asking an advisor or professional to help facilitate these discussions so that sisters can be properly informed -Look at resources on campus who can help provide virtual education or training -Watch a DEI program together! Utilize national resources on the website (recordings of DEI week here: https://sigmadeltatau.org/events/diversity-equity-inclusion-week/) -Host a workshop surrounding safe alcohol use -Create a Quizlet or an online game regarding the SDT policies -Invite a guest speaker or professional who can discuss a topic with the chapter -Create virtual resources for sisters to reference -Offer contacts for sister to reach out to for help (campus counselors, advisors, etc.) -Host an outdoor circle where sisters can express their ideas or concerns -Encourage roommates to participate in candle passes and other wellness activities
<p>Pandemic / Covid19 Health Safety</p>	<p>Create a PowerPoint or resources for your specific chapter on how to stay healthy during the pandemic with campus specific information</p> <ul style="list-style-type: none"> -Provide information on upcoming testing in your area -Create a presentation or find resources that explain CDC guidelines and how to practice Covid friendly techniques (wearing masks, washing hands, etc.) -Facilitate a discussion surrounding why this matters and is important -Create a campus specific strategy for sisters who are living on campus and may become ill, think about how to respond -Create care packages that can be dropped off at sisters' dorms or housing if they live on campus and considering mailing to sisters who are not on campus <p>*If you decide to safely meet in person*</p> <ul style="list-style-type: none"> • Bring sanitation products and hand sanitizer for sisters to use frequently • Require face masks and other mandated measures of safety • Ask that all sisters STAY HOME if they are feeling ill or have a fever • Work with a small committee (that you appoint) to regulate gatherings and ensure all sisters are following guidelines
<p>Social Media Mindfulness</p>	<ul style="list-style-type: none"> -Representing our sorority properly to set yourself up for success -Remind sisters to post tasteful content that will impress a professional world -Keep sisters accountable for what they post and work with standards for cases that are extreme (i.e. someone posting any type of nudity, racial slurs, etc.)

	<p>-Work with social media chairs/advisor to create posts that are informative and educational (i.e. how to be a BLM ally, how to help your community, inspirational posts, how to be involved in campus life/Greek life virtually)</p>
<p>How to support sisters</p>	<ul style="list-style-type: none"> -Host office hours virtually or meet one-on-one with a sister that needs support -Create google form space for sisters to discuss how they're feeling -Individual reach out to check in -*For risk chair only* Create a personal sister guide or schedule to keep track of sisters in need of more support (mentally, emotionally, etc.)