

THE SOCIAL STRENGTHS WORKSHOP

The Social Strengths workshop is Sigma Nu's [award-winning](#) sexual assault, relational aggression, healthy relationships, and bystander intervention educational program for collegiate members. This two-hour workshop is presented by trained Sigma Nu staff members and delivered to Sigma Nu-specific collegiate audiences as part of the on-site consultations offered to each chapter and colony.

This interactive workshop introduces participants to the key strengths and standards needed to be a good student, citizen, and man of honor. Objectives of the facilitated program include helping students to:

- Establish buy-in on the standards and behaviors that ensure rising above harmful behaviors.
- Recognize that adopting and living by certain standards and behaviors will improve the quality of one's social life and relationships.
- Identify and recognize common rationalizations that can hinder a person's ability to understand social issues or to act morally and ethically in certain situations.
- Explain why certain "non-violent" situations are problematic.
- Articulate the superior alternative behavior or solution in problematic "non-violent" situations.
- Increase ability to recognize the seriousness of problematic situations.
- Increase confidence to know when and how to do something helpful in a problematic situation.

These important concepts are applicable across a wide range of areas of a student's life, particularly their relationships – including intimate and sexual situations. The curriculum and presentation include a blended focus on sexual assault and bystander intervention – a 75 to 25% split focus, respectively.

The Social Strengths Workshop was developed in partnership with Aaron Boe, M.S.Ed. Aaron is a specialist in non-stranger sexual assault, relational violence prevention, healthy relationships, and bystander intervention. Aaron is a professional speaker and trainer who has presented at AtixA/SCOPE, ACPA, INCASA, AFA, and is an appointee to ACPA's Presidential Task Force on Sexual Violence in Higher Education. Aaron is the principal of [Prevention Culture](#), where he develops and delivers bystander intervention and sexual assault prevention keynotes and curriculum.

Sigma Nu is proud to play a leading role, with Zeta Tau Alpha, in forming this groundbreaking initiative to partner with over 10 leading men's and women's fraternal organizations to address sexual misconduct. More information about the interfraternal coalition to prevent sexual assault and create a safer social culture on college campuses can be found [here](#). Additional information about the Social Strengths Workshop is available upon request by contacting Sigma Nu's Director of Leadership Development, [Scott Smith](#), or Director of Health and Safety, [Fred Dobry](#).