The 70’s were full of love, war, and liberation, for women. Equal Rights Amendment or ERA, states “equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex”. Locally, a few determined and heroic women at ODU took the initiative to heart and formed the Women’s Caucus in 1974, the Women’s Center in 1976, and Women’s Studies in 1985. One key trailblazer in advancing the welfare of women on our campus was Dr. Carolyn Rhodes. October 15, 1976 is when the center officially opened (“to encourage awareness of women’s issues in higher education and to focus on possibilities for constructive change.”) Dr. Rhodes lectured in the Department of English from 1965 – 1990. In her free time she enjoyed bird watching, socializing with colleagues, and traveling. She reached every continent - except Antarctica.

Visit the Old Dominion University library to hear the 4-part oral history interview Dr. Carolyn Rhodes recorded. She was a consummate professional and mentor who was awarded many fellowships, national and community accolades for her many accomplishments to the feminism advancement at ODU. There is even a scholarship for undergraduate women named in her honor.

Dr. Rhodes, your brave and relentless quest for equality at ODU and zest for life will be missed. We’re grateful for all of your many accomplishments.

**Feminism Workshop**

This October our Feminism workshop will include Dr. Stephanie Troutman, Jazzarae Jones, and Patricia Valoy. The title of the event is Feminism 2020 and Beyond. Participants will hear from panelists on the following topics: feminism, leadership, entrepreneurship, womanhood, and multiculturalism. Members of the panel comprise from higher education, the engineering field, and a local business owner. It’s certain to be an empowering and enlightening time. Save the date of 2 November 2019!
A View of ODU Women’s Center

The ODU Women’s Center ensures that all genders and ages have access to the resources and support they need to achieve personal and professional success. The center provides a comfortable, inclusive and exciting place for students to hang out, meet new friends, and have a productive conversation. Students have access to menstrual products, safe spaces, and social events. Other examples of what the Women’s Center offers at ODU are workshops, self-defense classes, financial literacy, and sunset paddle. The center generally aims to:

Educate & Inform: We provide diverse programs targeting current issues. This includes educational materials on a variety of topics, such as sexual assault, stalking, healthy and unhealthy relationships, and intimate partner abuse, as well as workshops and events throughout the school year that promote our values and vision.

Advocate: We advocate for gender equity on and off campus. We also promote, support, and expand prevention programs for gender-based harassment and discrimination for all types of students. We provide service-learning opportunities, internship and assistantship opportunities for both graduate and undergraduate students.

Collaborate: We collaborate with on and off campus partners to promote student learning, development, persistence, and success. Through co-sponsoring events, we aim to promote an inclusive campus climate, free of discrimination, harassment, and other barriers to success.

Support: We are a designated confidential resource that support students, faculty, and staff who have experienced harm. Several licensed staff members, who are proficient in managing students’ concerns, are ready to provide you with support and advocacy services. Students having concerns about their life-matters could walk-in, schedule an appointment, or call the center. We are here to help!

Connect: We connect students with resources including scholarship, research, and mentoring opportunities. The center is also open for student use. This includes a lactation room for students, faculty, and staff, a hot water area for tea, a lending library, and a place to come and connect with friends.

If you have not had a chance to stop by the Women’s Center to learn further, please come by and get yourself a candy bar or a cup of tea.

SA

Red Flag Campaign

Healthy relationships make happy relationships! Sometimes though we don’t always know what’s healthy or how to seek help when we think something could be potentially dangerous. That’s where our annual The Red Flag Campaign comes in! A partnership with the Virginia Sexual Assault and Domestic Violence Action Alliance, ODU and 20 other colleges across Virginia educate students on the red flags to look for in relationships, such as coercion and jealousy. With programs like Love Bingo in our residence halls and our heart flag display in front of Perry Library, this year’s campaign helped hundreds of Monarchs across campus learn the early warning signs of unhealthy situations so they can become active bystanders. Look out for more fun this October as we celebrate our 10th The Red Flag Campaign!
Intersections

The AAUW

Since 1881, the American Association of University Women (AAUW) is an organization that promotes equity and education for women and girls. In 1983, AAUW decided that women needed to be empowered and put into more leadership roles so the National Conference for College Women Student Leaders (NCCWSL) was born. This year, I had the pleasure of attending and learning more about how I can provide service, prepare my peers on campus, and promote the need for equity, especially in pay, amongst the genders.

There were so many amazing workshops to attend and you really have to choose what speaks to your heart in this moment. There are public speaking workshops, self-defense workshops, resume writing workshops, law school workshops, study abroad workshops and so many more from which to choose. Each presenter provided so much information in about an hour and it is so much to take in because you’re just really excited about being in a different place with others who think like you and who really want to make a difference in the world.

There is an even greater highlight to this conference. There are women who are recognized in the Women of Distinction Awards and they provided highlights and information to us on how to keep things going. This year we heard from Sandra Kim, Jane Marie Chen and Ashley Nell Tipton. Our keynote speaker was Roxane Gay and we had a documentary and discussion about Supreme Court Justice Ruth Bader Ginsberg. It is quite amazing what women can do when they work together.

I would like to extend that olive branch to all of our Monarchs on campus to work toward gender equity in pay and in all walks of life from this day forward. Stop by the Women’s Center and volunteer or join AAUW or our M-Power peer educations. Together we can do this. Reign On.

Love Your Body Day by Lauryn

Loving your body isn’t just loving what you see in the mirror, its loving yourself inwardly first, then embracing the events and circumstances that come your way. In today’s society, the media has created this “fake” image of what beauty is. This led to me compare myself to what is slated as beautiful instead of loving my flaws and embracing them. Gaining comfortability with one’s self is exactly what our Love Your Body Day was meant to accomplish. It’s for the girls who look in the mirror and point out their flaws, the girls who are unapologetic about their body and could care less what people think about them, the guys who get intimidat-ed by other guys because of their “hotbods”, truly this event was for everyone.

In preparation for our summer LYBD event, I created a layout showcasing the importance of loving your body, images corporations disperses as facets of beauty, and the inward struggle many face in the attain-ment quest of this perfect body. My vision for the board was to think of something creative, bright, and eye catching. I came up with a “flowery-bright” concept. The yellow background with border flowers symbolized beauty and a bright sense of energy. On the actual bulletin I included some pictures that were considered controversial in the media. This allowed peo-

ple to be able to ponder on what the ads were about and give their opinion on it. In the middle of the bulletin, I left room for people to write things they loved about themselves, hence Love Your Body Day.

After completing the bulletin, I loved how it gave even myself a chance to think of a bunch of things that I loved about me. Overall, creating this masterpiece was an amazing experience because to do something like this, you actually have to create something that people would want to flock to and participate in. During the event, a vast array of guests stopped by ranging from staff, incoming students, parents, summer camp youth, and even alumni. One feature everyone seemed to love was the Yay scale. Instead of it saying your weight, it showed positive affirmations like “beautiful” “lovely” and “adorable”. After convincing guests to step on the scale, and to their surprise, they were overjoyed to see the scale attributes in lieu of scale weight numbers. They shared aloud their affirmation, laughed or smiled, and left with a Yay scale sticker attribute. Overall, it was heartwarming to be a part of sharing positive vibes to our fellow Monarchs. I feel truly fortunate to be a part of the Women’s Center.
How to Get Involved & Volunteer with the Women’s Center

The Women’s Center is always looking for fresh faces to help share S.A.F.E (Sexual Assault Free Environment) material.

Four ways to share the knowledge:
• Volunteer through mPULSE and/or Man of Quality, and AAUW ODU.
• Join our M-Power team of peer educators that go to the different resident halls and explain the importance of safe sex, and how to be safe on and off of campus.
• Become a Green Dot Ambassador, so that you can get the training to safely intervene in violent altercations.
• Co-Sponsorships are a way for student organizations and the Women’s Center to work together and hold empowering, informational and relevant events.

For more information stop by the Women’s Center office, 1000 Webb, or check out the website: www.odu.edu/womenscenter.

Congratulations

A special congratulations to the our very own Pettie Perkins for being featured in Mace & Crown for the 3rd consecutive semester. Pettie presented her take on the #MeToo movement at the ODU monologues by sharing an original piece entitled “My Boobs Hurt” that dealt with social and political distress. Our director describes Pettie as “a straightforward person with a splash of humor and sarcasm, who aims to make a difference in people’s lives when she can, in the moment.” Congratulations Pettie!

Goodbyes & Hellos

The Women’s Center bids farewell to our departing graduates. We wish you the best in your grand adventure of Life. Thanks for all of your efforts demonstrated on Women’s Center events and our campus as a whole. You will be missed by your Feminist Family. Go out into the world and do great things!
The Women’s Center appreciates all of the continuous support.

There’s so much to see and do at the Women’s Center! We hope to see you participating in our events that are focused on both educating and bringing everyone together. We are always welcoming volunteers who share the same drive and need to spread knowledge and inclusivity. If this sounds like you please contact us at: womenctr@odu.edu.
September & October 2019 Calendar
For a full version of this semester’s calendar, stop by the office or visit our website.

September
5
Pop-In
Women’s Center, 12:00pm-2:00pm

14
Women’s Self-Defense Workshop
Norfolk Karate Center, 12:30pm-2:30pm

19
Start Smart
Webb, Isle of Wight Room, 12:00pm-2:30pm

October
3, 4
Talk Back Wall
Webb, South Mall, All Day

5
Women’s Self-Defense Workshop
Norfolk Karate Center, 12:30pm-2:30pm

7
Vagina Monologues Interest Meeting
Webb, Suffolk Room, 5:30pm-7:30pm

7
Women’s Climb Night (Halloween Theme)
SRC, 4:00pm-7:00pm

12, 13
Onward & Upward Theatre Production
Goode Theatre, 12th- 2:00pm & 6:00pm; 13th– 4:00pm

22
Passport Drive
BAL 9002, 9:30am-3:00pm

26
Feminism 2020 & Beyond
Webb, VB Room, 11:00am-3:00pm

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.

Co-Sponsors
Each month the Women’s Center hosts events aligned with a myriad of themes. See our form online for more information.

Things We’re Diggin’ #FemCulture
#FemCulture
Wonder Woman
It Was Never a Dress

#FemMovies
Vita & Virginia
The Best of Enemies

#FemSongs
Lizzo–Cuz I Love You
Pnk–Hurts to Be Human

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