

Chapter Member Check-In

During difficult times, it is important that we check on each other. This resource will direct how to reach out to members and friends in your chapter and have thoughtful and sensitive conversations.

Due to the topic of discussion, these conversations may be emotionally charged. As officers, it is important that before conducting care calls, you are in a space where you can talk about this topic and have a care plan for yourself. If you need to take a step back, please do so.

CARE CONVERSATIONS

It's important to have genuine conversations.

- Listen to what your sisters are saying; think about your response before speaking.
- Let them share as little or as much as they feel comfortable sharing.
- Resist the urge to turn the conversation toward yourself, unless directly asked in response.

Feel free to use the questions and responses below if you need help starting or continuing your conversation.

- "How are you doing?"
- "I wanted to check in with you and make sure you know I'm here for you."
- "Is there anything I can do to help you?"
- "Do you want to talk more about what's going on with you?"
- "I'm really impressed by how you're handling this."

If you ever feel stuck or aren't sure what to say it's okay to say:

- "I'm not sure what to say, just know that I'm here to listen."
- "I'm not sure what is needed next, but I promise I will figure out how to help you and get back to you."

If a member indicates personal needs or experiences provide a thoughtful response:

- "Thank you for sharing that with me. I am glad you feel comfortable sharing that with me."
- "What does your network of support look like? Do you have support while away from campus? How can we support you virtually?"
- "Do you have everything you need at this time? Is there anything we can do for you?"

FREQUENTLY ASKED QUESTIONS

During your conversations, some of the following frequently asked questions may be brought up. The following information can help you address these questions.

- What is Phi Sigma Sigma doing or saying about the decision?
 - Members interested in engaging in activism, reform and voting initiatives are encouraged to organize and coordinate safely and effectively. Phi Sigma Sigma emailed all members a guide to how to further education and activism initiatives locally.
- I don't know a lot about this topic, where can I go to find more information?
 - Information and resources can be found on the Phi Sigma Sigma website under Programs > Dialogue, Support & Activism

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DISMISSIVE VS. SUPPORTIVE RESPONSES

Make sure to be compassionate and supportive in your responses. Your sisters need to feel you are genuinely there for them and are not dismissing their feelings.

“I’m anxious about a lack of access to healthcare I may need”

DISMISSIVE RESPONSE

“Don’t worry. It’ll be fine.”

SUPPORTIVE RESPONSE

“That makes sense given what’s going on. Do you want to talk more about it?”

“I’m anxious about a lack of access to healthcare I may need”

DISMISSIVE RESPONSE

“That won’t happen.”

SUPPORTIVE RESPONSE

“I hear you. How can I best support you right now?”