



## Train Your Group!

### Info Sheet

#### What is One Act?

One Act is a skills training for Carolina students who are interested in preventing interpersonal violence, led by peer educators and a full-time or graduate staff member.

#### Which training is best for my group?

One Act has two different training types that students can schedule for their group. The first is the standard four-hour One Act training that is specifically designed to create a safer campus climate one student or group at a time.

In Spring 2013, One Act launched “One Act for Greeks,” a new, three-hour training designed for social sororities and fraternities on UNC Chapel Hill’s campus affiliated with the Office of Fraternity and Sorority Live and Community Involvement. It includes bystander intervention for sexual assault and high-risk drinking. If you are interested in learning more about this training, visit our site [here](#).

#### What if I want to learn more about UNC’s policies around sexual assault?

One Act does not go into detail about the revisions to UNC’s sexual assault policy. To learn more about these procedures, consider making an appointment with UNC’s Title IX Coordinator Ew Quimbaya-Winship in Suite 1125, SASB North.

#### Why should I organize a group training?

We believe that One Act group trainings are fun and effective. When participants know each other beforehand, the discussions are livelier and grounded in real life shared experiences. Getting your group One Act trained reflects that your group prioritizes ending interpersonal violence at UNC and is working towards a safer community and campus.

#### How can I foster interest in a One Act training within my group?

If you would like, representatives from One Act can come to give a short talk about the training at your group’s regularly scheduled meeting. This short presentation will provide information about One Act’s mission and what the training will be like.

The most effective way to create interest in a One Act training is to share with the members of your group why ending interpersonal violence is important to you. By personalizing the topic, your group will begin to understand that interpersonal violence is relevant to UNC-CH students and that One Act can provide skills to successfully intervene when there is a risky situation.

#### How can I sign up my group for a One Act training?

You can sign up your group by filling out the Intake Form [here](#) and emailing it to [oneact@unc.edu](mailto:oneact@unc.edu). The training must be scheduled at least two weeks before the desired

training date. Each One Act training must have at least 20 participants. If you do not have twenty members that are willing and able to attend, consider partnering up with another student group.

### **What are my responsibilities after I schedule a training?**

You are responsible for making sure that enough students come to the training to run it—at least 20 people. Other groups have found it helpful to collect the names and email addresses of the group members who will be attending and send them to [oneact@unc.edu](mailto:oneact@unc.edu) at least two full business days before the training. If not enough folks have signed up two business days before then the training will be cancelled.

### **What are strategies I can use to get my group members to come?**

1. **Plan** far enough in advance that people can schedule around the training, Also, pick a date that will work for folk by asking them informally in advance, and be sure not to schedule the training on or immediately before/after another big event hosted by your group.

2. **Send out information** over your student group's list serv about the training. You can use a blurb that looks something like this:

“One Act will be offering a training for [YOUR GROUP'S NAME] on DATE, from TIME.

One Act is a four-hour training for Carolina students who are interested in preventing interpersonal violence, led by peer educators and a professional staff member. This training will give you the knowledge, skills, and confidence to recognize the early warning signs of interpersonal violence and take preventive action in your everyday life. We believe this training will contribute to a safer campus environment. One Act is student-led collaboration with UNC-Chapel Hill Campus Health Services. We've trained over 800 students since the program began in November 2010!

If you're able to attend the training, please email [YOUR NAME] at [YOUR EMAIL] or sign up on this Google document [include link] by [DEADLINE] (generally 3 business days in advance).”

3. **Make an announcement** in person at your group meeting. It is also helpful to make sure the leaders in your group (if that's not you) are able to come and encourage other members. If your group is divided into subcommittees, ask the leaders of those smaller groups to make an announcement as well.

4. As people sign up, encourage them to also **recruit** a friend.

5. If you have a shared area like an office space or lounge, we can email you **fliers** to put up.

6. **Use social media** like Twitter, Facebook, and Tumblr to advertise the training. Post the event on your group's webpage. Feel free to link to One Act's webpages or tweet @oneactcarolina or #oneact.

7. **Talk to the members** that you know personally and explain why the One Act training is important to you.

8. **Check in** with One Act about the logistics of the training.

9. A few days before the training, **send out reminders** to your group about the upcoming event.