

ENOUGH IS ENOUGH APRIL 3-7, 2017

CAMPAIGN TO STEM SOCIETAL VIOLENCE

WEEK LONG EVENTS

Brick Walls of Violence

8:00 A.M. - 5:00 P.M.
Main Dining/Brick Lounge/N. Atrium
Share your story about how you or someone you know has been affected by violence.

Anti-Violence Through Student Art

8:00 A.M. - 5:00 P.M.
Main Dining/Brick Lounge/N. Atrium
Artwork by students from AAD 260 and AAD 115 visually depicts acts of violence in today's world.

Shoes of the Victims/13 Stories

8:00 A.M. - 5:00 P.M. // Terrace
Reflect upon the victims of violence in this moving display of shoes and their stories.

Offensive Clothing Display

8:00 A.M. - 5:00 P.M.
Outside Gym Lobby, Bldg 10
Tell us your opinion about actual pieces of clothing sold in retail stores and online. Are you offended?

Mailboxes of Hope

8:00 A.M. - 5:00 P.M. // Library
RESTORE Sexual Assault Services invited students to write encouraging messages of hope to individuals affected by sexual violence. View these messages on display.



MONDAY, APRIL 3

A Walk in Their Shoes

10:00 A.M. and 1:30 P.M. // Forum
Willow Domestic Violence Center presents two 75-minute workshops where participants experience what survivors of dating and domestic violence manage every day, navigating the choppy waters of dangerous relationships. A representative from the Legal Aid Society of Rochester will be present to discuss available services.

Meditation

12:00 P.M. - 1:00 P.M. // 9-152
Take a deep breath. Join us for a guided meditation to relax and learn to reduce stress.

RESTORE Sexual Assault Services Information Table

12:00 P.M. - 1:00 P.M. // Brick Lounge
Survivors have options after a sexual assault. Learn more about options and resources available through RESTORE.

These Hands Don't Hurt Pledge

12:00 P.M. - 1:00 P.M.
Main Dining/Atrium/Bldg. 10
Join Student athletes and RA's to take a stand against violence by signing the "These Hand's Don't Hurt" pledge.



TUESDAY, APRIL 4

Self-Defense Program with Professor Chris Otero

12:00 P.M. - 1:00 P.M. // Main Dining
Learn how to defend yourself from harm in this interactive program.

Get Active, Not Physical

2:00 P.M. - 4:00 P.M.
Gym/Racquet Ball Courts
Get active and learn ways to positively cope with anxiety and stress through physical activity.

Why I Stayed and Why I left

2:00 P.M. - 4:00 P.M.
Outside of the Gym
Read reasons why people stay in an abusive relationship and why they leave. Share your story.

These Hands Don't Hurt Pledge

12:00 P.M. - 1:00 P.M.
Main Dining/Atrium/Bldg. 10
Join Student athletes and RA's to take a stand against violence by signing the "These Hands Don't Hurt" pledge.

One Love Poetry Slam

7:00 P.M. - 8:30 P.M.
Canal Hall Lobby
Because I love you: A simple phrase takes on a different meaning in an unhealthy relationship. Learn about controlling statements and be empowered to make a difference. Refreshments and snacks available.

WEDNESDAY, APRIL 5

Boost Your Ego

10:00 A.M. - 3:00 P.M. // Terrace
Empower others through a sense of style, safety and self. Students of SHEAR EGO International School of Hair Design offer FREE makeovers, mini-manicures, and make-up tips.

Jordan Health - Information Table

12:00 P.M. - 1:00 P.M.
Brick Lounge
Gather information about healthy relationships from Jordan Health Center.

Jeopardy! by RESTORE Sexual Assault Services

12:00 P.M. - 2:00 P.M.
North Atrium
Learn facts about sexual assault, affirmative consent, and more in a game of Jeopardy!

Flag Display RESTORE Sexual Assault Services

9:00 A.M. - 5:00 P.M.
South Courtyard (Near Buildings 7 & 11)
The Psychology Club and RESTORE set up 720 flags representing the number of people assaulted each day in the U.S.

Screening of Tough Guise 2

Dr. Jackson Katz
7:00 P.M. - 9:30 P.M. // MCC Theatre
Tickets are \$10 at the door.
Free for first 200 students with valid MCC ID!
Mentors in Violence Prevention (MVP) co-founder, Dr. Jackson Katz, is an international violence prevention educator, author, filmmaker and cultural theorist. Join Resolve of Greater Rochester and MVP-MCC for a screening of **Tough Guise 2** and discussion with Dr. Katz.



THURSDAY, APRIL 6

"CommUNITY" Beats of PEACE Celebration

11:30 P.M. - 1:30 P.M. // Main Dining
Music brings people together. WMCC brings you positive and upbeat music to foster a sense of peace and unity on campus. Thank those who make MCC a positive and upbeat place to be, and enjoy some cake!



RESTORE Sexual Assault Services Information Table

12:00 P.M. - 1:00 P.M. // Brick Lounge
Survivors have options after a sexual assault. Learn more about options and resources available through RESTORE.

These Hands Don't Hurt Pledge

12:00 P.M. - 1:00 P.M. // Main Dining/Atrium
Join Student athletes and RA's to take a stand against violence by signing the "These Hand's Don't Hurt" pledge.

MCC Smiles

12:00 P.M. - 1:00 P.M. // Gilman Lounge
Smile and stay positive! Stop by the MCC Smiles table and pick up free smile buttons, hand sanitizer and Enough Is Enough swag.



One Love Escalation Workshop

1:00 P.M. - 2:30 P.M. // Forum
Escalation is a powerful, emotionally engaging 90-minute film-based workshop that educates students about relationship violence and empowers students to work for change. MCC students and staff members facilitate this workshop.

FRIDAY, APRIL 7

Qi Gong

12:00 - 1 P.M. **AND** 1:00-2 P.M. // Forum, 3-130
Join us for Qi Gong - an ancient Chinese practice that includes slow circular movements, regulated breathing, and meditation to relieve stress, pain and restore health.

Notes to Survivors

2:00 P.M. - 3:00 P.M. // Residence Hall Lobbies
Close out Enough is Enough week by writing a note to a survivor, offering support, encouragement, and inspiration.