# EMPOWER HOUR

Each workshop will leave you feeling empowered to dig deeper into yourself and issues of social and environmental justice.

♥ **ALL STUDENTS, FACULTY AND STAFF WELCOME** ♥

**Feb. 16**
11 a.m. - 12 p.m.
Center for Excellence
(Library main Floor)

## Critical Media Literacy

With so many fake headlines and news sources we must learn to evaluate and validate the news in our media. Guest speaker, Charles Withuhn, will introduce the Global Critical Media Literacy Project. *FLEX # 600.31*

**Feb. 22**
12:30 p.m. - 1:30 p.m.
Center for Excellence
(Library main Floor)

## Resolving Conflict

At some point we will all expereince conflict. How can we navigate conflict and still keep our relationships intact? Join Santy Gray and students from the Butte College Culture & Community Center to sit in Council and explore ways to resolve conflit by exchanging expereinces and engaging in authentic conversation. *FLEX # 600.32*

**Mar. 7**
11 a.m. - 12 p.m.
Center for Excellence
(Library main Floor)

## Is It My Responsibility?

We all have struggled on when and how to intervene in escalated situations like, a fight, a sexual assault or inappropriate behavior. Join Safe Place Program Coordinator, Stephanie Jimenez, to explore strategies that reflect appropriate responses and learn to circumvent potential defensiveness by those that are creating the unsafe situations. *FLEX # 600.33*

**Mar. 9**
1 p.m. - 2 p.m.
Center for Excellence
(Library main Floor)

## Advocacy in your Comnunity

Join Butte Environmental Council Director, Natalie Carter, and the students of the Butte College Sustainability Resource Center to discuss  local advocacy efforts and techniques to engage in our community. *FLEX # 600.34*

**Mar. 29**
12:30 p.m. - 1:30 p.m.
Center for Excellence
(Library main Floor)

## Building Community

What does community mean to you? Is it a place? A group of people? Is it both? Join Santy Gray and students from the Butte College Culture & Community Center to sit in Council and discuss ways to build and strengthen the communities in which we exist. *FLEX # 600.35*

**Apr. 19**
12:30 p.m. - 1:30 p.m.
Center for Excellence
(Library main Floor)

## Strengthen Relationships

Great relationships don't come without work and awareness. Join Santy Gray and the students of the  Culture & Community Center to sit in Council and delve into ways to strengthen our current and future relationships. *FLEX # 600.36*

**May 11**
11 a.m. - 12 p.m.
Center for Excellence
(Library main Floor)

## Sex, Tea, Keys and Consent

If I use your car, I must ask first or it is considered theft. If I make you tea, I should ask how you like it or it's rude. **Sexual consent must be given, or it is rape**. Join Safe Place Program Coordinator, Stephanie Jimenez, for conversation and a small video, on how sex, tea and keys relate! *FLEX # 600.37*

BUTTE COLLEGE
STUDENT LIFE

Safe Place &
Wellness Program

**Questions? (530) 895-2392**

This event is wheelchair accessible. If you require another type of accommodation or adjustment, including interpreting services, contact Mallory Holt, Student Activities Office, as soon as possible but no later than five (5) business days prior to the event. Requests can be made by telephoning 530-895-2428,  8:00 a.m. – 5:00 p.m. Monday through Friday.