

DBDV

SEPTEMBER 2020

SYMPTOMS OF BEING HUMAN

EXPECTATIONS OF DISCOURSE

- ▶ **Recognize:** We recognize that we must strive to overcome historical and divisive biases
- ▶ **Acknowledge:** We acknowledge that we are all systematically taught misinformation about our own group(s) and about members of other groups.
- ▶ **No Blame:** We agree not to blame ourselves or others for the misinformation we have learned, but to accept responsibility for not repeating misinformation after we have learned otherwise.
- ▶ **Respect:** We agree to listen respectfully to each other without interruptions. Only one person speaks at a time.
- ▶ **Individual Experience:** We agree that no one should be required or expected to speak for their whole race or gender. We can't, even if we wanted to.
- ▶ **Trust:** Everyone has come to the table to learn, grow, and share. We will trust that people are doing the best they can.
- ▶ **Share the Air:** Share responsibility for including all voices in the discussion.
- ▶ **Not Experts:** The facilitators are not experts. They are here to help facilitate the process. They and everyone in the group are here to learn.
- ▶ **Ask for help:** It's okay not to know.

TRIGGER WARNING

- ▶ Sexual assault is never the victim's fault. Iowa State University is committed to creating a welcoming and respectful educational, work, living, and campus environment that is free from all forms of sex and gender discrimination, harassment, and violence. All members of the university community are prohibited from engaging in such prohibited conduct that violates law or policy. The university will respond promptly and effectively to reports of prohibited conduct and will take appropriate action to stop, eliminate, remedy, and prevent prohibited conduct. The university provides comprehensive support, education, and reporting mechanisms to all members of the university community to address these critical issues.
- ▶ Iowa State University does not tolerate sexual misconduct, sexual assault, sexual exploitation, sexual and/or gender-based harassment, sexual intimidation, intimate partner violence, stalking, retaliation, or complicity in any of these acts.

TRIGGER WARNING

- ▶ Discussion of suicidal ideation
- ▶ September is National Suicide Prevention Month.
- ▶ It's important to know the signs and use our ISU trainings and prevention resources.
- ▶ Please know that belonging is an important protective factor in preventing suicide. Who do you need to reach out to? Who needs you to reach out to them?
- ▶ Please watch Supporting Ourselves and Others to learn more about how to support our students and ourselves.
- ▶ To access non-crisis counseling supports for yourself through the ISU Employee Assistance Program.
- ▶ Consider joining Not One More Vet to support yourself and others.

Thoughts?

First impressions?



SYMPTOMS
OF
BEING
HUMAN

BOY OR GIRL? YES.

JEFF GARVIN

Why is calling Riley "it" more offensive than incorrectly assuming "he" or "she"? **What should you do when you aren't sure which pronoun to use when addressing someone?**

Riley writes, "I can't blame you for trying to categorize me. It's a human instinct". **Why do you think we as humans have a need to identify others as boys or girls? How does this become problematic?**

After a tough first day at school, Riley tells Mom, "I just really want to blend in here," to which Mom replies, "Maybe 'blending in' is overrated." **When do you think it's important to blend in? When is it important to stand out?**

BREAKOUT QUESTION

Draw from your own experiences online. What are some of the pros and cons of the anonymity you can have on the internet? In what ways does this anonymity give Riley courage? How does this same anonymity lead to problems with bullying?

Doctor Ann tells Riley, "As for wondering if it's okay to be who you are—that's not a symptom of mental illness. That's a symptom of being a person". **Have you ever wondered if it's okay to be who you are? Have you ever felt you needed to hide a part of yourself in order to be accepted by others?**

SYMPTOMS OF BEING A VET STUDENT?

TW: ASSAULT

After the assault, Solo tells Riley, "I told you that you—invited it. By the way you dress. Remember? And I want you to know... that's bullshit. And it was not okay to say that". **Why do you think people are quick to blame the victims in cases like these? In what ways does that perpetuate the problem?**

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TW: SUICIDE

Over the course of the book we learn that Riley attempted suicide, Anonymous (Andie) thought about attempting suicide, and Bec's sister actually did complete suicide. **How do these experiences impact Riley? How is Andie's message, "If I can live through this, I can live through anything," reflected throughout the story?**

TW: SUICIDE

BREAKOUT QUESTION

What's one thing we can do to help reduce the rate of suicide in Veterinary Medicine?

In chapter 4, Riley can't even name one friend to call to hang out, but by the end of the book, Riley has Solo, Bec, the Queer Alliance group, and the blog community. **How did being true to who Riley is lead to these friendships? How has finding community helped you?**

GET HELP

TrevorLifeline

TrevorChat

TrevorText

TrevorSpace

Trevor Support
Center

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at [1-866-488-7386](tel:1-866-488-7386).

GO TO TREVORLIFELINE →

IOWA STATE UNIVERSITY Student Counseling Services	Crisis Resources
Disaster Distress Helpline: 1-800-985-5990	Crisis Textline: Text 'ISU' to 741741
National Suicide Prevention Lifeline: 1-800-273-8255	ISU-SCS Crisis Services: Call 515-294-5056 M-F 8am-5pm
Trans Lifeline: 1-877-565-8860	Local Emergency Room or Dial 911

NATIONAL

SUICIDE PREVENTION LIFELINE™

1-800-273-TALK (8255)

suicidepreventionlifeline.org

RESOURCES

▶ Book Guides:

- ▶ https://jeffgarvinbooks.com/wp-content/uploads/2016/01/SymptomsBeHumna_ERBC_DG_Final.pdf
- ▶ <https://promo.booksamillion.com/BookClub/Jun/Teen2018.pdf>

▶ Resources on Sexual Assault

- ▶ <https://www.sexualmisconduct.dso.iastate.edu/confidential-resources>
- ▶ <https://www.rainn.org/>
- ▶ <https://www.sexualmisconduct.dso.iastate.edu/get-help/campus-community-resources>
- ▶ <https://www.counseling.iastate.edu/>