

2014-2015 SAF Contingency Proposal Form

Proposals are due by 5:00pm on Wednesday, November 12th, 2014

The intent of the contingency award is to fund student-initiated activities, events, projects, and services that were not proposed during the annual budgeting cycle. Contingency requests should represent new ideas for building and sustaining community on campus. As such, these requests are to be generated by student groups, committees, and boards. Other entities of the campus community are invited to submit requests during the annual budgeting cycle.

A contingency fund shall be established by the Committee as part of its annual budget and should represent approximately 5% of the projected fee revenue. The purpose of this money is to fund proposals throughout the following fiscal year. The Chancellor or his or her designate shall review and approve all such recommendations from the Committee.

All requests must be in accordance with the Services & Activities Fee Bylaws. The SAF Bylaws appear here:
<http://www.uwb.edu/studentlife/safc/safbylaws>

Hearings will occur on Friday, December 5th, 2014 from 8:00am-12:00pm. Someone from your group must be available during that time frame to attend a brief hearing.

The SAF Liaison will be in contact with you by Friday, November 21st, 2014 to schedule your hearing date. If the Committee has any questions regarding your proposal, the SAF Liaison will directly contact you via email or phone.

Contact Hunter Grayson, 2014-2015 SAF Chair, with any questions or comments at SAFuwb@gmail.com.

SUBMITTED BY
Alicia Hooper
amh018@uw.edu
Nov 12, 2014, 01:18PM PST

2013-2014 SAF Contingency Proposal Form

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<http://www.uwb.edu/studentlife/safc/safbylaws> Hearings will occur on Friday, December 5th, 2014 from 8:00am-12:00pm. Someone from your group must be available during that time frame to attend a brief hearing. The SAF Liaison will be in contact with you by Friday, November 21st to schedule your hearing date. If the Committee has any questions regarding your proposal, the SAF Liaison will directly contact you via email or phone. Contact Hunter Grayson, 2014-2015 SAF Chair, with any questions or comments at SAFuwb@gmail.com.

[Required] Proposing Group HEROS (Health Educators Reaching Out)

(i.e. Career Center, Sustainability Club, Campus Events Board, etc.)

[Required] Department/Organization Recreation and Wellness

(i.e. Student Services, CUSP, Student Life, Student Clubs & Organizations, etc.)

[Required] Contact Person Alicia Hooper

This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal.

[Required] Contact Email Ahooper@uwb.edu

This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal.
*Be sure to check your email regularly as the SAF Committee contacts groups via email.

[Required] Contact Phone 425-749-8071

This person will be the sole point of contact for any questions or additional information requests from the SAF Committee regarding your proposal.

[Required] Executive Summary of Your Proposal

Please provide a concise overview of the program, activity, or service for which you seek funding.

*Remember that the contingency process is for new ideas/initiatives only, all other requests must be made during the Annual Cycle.

This event is called EveryBody Is Worthy, and it is a body acceptance art gala that is focused on creating awareness and dialogue around the pertinent issues of body image and beauty standards. This event will take place in the evening of February 19th, 2015 (February is National Eating Disorder Awareness Month) and will either take place in Mobius Hall or the North Creek Events Center to ensure that we have enough space for art displays, performers, and dinner. Prior to the event, heavy marketing will encourage students to submit their art under the theme of "What is Beauty". Sections of space will be set up to resemble a traditional art exhibit in order to display student artwork under the categories of: Photography, Electronic, Written, Drawing, etc. On the other side of the room, tables and chairs will be set up in front of a stage. Throughout the night there will be student performers and speakers including, but not limited to: dance groups, singers, spoken word, and speakers. HEROS are partnering with Clamor to help bring in students already interested in the arts. Dinner will also be served in a buffet style and attendees will be seated at a table where they will be able to enjoy food, watch performances, participate in activities and have discussion. One of the speakers scheduled for this event is a student at UW Bothell that is an anorexia survivor. She will share her battle with disordered eating and her recovery story and relate conversation back to the importance of food to our bodies and what it means to have a positive relationship with food. Each table will be set up with body positivity tips and statistics and a bucket full of supplies for interactive table activities. Throughout the evening (in between speakers or performers) tables will be asked to engage in various activities with one another using the supplies provided. Each table will have a mentor that will help facilitate activities and ensure students take away knowledge and understanding. An example of an activity would be: discussing with table members different words or phrases that we hear about in the media that affect our understanding of beauty and the different ways that we can challenge these beauty ideals. One of the items in the supply bucket would be an outline of a gender-neutral body, students would then be asked to write in words and phrases that make a person beautiful to us. Interactive and engaging activities will increase the learning and educational take-away and build the community aspect that this event aims for. There will also be a section of the room dedicated to a collaborative art project. Students will be asked to trace their hands onto a large poster board. They will then write various body pledges and affirmations in their hand prints. Ex: "I pledge to say 5 positive things about my body for every negative comment" or "I love my freckles". Students can then decorate their hand prints to make them more personal. This art project will be on display for a month after the event and open for all students to contribute to when they are passing by. There will also be an area for a photo booth with a white board where students can write their positive body affirmations and get their pictures taken with fun props. Pictures will print out 10 seconds after being taken allowing students to take them home. Having a photo booth is meant to inspire attendees to express themselves through their bodies while reminding them of the affirmations they wrote for themselves. There will also be a station set up with airbrush tattoos. Again, this is meant to be a fun and artistic method of encouraging students to be comfortable in their own skin.

[Required] Need for this Program/Service

In 200 words or less, please do the following:

--Describe the need for this program or service.

--If possible, include any data that might support your proposal (i.e. surveys indicating a need for your initiative).

Mental health is an increasingly hot topic amongst college students. Currently there are no programs at UW Bothell addressing the specific issue of body image. Body image is pervasive issue among individuals ages 12-26. In a study conducted on college students at Brown University, 74.4% of women stated that they thought about their weight or appearance "all the time" or "frequently." But the women weren't alone; the study also found that 46% of the men surveyed responded the same way. Another study conducted by a student at UW Bothell surveyed 103 students asking them about eating disorders. 68 of the surveyed students responded that they either had or knew somebody with an eating disorder (Jones, 2013). According to the most recent National College Health Assessment 65% of college students reported that they have not received information about eating disorders, about 65% want to learn more and 5% have experienced eating disorders. This statistic shows that students want to learn more, and the more they become aware of this information the better prepared they will be as a community of peers to support one another. In this same assessment, about 54% of college students reported exercising to lose weight within the last 30 days and 39% reported dieting to lose weight in the last 30 days. About 3% of college students report either vomiting or taking laxatives to lose weight in the past 30 days and 4% report having used diet pills to lose weight in the past 30 days. This is further proof that there is a high stigma to lose weight in college aged students. Weight is directly linked with body image issues and thus, needs to be addressed. Therefore, holding an event that focuses on body positivity and acceptance is extremely important. Having a safe and inclusive space where students can gather to learn and talk about body image issues is something students will benefit from. It's easy to have a passive event with dry statistics and facts posted, but having an art gala, peer educators and engaging activities will actually make an impact. When it comes down to it, our successes in life stem from our self-worth and our self-worth is greatly affected by negative body image. This event is going to give students the necessary tools to increase their overall happiness and quality of life.

[Required] Estimate number of students that will benefit from your proposed program/service

In 200 words or less, please do the following:

--Indicate what the benefits of your proposed program for students will be.

--Estimate how many currently enrolled students will likely benefit from your proposed service or program.

--Estimate the number of any other individuals (and indicate their affiliation) that might benefit from this service or program.

The estimated attendees will be 150. There is going to be a collaborative art project that students can participate in where they will be asked to paint or draw positive body affirmations and pledges. After the event is held, this art project will be on display at UW Bothell and open for all students to contribute to. This project will be on display a month after the event for ongoing education. Some of the benefits that students will experience are: Art Therapy which is an expressive form of therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. By creating and displaying student-made art around the venue, not only will this give everyone an equal chance to expressively voice what is important to them (in regards to body awareness and beauty), but this also opens up the door for critical discussion around the subject of body image importance). Performers and speakers will provoke attendees to have different conversations regarding body image awareness. Various educational components will be on display throughout the night such as; statistics hung up on the walls, or healthy body tips at each table.

Additional Information

If needed, please include any other information you feel is relevant to your request. (There is no character limit on this field.)

Students should be able to walk away from this event with a strong sense of community and positive body acceptance. There will be small tabling events leading up to the art gala including: Body Diversity with the SJO's, Life-Size Barbie discussion, and Body Art. The goal is to create an ongoing discussion and breaking down the barriers of beauty standards.

Tickets may be sold for this event in order to keep track of number of attendees.

Side Note: Counselors will be present at this event to provide support to any students that may feel triggered.

Salary/Wages Not Applicable

Describe the funds you are requesting in detail below.
Please put total dollar amount of salary/wages in the bottom of this box.

Benefits Not Applicable

Describe the funds you are requesting in detail below.

Benefits paid to regular employees working at least .50 FTE should be calculated at 34.0% of earnings. Benefits paid to hourly employees should be calculated at 16.5% of earnings.

Please put total dollar amount of benefits in the bottom of this box.

Programming/Events

Describe the funds you are requesting in detail below.
Please put total dollar amount of programming/events in the bottom of this box.

Decorations: Banners: \$150, Streamers: \$100 Linen rental: \$100, balloons: \$150, lighting: \$200, plates and utensils: \$150, other: \$50

\$900.00

Facilities Rentals/Set-Ups

Describe the funds you are requesting in detail below.
If you require facilities rentals/set-ups, please indicate it here. Take into account custodial fees and clean up. North Creek Events Center costs \$350 and up per event.

Please put total dollar amount of facilities in the bottom of this box.

I will either be renting out Mobius Hall or North Creek Events Center for the entire evening of February 19. Working on a collaboration with CEB and CAB.

\$450.00

Printing & Photocopying

Describe the funds you are requesting in detail below.
Please put total dollar amount of printing/photocopying in the bottom of this box.

Free printing and photocopies, however, there will be a need for larger prints and banners that step outside of the normal printing benefits of HEROS, thus:

\$100.00

Office Supplies

Describe the funds you are requesting in detail below.
Please put total dollar amount of office supplies in the bottom of this box.

Art Supplies including: Paint: 200 Paint Brushes: \$100, miniature mirrors: \$150, puffy paint: \$100, Markers: \$100, poster-board and paper: \$50 – for collaborative project, activities, and take home art pieces.

\$700.00

Food/Refreshments

Review the food policy/food form for the University policies before asking for food. The Food Policy is below the food form in the link.
<http://www.uwb.edu/getattachment/admin/services/fuac/foodapprovalform.pdf>

Understand that food for normal meetings is not allowed. Describe below the reason you are requesting food and how it meets the food policy.

Please put total dollar amount of equipment rentals/purchase in the bottom of this box.

Food will be an integral part of this event. Not only is this event taking place between 6pm and 9pm, which is dinner-time for most, but there will be at least one hundred guests present. Serving food will not only be expected during this time-frame, but it will help create an environment where people can sit down and connect through valuable dialogue over a hot meal. Food (especially in a formal setting) can also be fundamental to creating a concrete timeline throughout the evening, giving performers and speaker an equal opportunity. Dinner will also relate back to some of the topics that will be discussed like: the importance of food for our bodies, taking care of our bodies, respecting our bodies and eating disorder awareness. We will have a catered buffet available with several food options (keeping food restrictions in mind).

\$2,000.00

Equipment Rentals/Purchase

Art Display Panels to display student art
http://www.flourish.com/mesh_panels_intro.html

\$2,500.00

Describe the funds you are requesting in detail below.
Please put total dollar amount of equipment rentals/purchase in the bottom of this box.

Other

Please include any other expenses that don't fall under any of the above categories in detail.
Please put total dollar amount of other in the bottom of this box.

Photo Booth so students can get photos taken with body affirmations and pledges \$1000
Air-Brush Tattoos so students can talk about expressing their bodies in a positive ways \$800
Speaker/Performers \$1800

\$2,600.00

[Required] Total Amount Requested \$9,250.00

Please take the time to carefully add all of your figures from above. Please note that adjustments will not be made to the total amount requested in the event of an error.
Round your final total up to the nearest dollar.

[Required] Terms and Conditions I Agree

--I have read and agree with the terms and conditions of the SAF Bylaws: <http://www.uwb.edu/studentlife/safc/safbylaws>

--I understand that once submitted, adjustments cannot be made to the requested amounts listed above.

--I understand that hearings will be held between 8:00am-12:00pm on Friday, November 29th, 2013 and someone from my group will be available to attend a brief hearing scheduled during that time frame.

Transportation Not Applicable

Describe the funds you are requesting in detail below (indicate in state/out of state, as well as type of transportation).
Please put total dollar amount of transportation in the bottom of this box.

Meals and Lodging for Travel Not Applicable

Describe the funds you are requesting in detail below.
Please put total dollar amount of meals and lodging in the bottom of this box.

Telecommunications Not Applicable

Describe the funds you are requesting in detail below.

Telephone equipment should be estimated at \$35 per handset, per month (this includes only one extension).

Please put total dollar amount of telecommunications in the bottom of this box.

[Required] How do you plan to assess the program or service?

How do you plan to track the effects of this program or service?

For example, how would track how the event/program/service went? How would you track how successful it was and what you could change in the future?

Surveys will be sent out through social media assessing the over-all success of the event. Tickets for this event may be sold and surveys may be sent through email as well.