

GET CONSENT

THE ABSENCE OF A YES IS A NO



CREATING CONSENT CULTURE LOOKS LIKE:

In a culture of consent, the fact that consent is mandatory is normalized, respected and valued in society. It is an expression of values and attitudes that respects bodily autonomy and understands that each person is always the best judge of their own wants and needs. It is a culture in which all interactions and relationships are centered on **FREELY GIVEN**, **ACTIVE**, **RESPECTFUL**, and **ENTHUSIASTIC MUTUAL AGREEMENT** for participation.¹

WHAT IS SEXUAL CONSENT?

Canadian Law states that there has to be an affirmative “yes” - or voluntary agreement - to engage in sexual activity.

Sexual assault occurs when consent is absent and it is a criminal offence. This means that consent must be an active process, without the influence of coercion. One should never assume consent.²

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

Planned Parenthood

Consent is as easy as F.R.I.E.S.³

Freely given.

Doing something sexual with someone is a decision that should be made without pressure, force, manipulation, or while drunk or high.

Reversible.

Anyone can change their mind about what they want to do, at any time. Even if you've done it before or are in the middle of having sex.

Informed.

Be honest. For example, if someone says they'll use a condom and then they don't, that's not consent.

Enthusiastic.

If someone isn't excited, or really into it, that's not consent.

Specific.

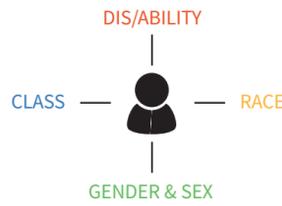
Saying yes to one thing (like going to the bedroom to make out) doesn't mean they've said yes to others (like oral sex).

WHAT IS SEXUAL VIOLENCE?

As per Western's Policy on Sexual Violence, sexual violence means any sexual act or act targeting a person's sexuality, gender identity and gender expression, whether the act is physical or psychological in nature, that is committed, threatened or attempted against a person without the person's consent, and includes sexual assault, sexual harassment, stalking, indecent exposure, voyeurism, cyber harassment and sexual exploitation.⁴

INTERSECTIONALITY AND SEXUAL VIOLENCE

It's crucial to recognize that individuals with intersecting marginalized social identities — that include but are not limited to women, trans and gender nonconforming people, queer people, people of colour and racialized people, Indigenous Peoples, people with lower socioeconomic status, and people living with disabilities — are disproportionately impacted by sexual violence.⁵



STATISTICS

“Almost all Canadians (96%) believe all sexual activities should be consensual, but only 1 in 3 Canadians understand what it means to give consent.”⁶



Although We Know That Sexual Violence Often Goes Unreported, Research Indicates That There Are:⁷

- 460,000 Sexual Assaults In Canada Each Year.
- For Every 1000 Sexual Assaults, Only 33 Are Ever Reported To The Police;
- 12 Result In Charges Laid;
 - Only 6 Are Prosecuted and
 - Only 3 Lead To A Conviction.

At least 1 in 5 transgender, genderqueer and non-conforming university and college students have experienced sexual assault⁵



1 in every 5 women will experience sexual violence while studying at a postsecondary institution⁵



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Sexual assault victimization rates are five times higher for women under the age of 35⁷



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Indigenous women are 3 times more likely to experience violence than non-Indigenous women⁵



The higher rates of violence experienced by Indigenous Women are part of the ongoing crisis of Missing and Murdered Indigenous Women and Girls in Canada

Fall Orientation is a particularly dangerous time for students⁵



Of the sexual assaults that take place on postsecondary campuses during the academic year, roughly 2/3 of the sexual assaults will happen during the first eight weeks

SURVIVOR-CENTRIC RESPONSE⁸

If someone discloses an experience of sexual violence to you, follow these steps in order to ensure are taking a survivor-centric approach*:

- Provide a safe and comfortable space to talk and listen**
- Clearly communicate any limits to confidentiality**
This allows the speaker to make an informed choice about whether to continue with the disclosure, and how much information to share.
- Listen with empathy and patience**
- Support the individual to make their own decisions**
- Validate and acknowledge the person's experience with statements like "I believe you"**
- Provide information and resources while recognizing your limitations**
You don't need to be an expert. Admit when you're not sure how to proceed by offering to search relevant websites.
- Take care of yourself**

*Survivor centric means you are prioritizing the rights, needs, and wishes of the survivor in your response.

ASSISTANCE AND SUPPORT RESOURCES

TO TALK

- 24/7 Services
- Sexual assault crisis and support line, Anova: **519-642-3000** OR **1-800-265-1576**
 - Good2Talk: **1-866-925-5454**
 - Trans Lifeline: by transgender people for transgender people: **1-877-330-6366**
 - Support Service for Male Survivors of Sexual Assault: **1-888-887-0015**

LGBT Youth Line

Sunday-Friday 4:00-9:30 PM
Toll-Free: **1-800-268-9688**
Text: **647-694-4275**
Email: askus@youthline.ca

WESTERN'S SEXUAL VIOLENCE POLICY

<https://tinyurl.com/y9olgb4m>

MAKE A CRIMINAL REPORT OF SEXUAL VIOLENCE

- Campus Community Police Services - Lawson Hall, Room 1257
- On campus, call **911** or **x83300**
- Off campus call **519-661-3300**

COUNSELLING

- Sexual Violence Prevention Education Coordinator: **519-661-3568**, svpec@uwo.ca
- Anova, London's sexual assault centre
 - Free ongoing counselling - **519-642-3003 ext 5555**
- Student Health Services, UCC Rm 11 - **519-661-3030**
- Western Psychological Services - **519-661-3031**
- Student Services Building Rm. 4100

MAKE A NON-CRIMINAL REPORT OF SEXUAL VIOLENCE

<https://tinyurl.com/y94k424x>

HEALTH CARE

- Regional Sexual Assault and Domestic Violence Treatment Centre (SADVTC)
- St. Joseph's Hospital - Urgent Care
 - Request to speak to a SADVTC nurse
 - 68 Grosvenor Street, London, ON
 - 8:30 a.m. - 4:30 p.m.
 - OR
 - Phone **519 646-6100 ext. 64224**
 - Monday to Friday: 8 a.m. to 4 p.m
 - Press "0" and ask switchboard to page the nurse-on-call for sexual assault and domestic violence
 - After hours call: **519 646-6100**

EDUCATIONAL RESOURCES

Read this! <http://www.leaf.ca/the-law-of-consent-in-sexual-assault/>

Watch this! <https://tinyurl.com/pfzgu3e>

Watch this! <https://www.youtube.com/watch?v=oQbei5JGt8>

Read this! https://safecampus.uwo.ca/sexual_violence/index.html

Read this! <http://getconsent.ca/>

Watch this! <https://tinyurl.com/y8oxcndr>



SAFE CITIES

anova



- The USC has partnered with Anova in support of the United Nations Women Safe City Initiative to create safe and empowering workplaces, schools, park and transit alternatives for women and girls.
- The people who make decisions about our city will see your stories and ideas for change and are committed to taking action to make our London a Safe City. Tagging spots where you feel safe or less safe will allow the City of London and our University to make changes to ensure all women feel safe and to decrease sexual violence.
- Anonymously tag places where you feel safe or less safe, where you're maybe just more aware or feel uneasy, where you look over your shoulder, where you sometimes avoid going or feel excluded, where you've experienced catcalling, groping or any form of sexual violence here: <https://tinyurl.com/yc76jqkh>

LINKS TO OTHER CAMPAIGNS

Draw the Line Campaign
<http://www.draw-the-line.ca/>

White Ribbon Campaign
<https://www.whiteribbon.ca/>

Our Turn Action Plan
<https://tinyurl.com/yb92wfnf>



SOURCE LIST

- <https://cfs-fcee.ca/>
- <https://www.ryerson.ca/sexual-violence/learn-more/>
- <https://www.bustle.com/articles/178198-planned-parenthood-graphic-uses-fries-to-explain-consent-in-a-way-anyone-can-understand>
- https://www.uwo.ca/univsec/pdf/policies_procedures/section1/mapp152.pdf
- https://ssmu.ca/wp-content/uploads/2017/10/our_turn_action_plan_final_english_web.pdf?x26516
- <https://www.ryerson.ca/content/dam/sexual-violence/images/orientation-guide-2018.pdf>
- <http://docs.files.ontario.ca/documents/4136/mi-2003-svhap-report-en-for-tagging-final-2-up-s.pdf>
- <https://www.universityaffairs.ca/career-advice/career-advice-article/how-to-respond-to-disclosures-of-sexual-violence/>