



Strong Start: Consent & Active Bystander

Fall 2020

ACADEMICS

COMMUNITY

CAREER

HEALTH & WELLNESS

IMMIGRATION

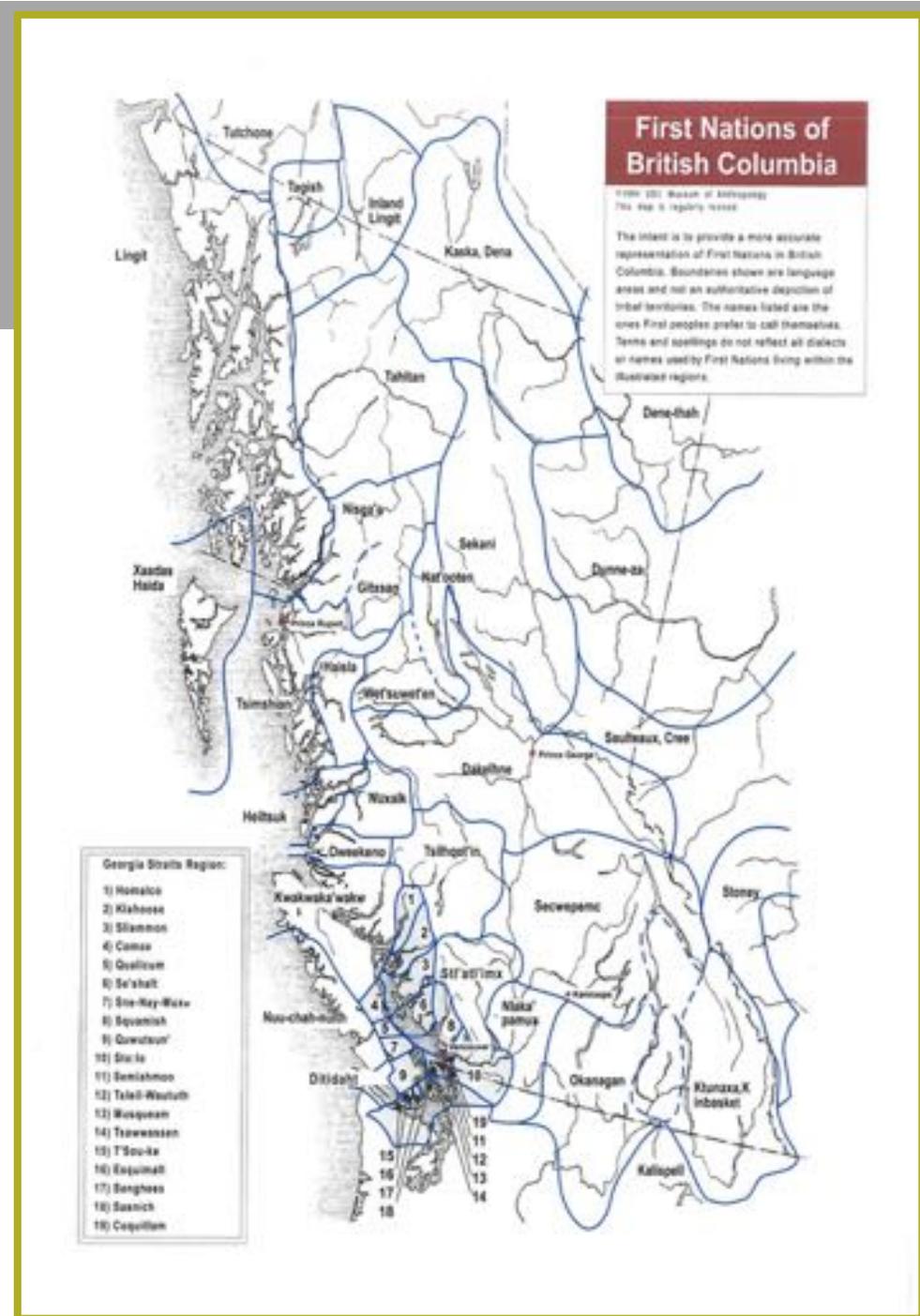
TERRITORIAL ACKNOWLEDGEMENT

New Westminster campus

We recognize and acknowledge the QayQayt (Kee-Kite) First Nation, as well as all Coast Salish Peoples, on whose traditional and unceded territories we live, we learn, we play, and we do our work.

Coquitlam campus

We recognize and acknowledge the Kwikwetlem (Kway-quit-lum) First Nation, as well as all Coast Salish Peoples, on whose traditional and unceded territories we live, we learn, we play, and we do our work.



[let's **DO** consent]

DOUGLAS COLLEGE

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OUR COMMUNITY MATTERS

**Douglas College is
more than just a
college**

**We are a community
that cares and wants
students and
employees to feel
safe, respected,
happy, and healthy.**

How do we do that...?

ASK. LISTEN. RESPECT.

LEARNING OBJECTIVES

- ▶ Develop an understanding of **definitions** used to talk about **Sexual Violence** (it's in our policy)
- ▶ Learn **the five components** of consent and create consent awareness
- ▶ Understand how to be an **active bystander** and tools for safe, early, and effective intervention



Sexual Violence & Misconduct Policy

- ▶ **Sexual Assault**
 - ▶ **Sexual Harassment**
 - ▶ **Voyeurism**
 - ▶ **Stalking**
 - ▶ **Indecent Act**
 - ▶ **Sexual Exploitation**
 - ▶ **Distribution of Sexually Explicit Images without Consent**
- ▶ Any sexual act or act targeting a person's sexuality, gender identity, or gender expression
 - ▶ It can be physical or psychological in nature



WHAT
DOES
CONSENT
MEAN TO
YOU?

CONSENT & SEXUAL ACTIVITY

Freely Given

- Consenting is a **choice** you make without pressure, manipulation, or under the influence of drugs or alcohol

Reversible

- Anyone can change their mind about what they feel like doing, anytime.
- Consent can be revoked at any time.

Informed

- You can only consent to something if you have the full story.

Enthusiastic

- When it comes to sex, you should only do stuff you **WANT** to do, not things that you feel you're expected to do.

Specific

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

Source: Planned Parenthood

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 Planned Parenthood®

FRIES

Consent isn't just important in sexual situations, it's important in everyday life too.



Hugging a new friend



Taking photographs of friends/acquaintances



Holding hands



Sharing personal information



Pouring someone drinks

CONSENT SHOULD NOT BE...

given when someone abuses a position of trust, power or authority

given by an individual incapacitated by alcohol or drugs or some other reason; and/or who is unconscious, or otherwise incapable of providing consent

assumed from previous consent to similar activities

obtained through threats, intimidation or coercion

Consent is not silence or the absence of “no”

WHAT DOES CONSENT LOOK LIKE TO YOU?

I ask for consent by...

asking for consent if its okay?

[let's DO consent]

I ask for consent by.

I ask for consent by...

May I?
Is it okay if I?

I ask for consent by...

"MAY I HAVE CONSENT"

[let's DO consent]

I ask for consent by...

making sure ever gone is comfortable

[let's DO consent]

I ask for consent by...

In forming Others !!

[let's DO consent]

I ASK for consent by...

- Asking "Is this OK?"
- Maintain respectful communication
- Paying attention to non-verbal cues

Asking if it's okay?

[let's DO consent]

Given with My Priority.

[let's DO consent]

I ask for consent by...

bring change at every stage

I ask for consent by...

ng "is this okay...?"

I ask for consent by...

Asking what their

I ask will it

I ask for consent by...
Will it bother you if I ... ?

[let's DO consent]

I ask for consent by...
Asking if something is ok.

I ask for consent by...

I ask for consent by...
asking permission
making sure they're comfortable

[let's DO consent]



ACTIVE BYSTANDER

Being a Bystander

- ▶ Bystander: A person who stands by, witnesses and does not engage or act
- ▶ Why do we just stand by?
 - ▶ Don't interpret the situation as an emergency
 - ▶ Don't feel responsible for intervening
 - ▶ Don't know how to help
 - ▶ Don't feel safe intervening





BE AN ACTIVE BYSTANDER:

A person who not only witnesses a situation, but also takes action and intervenes.

Creating a safer culture starts with YOU!

- ▶ We all deserve to live free from violence and harm
- ▶ Challenge sexism and victim-blaming, tell perpetrators what they're doing is not okay
- ▶ The jokes that you tell and laugh at and the language you use matters

5-Step Decision- Making Model



1. Notice the event

(What do you see or hear?)



2. Interpret the event as a problem/emergency

(What are the red flags?)



3. Take personal responsibility to intervene

(What could you do?)



4. Know how to help

(What knowledge/skills are necessary?)



5. Implement the help

(What are direct and indirect ways to help?)

Decide How You Are Going To Intervene

DIRECT

- Intervene in the moment to prevent a problem from happening or escalating

DISTRACT

- Interrupt the situation without directly confronting anyone

DELEGATE

- Get help from someone who is better equipped to handle the situation

SELF-CARE

- ▶ Helping others takes emotional energy
- ▶ Remember to take care of yourself
- ▶ Connect with your support systems if need be
 - ▶ Family, friends, support at Douglas (i.e. Counselling Services)



Campus Resources



- ▶ **Douglas College Security**
 - ▶ New West Campus 604-527-5405
 - ▶ Coquitlam Campus 604-777-6254
- ▶ **Counselling Services**
 - ▶ New West Campus 604-527-5486 (Room S4600)
 - ▶ Coquitlam Campus 604-777-6185 (Room A1050)
- ▶ **Associate Director - Student Support and Conduct**
 - ▶ Jay Solman: 604-524-5798
- ▶ **Director - Safety, Security and Risk Management**
 - ▶ Nancy Constable: 604-527-5828

[let's **DO** consent]

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QUESTIONS?

Thank you!

See you at the next workshop.