



WHAT DOES CONSENT MEAN TO YOU?

Douglas Students' Union
Consent Zine

Learn about consent and how to best
practice consent on campus and in your
everyday lives.

WHAT IS THE RED ZONE?


Did you know that the Red Zone refers to a period at the beginning of the school year where there is a significant increase in sexual assault cases on post-secondary campuses? The Red Zone falls during the first six weeks of the beginning of the semester.

Students are more likely to experience sexual violence or assault due to a variety of factors, including limited knowledge of consent, attending parties, celebrating the start of the semester, and entering unfamiliar environments as a new student.



WHAT IS CONSENT?


Consent is an agreement that occurs between one or more people participating in a sexual or non-sexual activity.



Consent occurs when you ask for or give permission to do something with another person.



Consent...

- Needs to be mutual and freely given
 - Is an enthusiastic YES!
 - Is ongoing and always being discussed
 - Can be revoked at any given time
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WHY IS IT IMPORTANT TO BE KNOWLEDGEABLE ABOUT CONSENT ON CAMPUS?

Respecting other people's boundaries helps create a safe community on campus. Students should not have to fear coming to school due to improper consent practices. Based on a recent study by the Canadian Government, 71% of students in post-secondary schools reported witnessing or encountering unwanted sexual behaviours.

1 in 10 women in the study reported having been sexually assaulted in a post-secondary setting in the year prior. Through proper awareness and education about consent, students can help make campuses a safer environment that opposes sexual violence.

IDENTIFYING BOUNDARIES

Take note of how you feel and if something is making you feel uncomfortable.

Don't be afraid to set new boundaries or change the ones you've had in place.

HAVE A CONVERSATION

Listen to others' boundaries and respect them if they change their mind.

Not giving consent can sound like no, maybe, I'm not sure..

RESPECT GOES BOTH WAYS

Remember that your boundaries are worth advocating for, and your comfort is important.

Consent should not be assumed, even if the other person has given consent before.

Don't pressure others into giving consent.



RESOURCES:

CRIME VICTIM ASSISTANCE PROGRAM (CVAP)

CVAP helps victims, members of their immediate family, and witnesses cope with the effects of violent crime. This program can help offset any financial losses by providing them with financial assistance.

Call toll free in B.C. at 1-866-660-3888

E-mail: cvap@gov.bc.ca

VICTIMLINK BC

Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Contact VictimLink BC at 1-800-563-0808

(toll-free in B.C. and Yukon)

Text to 604 836-6381

Email VictimLinkBC@bc211.ca

SALAL: SEXUAL VIOLENCE SUPPORT CENTRE

Provides immediate crisis and long-term support services, counselling, support groups, medical and legal support, and social advocacy to women, trans, nonbinary, two-spirit, gender diverse, and sex working survivors of sexual assault.

24-hour crisis and information line

Lower Mainland: 604-255-6344

National Toll-free: 1-877-392-7583

LOCAL HOSPITALS: SEXUAL ASSAULT SERVICES

Services include: assessment and treatment of injuries and sexually transmitted infections; forensic sample collection; medical reports for police; and referrals to health, legal, and community-based support services. Contact your local hospital for details, support and information.



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DOUGLAS
STUDENTS
UNION BCFS LOC.6

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Information sourced from:

The Red Zone
metoomvmt.org

wusa.ca

Effective Consent Practices

www.verywellmind.com

rainn.org

www.sfcccanada.org