

# Creating Cultures of Consent: Information Package

AMICCUS-C 2023

## Crisis Resources

- Sunshine Coast/Sea to Sky Crisis Line: 1-866-661-3311
- VictimLink: 1-800-563-0808 or [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)
- KUU-US Indigenous Crisis Line: 1-800-588-8717
- Trans Lifeline: (877) 330-6366

## Facilitator Contact Information

**Anna-Elaine Rempel**

anna.a.rempel@gmail.com

**Kenya Rogers**

kenyarogers94@gmail.com

## Definitions

**Sexualized violence:** Anything that disrespects your sexuality (including disrespect of asexuality) or is violence in a sexualized context. This is many things and can look like comments, leering, intimidation, coercion, expectations, discrimination, non consensual touching, sexual assault, sexual harassment, etc.

**Sexual harassment:** a variety of unwanted sexualized acts that create an intimidating, humiliating, or hostile environment. These acts threaten a person or group's personal boundaries, physical choices, and/or emotional well being.

**Sexual assault:** any unwanted sexual contact.

**Gender-Based Violence:** Violence rooted in gender-based oppression and power inequalities based on gender identity, perceived gender identity and/or gender expression, such as sexism, cissexism, misogyny, and transmisogyny. Any act of interpersonal, institutional or systemic act of violence (physical, sexual, economic, emotional, spiritual, social) that devalues and/or reinforces expected entitlement to women, girls, and trans, Two-Spirit, genderqueer, non-binary, and gender non-conforming bodies and lives.

**R\*pe Culture:** The culture in which we live that normalizes and glorifies sexualized

violence, creating violence and a sense of entitlement to other people's physical, emotional, and sexual beings without consent.

## Activity: Myths and Realities

### Number 1

**Myth:** People who are assaulted “ask for it” by the things they wear, the places they go, the jobs they have, the things they drink, the drugs they do, etc.

**Reality:** Every person should be free to wear what they want to wear, go where they want to go, drink and party, and go to work without being (or fear being) assaulted.

### Number 2

**Myth:** People are most commonly assaulted by a stranger.

**Reality:** Over 80% of the time, people are assaulted by someone they know.

### Number 3

**Myth:** Cis women are the only victims of sexual assault and cis men are the only ones who cause harm.

**Reality:** People of all genders can be assaulted; people of all genders can cause harm.

## Reflection Questions

- Where do you see this myth perpetuated?
- Who benefits from this myth?
- If we believe this myth, how might it impact the way we/institutions/society respond to sexualized violence?

## 6 Elements of Consent

Consent is...

1. A mutually communicated agreement
2. Enthusiastic
3. Responsibility of the person initiating or changing the activity

4. Ongoing
5. Cannot be held to a predetermined agreement
6. Think about substances

## Listen, Believe, Refer, Care Model

### **Listen**

Listen to hear, not to respond. Don't interrupt, or ask a bunch of unnecessary questions. Be present and open.

### **Believe**

This is perhaps the most important step. Being met with immediate belief upon first disclosing increases the chance that those who have experienced violence will continue to seek further support. Disbelief or skepticism is incredibly damaging.

### **Refer**

Ask if they would like to be connected with resources or reporting options. Let them take back power to decide what their next steps will be. Have some referrals on hand, or google other options with them.

### **Care**

Care for them in the way that they need, while also caring for yourself. Vicarious trauma is real—make sure you have support in your own life.

## Final Reflection questions

- How can you model and practice consent and care in your own life?
- How can you bring consent-based practices into your work as a student union staff?
- What lessons will you bring back to share with your home student association?
- Is there anything else related to these topics that you want to explore further?