



BELIEVE PROJECT

CREATING A CULTURE OF CONSENT

A PROVINCIAL RESPONSE TO SEXUAL VIOLENCE IN BC SCHOOLS

Overview

- ▶ Healthy Relationships
- ▶ What is Sexual Violence?
- ▶ Consent
- ▶ Sexual Harassment
- ▶ Sexting
- ▶ Resources

A Healthy Relationship:



Can be between you and your:

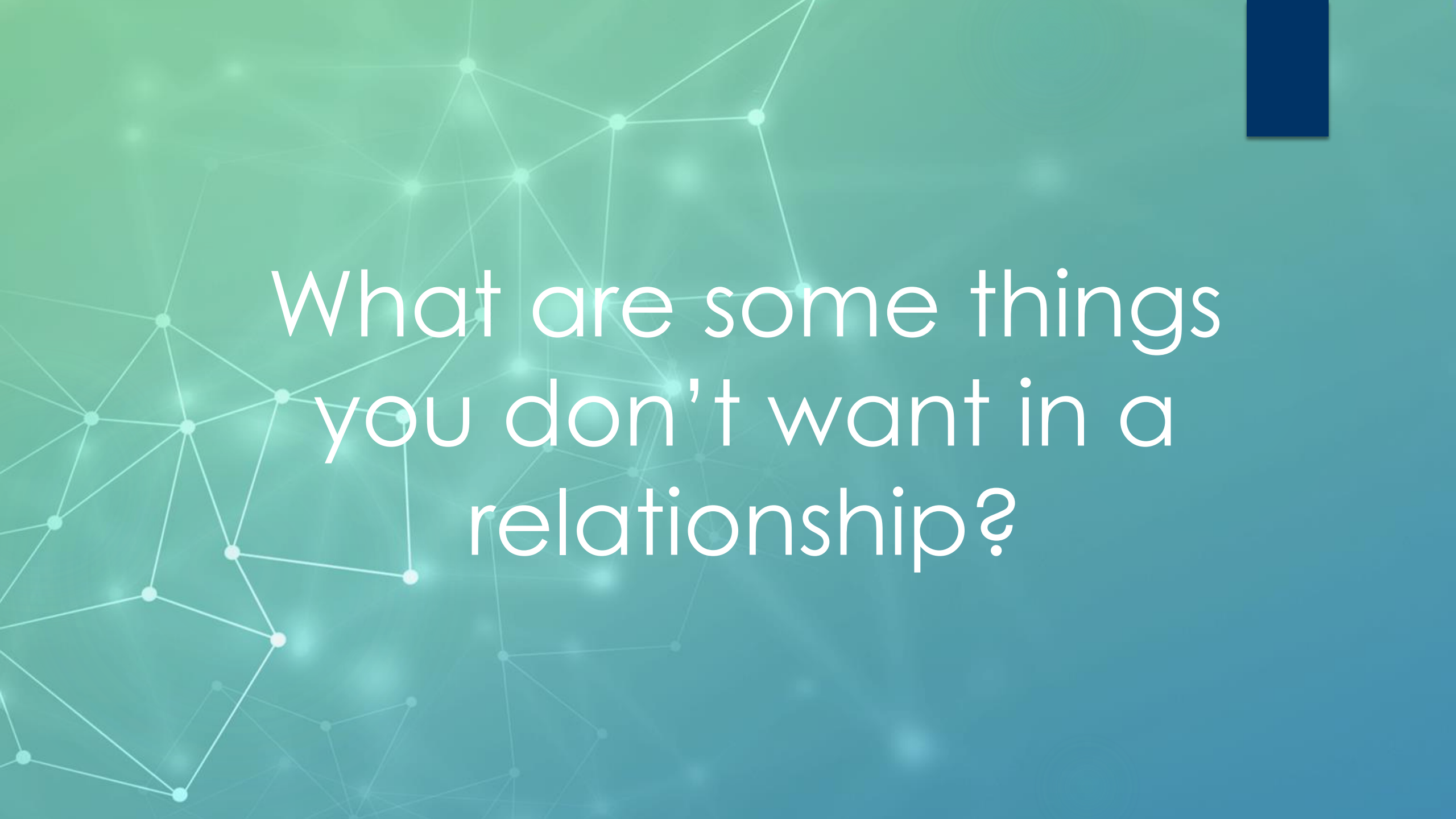
- ▶ Friends
- ▶ Boyfriend/girlfriend/partner
- ▶ Parents and other family members
- ▶ Community members

What makes a
Relationship Healthy?



A word cloud featuring various terms related to healthy relationships. The words are arranged in a cluster, with some being significantly larger than others. The colors of the words include shades of purple, pink, green, yellow, and blue. The words are: RESPECT, PATIENCE, CARING, TRUST, ACCEPTANCE, COMMUNICATION, COMFORTABLE, ENCOURAGEMENT, LAUGHTER, BOUNDARIES, EXPRESS, RELATIONSHIPS, LOVE, APPRECIATION, VALIDATION, VALUE, LISTEN, EMPowering, COLLABORATE, UNDERSTAND, and CONSIDERATE.

RESPECT
PATIENCE
CARING
TRUST
ACCEPTANCE
COMMUNICATION
COMFORTABLE
ENCOURAGEMENT
LAUGHTER
BOUNDARIES
EXPRESS
RELATIONSHIPS
LOVE
APPRECIATION
VALIDATION
VALUE
LISTEN
EMPowering
COLLABORATE
UNDERSTAND
CONSIDERATE



What are some things
you don't want in a
relationship?

Warning Signs of an abusive or unhealthy relationship.

- ▶ Checking your cell phone or email without permission
- ▶ Constantly putting you down
- ▶ Extreme jealousy or insecurity
- ▶ Explosive temper
- ▶ Isolating you from family or friends
- ▶ Making false accusations
- ▶ Mood swings
- ▶ Physically hurting you in any way
- ▶ Possessiveness
- ▶ Telling you what to do

Healthy vs. Unhealthy Relationships



What is Sexual Violence?

Sexual Violence is a lot more than rape. Everything from sexist jokes to stalking, harassment and assault contributes to a culture that condones and supports sexual violence.



Consent

**Only an
informed,
sober, freely-
given, ongoing,
enthusiastic
“Yes!”
is consent.**

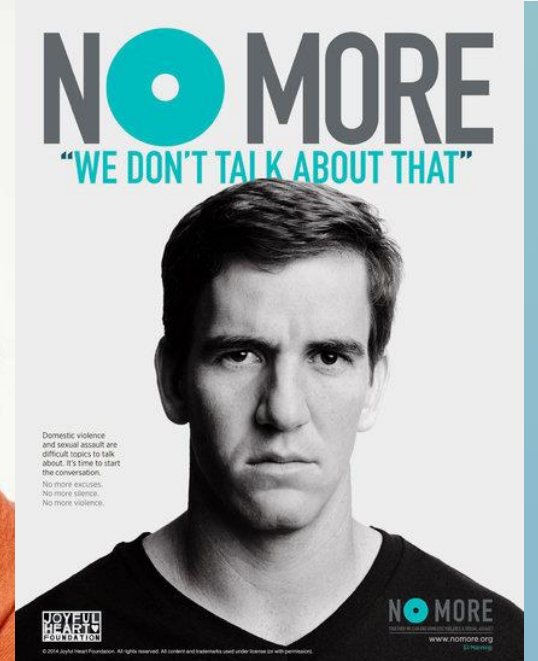
Consent (Tea Video)

CONSENT

IT'S SIMPLE AS TEA

What Do I Need Consent For?

- ▶ Sexual activity
 - ▶ Sexual activity does not just mean sex, it includes kissing, hugging, making out, cuddling, and touching someone's body
 - ▶ For sexual activity to happen, both people need to consent.
- ▶ Consent is everything



How Do I Ask Someone for Their Consent?

I'd like to talk about this first.

What's your favorite safe word? **Yes!** I'm totally into that.

Does this feel good? **Do you like this?** I like my ears kissed but not my neck.

What positions do you like? I liked that last time; right now I'm not in the mood.

I think it's hot when...

Are you OK with this? I don't like that, but I can do....

No. I don't want to. If you're into it I could....

May I... kiss you?

What turns you on?

Do you like it when I... ? Do you have any trigger points?

If I change my mind, we'll stop.

Know the difference between consent and assault.

For more information, email Yes Means Yes at wellness@newschool.edu or call 212.229.1671. For the university's sexual assault policy, go to www.newschool.edu/sexualassault.

THE NEW SCHOOL

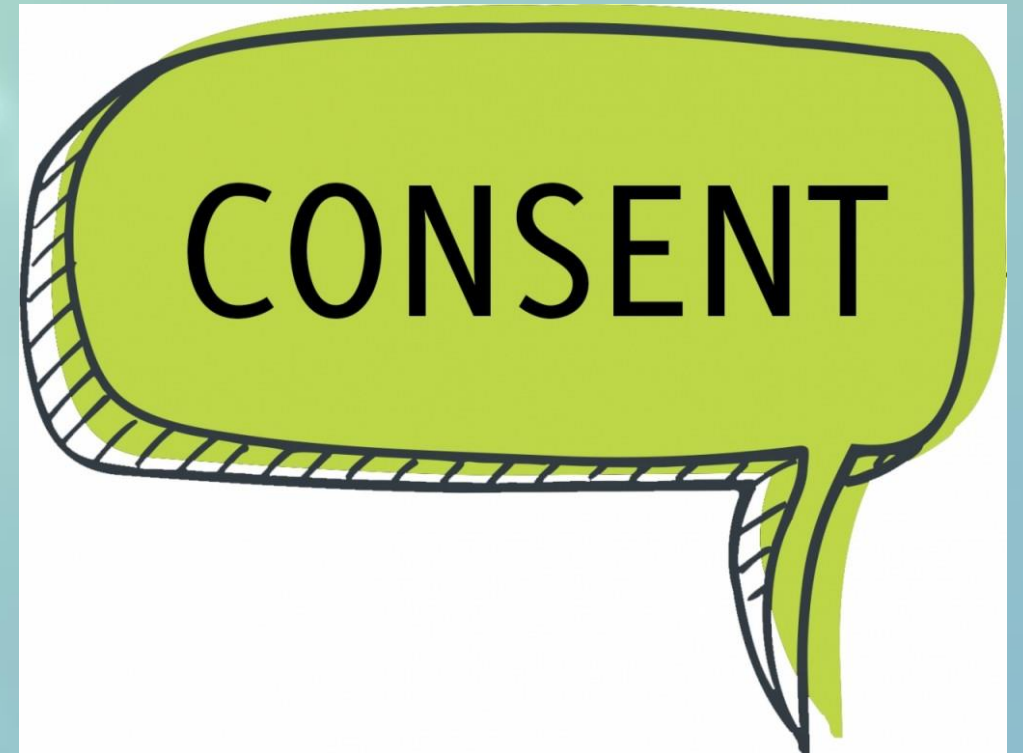
ASK FIRST

CONSENT IS HOT, ASSAULT IS NOT

Yes means yes.

How do I give consent?

- ▶ Consent is verbal (that means saying it out loud)
- ▶ the person giving consent is awake, aware and not under the influence of drugs or alcohol
- ▶ You can always change your mind! It's your right.



But if I don't get consent, then what...

- ▶ Stop! and Do Not Proceed
 - ▶ Respect the decision of the other person
 - ▶ Make sure they get home safely

Silence is not consent.

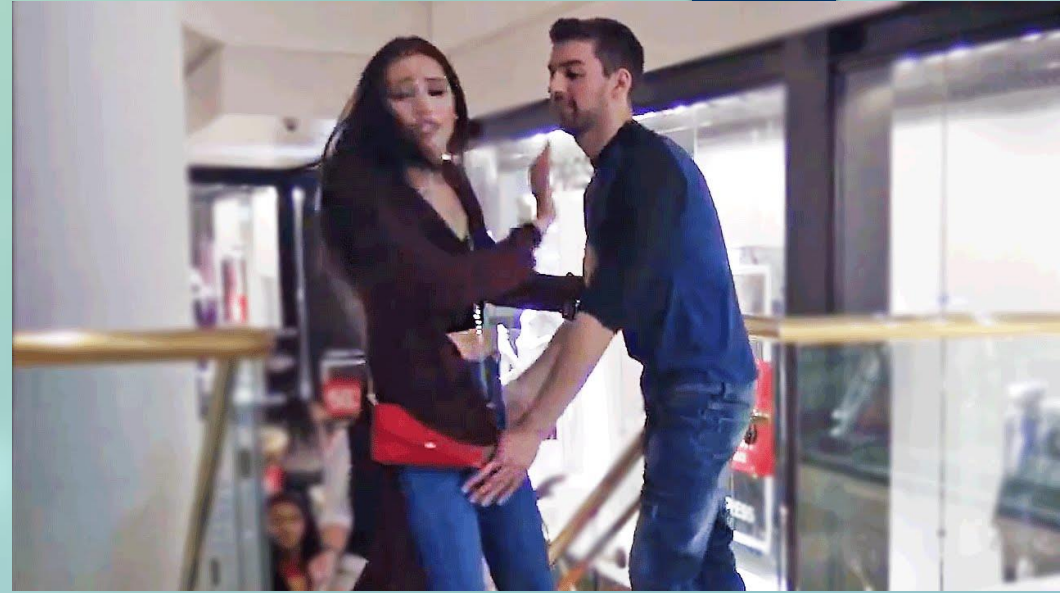
yes means yes

Sexual Harassment is Not Okay!

Sexual Harassment Involves:

- ▶ the making of unwanted sexual advances
- ▶ obscene remarks
- ▶ unwelcome physical, non-verbal or verbal advances
- ▶ acts with sexual undertones

What are some examples of sexual harassment you've seen?



What can be done if you're experiencing sexual harassment?

- ▶ Ask the person doing the harassing to STOP!
- ▶ Don't blame yourself
- ▶ There is no such thing as "asking for it"
- ▶ No "right way" to respond to sexual harassment
- ▶ Share with a trusted adult
- ▶ Record the event
- ▶ Stand Up for someone else



Textual Harassment





Sexting is the act of sending or receiving sexually suggestive or explicit messages, videos or photos.



slide to unlock

What is Sexting?



Why do people Sext?

- ▶ Sexual expression
- ▶ Long distance relationship
- ▶ Romance, love
- ▶ Peer pressure, popularity, curiosity
- ▶ Pressured from their partner
- ▶ May decide it's safer to send a sext than have sex with a person

Sometimes folks are unaware of the consequences

Risks of Sexting

Social Risks of Sexting

- ▶ Bullying/Peer Pressure/Blackmail
- ▶ Depression/Suicide
- ▶ Digital Footprint, permanency
- ▶ Lose/Gain Friends
- ▶ Anxiety/Confidence/Emotional Health
- ▶ Poor grades
- ▶ Embarrassment
- ▶ Lose/Gain Respect
- ▶ Regret/Avoidance
- ▶ Parents finding out
- ▶ Sexual abuse
- ▶ Unpopular/popular
- ▶ Loss of privileges/Getting in Trouble
- ▶ Physical Safety

Legal Risks of Sexting

- ▶ Verbal/written warning
- ▶ Charges
- ▶ Production, possession, distribution of porn
- ▶ Criminal Record (Child Sex Offender)
- ▶ Hard to get a job
- ▶ Unable to leave country
- ▶ Parents may be charged- if phone is under their name



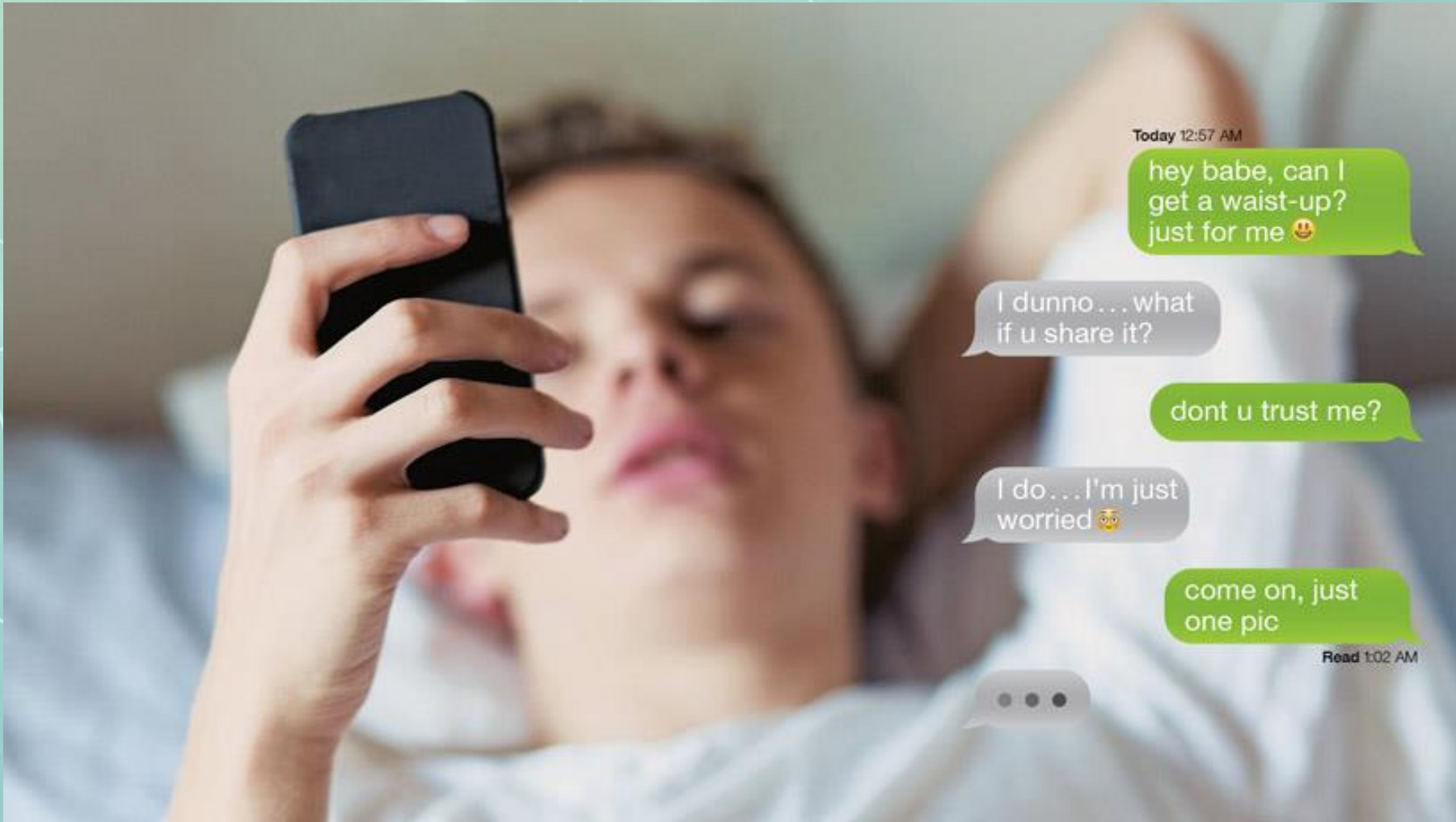
Before sending a sext...

Ask yourself...

- ▶ "How comfortable am I with this partner?"
- ▶ "Would I do this in person?"
- ▶ "Will my [or my partner's] friends gossip if they find out?"
- ▶ "Can I wait until we are in person?"
- ▶ "If we break up can I trust this person not to show anyone out of anger, hurt or revenge?"



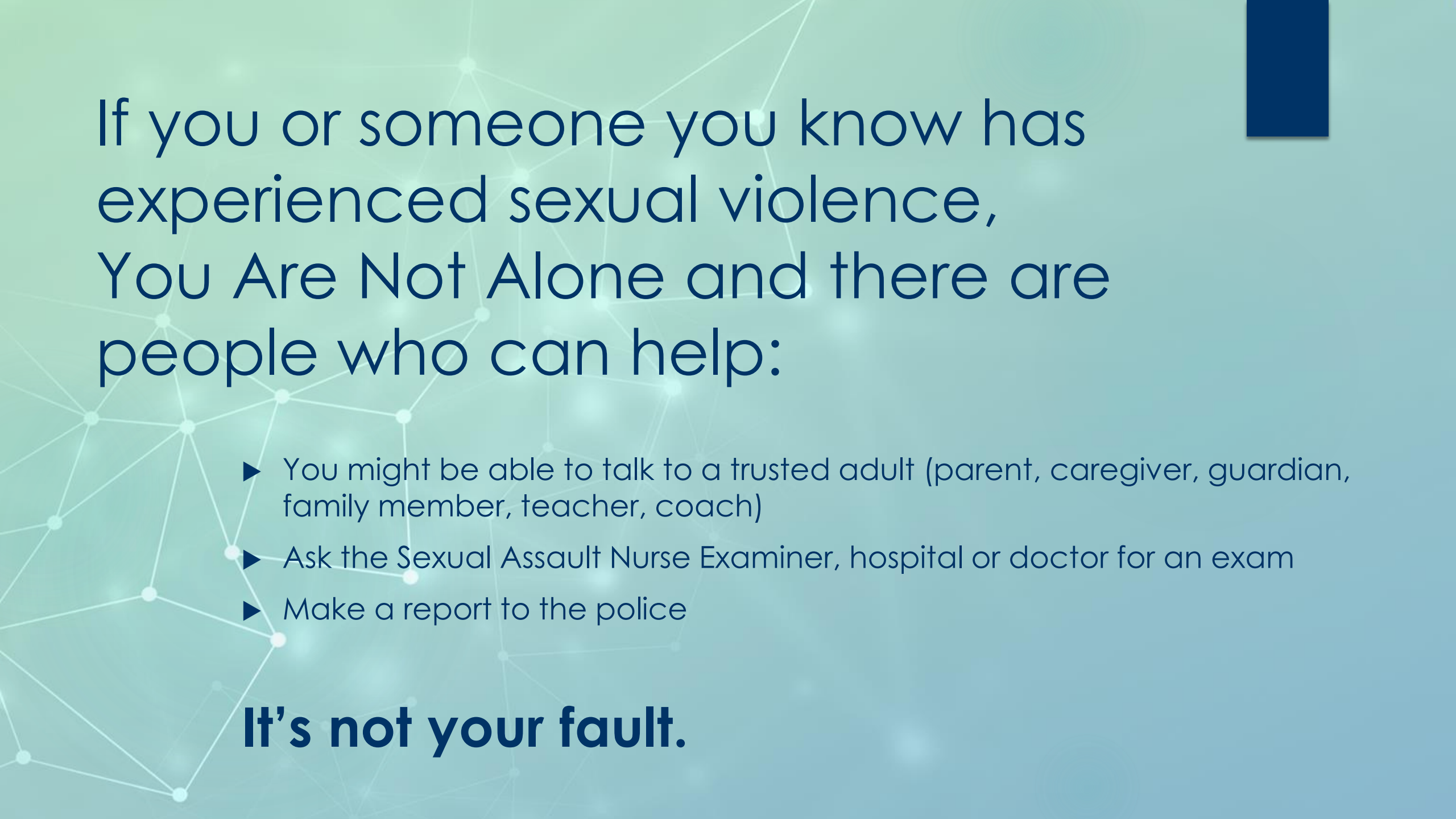
Always Get Consent



You can help!

Here are some of the things you can say and do if someone tells you they experienced sexual violence:

- ▶ Believe them!
- ▶ Validate their feelings – everyone reacts to sexual violence differently.
- ▶ Give them choices and options – try not to say “you should” or “you have to”.
- ▶ Not a time to ask “why did you ...”
- ▶ Let them know the person who committed the act is the only person responsible.
- ▶ Help them talk to an adult.



If you or someone you know has
experienced sexual violence,
You Are Not Alone and there are
people who can help:

- ▶ You might be able to talk to a trusted adult (parent, caregiver, guardian, family member, teacher, coach)
- ▶ Ask the Sexual Assault Nurse Examiner, hospital or doctor for an exam
- ▶ Make a report to the police

It's not your fault.

Resources are Available

- ▶ <http://youthinbc.com/>
- ▶ <https://kidshelpphone.ca/>
- ▶ <http://www.translifeline.org/>
- ▶ <http://youthspace.ca/>
- ▶ <http://www.loveisrespect.org/>
- ▶ <http://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>

We Are Here to Support and Help

PEACE Counsellor Name:

Agency Information:

Phone Number:

Email:

Agency Website

Thanks for joining us today!