

Culture of consent

How can everyone on campus promote a culture of consent, support healthy respectful relationships, and hold those who use violence or coercion accountable?

Consent is an active, voluntary agreement that can be revoked at any time.

- Even if you have had sex with someone before, it's still important to ask for consent every time. *Over half of sexual assaults occur*
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- **Lead by example:** *Can I kiss you* Always ask for consent before kissing or touching. Ask them how they feel and respect their answer, even if it means you might not get what you want.
- **Be an active bystander:** When you see something that doesn't seem right, speak up! It can be as simple as speaking up about inappropriate language/harassment or stepping in if someone looks like they're trying to hook up with someone who is too drunk to give consent.
- **Get involved:** Advocate with the university and student leaders for survivor-centred policies and prevention programs.



SEX, RELATIONSHIPS &
**RESPECT ON
CAMPUS**

- Ask what you want when it comes to sex and respect your boundaries? Most sexual assaults are committed by someone the person knows. No one should pressure or force you into doing anything sexual, or harm you physically.
- Support your independence and interests? No one should keep you from your social life, work, or educational goals.

Sex should feel good for all partners and healthy relationships are ones that are supportive.

But what about when our boundaries are not respected?

Sexual harassment, sexual assault and dating violence are not okay but they happen.

- No matter what caused the harm – a friend, date, partner, classmate, someone at a party – individuals are often made to feel that what happened was their fault or not a big deal. You have rights and deserve respect, now and always. Talking to someone you trust can be the first step.
- There are many options for seeking support around sexual assault, violence or harassment. There are also legal processes around reporting rape and the need for a medical assessment ASAP following the event.

On campus, UC Medical & Counselling staff can direct you to the most appropriate support. You can also speak to other UC Staff or an RA in the Residences. Of course, dialling 000 is an option or UC

Your health & wellness