



## Quick Tips

- Make a commitment not to have sexual relations when the other person is drunk.
- If something happens you aren't comfortable with, Know it's YOUR RIGHT to say no and have your "no" be respected at **any** time.
- If you are in an intimate situation, ask if whatever you are doing, or are about to do is okay. (This may sound strange at first but can be very fun, respectful and intimate)
- Pay attention to body language. If the body language is not saying a clear yes, stop whatever you're doing.
- Don't spike drinks—even if the intention isn't to sexually assault someone things can go very wrong.
- Watch out for friends that seem overly drunk for the amount they've had.
- Use the buddy system and listen to that buddy's advice especially if you are in a drunken haze. If you are the sober person, speak up if you see a situation that could lead to an act of sexual violence regardless of if your friend is the potential perpetrator or the potential victim.
- Phone Safewalk (403) 380 1888.
- Report sexual violence to security-If there are potentially unsafe areas on campus, they want to know so they can address the situation.
- Keep an eye on your drinks--put a coaster on top of it (The broader the rim of the glass the easier it is to spike.)
- Decide where you draw the line regarding sexual behavior. Understand your boundaries can change, but have a clear idea about what you are/aren't okay with.
- Make a commitment to keep your boundaries in place even if you've been drinking. Drinking never justifies an assault.

## Resources

[www.mencanstoprape.org](http://www.mencanstoprape.org)

[www.whereisyourline.org](http://www.whereisyourline.org)

[www.svaclethbridge.org](http://www.svaclethbridge.org)

[www.toolkit.endabuse.org](http://www.toolkit.endabuse.org)

“Unexpected Allies, Men Who Stop Rape” by  
Todd Denny (2007)

If you think you've perpetrated acts of  
violence there is help available.

- Lethbridge Family Services (403) 327 5724
- U of L Counselling Services (403) 317 2845

## Sources

<sup>1</sup> Rebecca Kong, Holly Johnson, Sara Beattie, A. Cardillo, “Sexual offences in Canada”, Statistics Canada Catalogue 23. 6 (2003): 85-002-XIE

<sup>2</sup>Alan Berkowitz, “The social norms approach to violence prevention” Family Violence Prevention Fund. Retrieved July, 2010, from [www.endabuse.com](http://www.endabuse.com)

<sup>3</sup>Berkowitz (2003).

A collaboration between

Counselling Services (403) 317 2845

Health Services (403) 329 2484

Security Services (403) 329 2603

# Sexual Violence on Campus

## What YOU can do to prevent it

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# Anyone can Make a Difference

**“In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.”**

**Les Brown**

As a campus, the best thing we can do to prevent violence is to create a community that doesn't accept it. Most of us aren't comfortable with behaviours that objectify or hurt others, but we tend to believe others are. Not only is this untrue, it often causes us to be silent when we could speak up.

When you enable people to speak about women or other groups of people in a negative way, you contribute to a culture that condones sexual violence. A major part of sexual violence prevention involves speaking up when you notice objectifying or de-humanizing behaviours occurring. This may involve thinking twice the next time you see an ad that has someone in a compromising position, hear someone say “don't be such a pussy”, or even watch a friend say something demeaning to their partner.

The following strategies may be helpful in speaking out against violence.

- *Clarify.* If you hear someone talking about violence, name it as such. Tell people you're not okay with what they are describing.
- *Use humour.* A little sarcasm about someone's behavior can go a long way. (i.e. “Seriously man, what are you thinking?!...”)

- Enlist the help of those around you. If someone keeps crossing the line in their comments or behavior say something like “Am I the only one uncomfortable with this?” Chances are you are not and others will begin to speak up.

Finally, if it feels or looks wrong it probably is. If you see something that doesn't seem right, such as a drunken person being pressured to go along with others, you should intervene. You can do this in many creative ways including:

- Asking a bouncer to intervene
- Create a diversion. I.e. if you are at a house party yell that you think cars are being towed, then start talking to the targeted person when everyone goes to look.
- Confront the situation directly by saying “I think they've had too much to drink.”
- Pretend to be someone's friend or brother/sister and remove them from the situation.

By having the courage to really explore your own behaviour, and by using your voice to challenge the status quo, you help to create a culture that doesn't allow or minimize sexual violence.

## FREQUENTLY ASKED QUESTIONS

Is Sexual Assault really an issue on our campus?

**Q** Yes. While we have excellent programs to help keep our campus safe, the reality is that sexual violence can happen anywhere, to anyone.

**A** Statistically, the first year of college or university is a high risk time for sexual assault<sup>1</sup>, therefore it is possible that you will be impacted by sexual violence in some way.

I've heard that one of the ways to prevent assault is by not laughing at sexist jokes. Isn't there a pretty big leap from joking to actually assaulting someone?

**Q**

**A** We know that perpetrators often objectify their victims in order to feel power over them. Sexist jokes and comments act to support this and are a part of the cycle. If you send the message that objectifying people is not okay, it will be harder for a potential perpetrator to see sexual violence as an acceptable behavior. “Men who engage in verbal and physical violence against women incorrectly interpret other men's silence as approval, thus feeling emboldened to express and act violently towards women.” Berkowitz

Why does it seem Men are always targeted as perpetrators? Most men I know would never assault a woman.

**Q**

**A** Research tells us that most men report feeling uncomfortable when their peers make negative comments about women and generally seek consent in intimate relationships.<sup>3</sup> “A man can be caring, respectful and embrace a nonviolent masculinity. Together we - men and women - can end violence.” Neil Irvin

Many men are interested in playing an active role in preventing sexual violence but are often uncertain about how to do so. The more anyone can speak against violent behaviours, the more these behaviours can be prevented, even if it means challenging the actions, comments and attitudes of friends and family.