



SEXUAL VIOLENCE

Preventing Sexual Violence Initiatives

Workshops & Events | Fall 2018

Workshops & Events are ongoing throughout the semester, and all genders and humans are welcome to attend. Please email sexualviolenceinfo@uleth.ca to notify of any accommodations required to support your participation. *Check out the Calendar for Days/Times/Locations: www.uleth.ca/sexual-violence/workshops-events & please sign up in advance!*

Workshops

- **CARE: Supporting Disclosures of Sexual Violence**

Create Space for listening, Ask what they need, Respect Confidentiality, and Empathize and validate are the first steps to dealing with disclosures of sexual violence. In this workshop, participants will learn the difference between disclosure and reporting, how to support someone affected by sexual violence, how to refer individuals to supports on and off campus, and how to practice self-care after receiving a disclosure.

- **Bringing in the Bystander®**

This is a prevention workshop intended to establish a community of responsibility. Campus community members will learn how to: identify situations where bystander intervention is appropriate; consider the importance of identity & intervention; gain a deeper understanding of the consequences of sexual violence for victims/survivors and communities; learn how to identify a continuum of inappropriate sexual behaviors; build increased empathy for individuals affected by sexual violence; and, understand the importance of supportive responses to those who disclose.

- **AASAS First Responder To Sexual Assault & Abuse Training**

In this two day training participants will gain education and skill development in the following areas:

- Definitions, myths & laws about the various types of sexual abuse & sexual assault
- Training in immediate & long term impacts of sexual abuse & sexual assault
- Response to disclosures of sexual abuse & sexual assault
- Rethinking and engaging in prevention of sexual violence

- **Request a Workshop!**

Would you like to participate in or offer a workshop to a group, team, or class that you work with? Contact Whitney at sexualviolenceinfo@uleth.ca to request a workshop listed or to request a special focus topic, such as consent, trauma, myths & facts, and re-thinking prevention.

Events

- **#IBelieveYou Campaign Launch**

The Launch of the University of Lethbridge's 2018 Campaign is **September 25th, from 12:00-1:30pm, in Andy's Place**. Join us to hear from community members and students about their commitment to believing individuals who have been affected by sexual violence and to receive #IBelieveYou campaign resources.

- **Sexual Violence Policy Forums**

Students, faculty and staff are welcome to attend these open community forums to hear about and discuss changes to the sexual violence policy. See online Calendar for dates, times, and locations of the sessions (**Oct 19th – Nov 5th**).

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- **Sexual & Gendered Violence Awareness Week**

Sexual & Gendered Violence Awareness Week, **October 22nd-26th**, is a collaboration between the Preventing Sexual Violence Education Team (PSVET), faculty members, staff, and various student groups. This year the week will include: a trauma workshop (***Making Sense of Relational Trauma: October 23rd, 12:15pm-1:15pm***); Sexual Violence Policy Forums (*see calendar for dates*), a panel discussion (***Engaging Men: October 25th, 12:00pm-2:00pm***), a film screening (***A Better Man: October 25th, 5-7pm***), and information tables across campus.

- **The 16 Days of Activism Against Gender-Based Violence: Pledge Launch**

The 16 Days of Activism Against Gender-Based Violence begin on the International Day of the Elimination of Violence Against Women on November 25 and end on International Human Rights Day on December 10. They also include the Transgender Day of Remembrance and the National Day of Remembrance and Action on Violence Against Women on December 6. PSVAC & PSVET will launch the 16 Days on **November 21st in Andy's Place** with a Bystander Training from **10am-12pm** and pledge distribution/signing from **12pm-4:30pm**.

Volunteer

- **Preventing Sexual Violence Education Team (PSVET)**

The PSVET is a group of student volunteers that assist with planning and implementation of peer education, awareness campaigns and more. Volunteer applications for 2018-19 are open until **September 14th, 2018**. Check the website for more information!

- **Preventing Sexual Violence Action Team (PSVAC)**

Established in 2012, the Preventing Sexual Violence Action Committee is composed of faculty, students, and staff from the Ulethbridge campus community. These individuals work to create an inclusive, respectful, and consent-honored campus that is free from all forms of sexual violence. Interested in contributing to the committee? Email sexualviolenceinfo@uleth.ca

For Individuals Affected By Sexual Violence

- **Trauma Sensitive Yoga**

This small yoga class is designed specifically for those who have experienced complex, or interpersonal trauma such as sexual or domestic violence or childhood abuse. Class sizes are small, certain postures are not used, and there are no physical adjustments offered. It is an all-levels class and is welcoming to those who have no yoga experience. You choose how and when to move your own body throughout the practice. **Tuesday's 7-8pm, October 2nd – April 2nd**. Ongoing registration: contact Whitney at sexualviolenceinfo@uleth.ca. The class instructor is Heather Rowland.

- **Re-Imagine Advisory Panel**

Re-Imagine is a student advisory panel to the prevention, education, and response efforts on campus. The committee is comprised of U of L students who self-identify as survivors of sexual violence or as individuals who have been affected by sexual violence. This is a student-only space where survivors/individuals affected by sexual violence can be heard about issues related to sexual violence on campus. To participate visit uleth.ca/sexual-violence/re-imagine-committee.

Visit ulethbridge.ca/sexual-violence for more information!

