

Welcome to Residence!

Welcome to Humber! This is a guide to get you started in residence - with information on staying safe in residence, and how to connect with and meet others in residence!

Wifi Instructions

Secure wireless access to the internet is available at no cost across campus and within the Residence. Look for the 'Eduroam' network and use your Humber email (username@humber.ca or @humbermail.ca and password to connect. Contact the IT Support Centre should you require connection assistance. IT can be reached at 416-675-6622 x.8888.

Social Media

Follow our Residence Instagram to receive upcoming programming and learn more about what's going on in residence!
@humberresidence and check out <https://humber.ca/residence/node/98> for info on big events!



Land Acknowledgement

Humber College is located within the traditional and treaty lands of the Mississaugas of the Credit. Known as Adoobiigok [A-doe-bee-goke], the “Place of the Black Alders” in Michi Saagiig [Mi-Chee Saw-Geeg] language, the region is uniquely situated along Humber River Watershed, which historically provided an integral connection for Anishinaabe [Ah-nish-nah-bay], Haudenosaunee [Hoeden-no-shownee], and Wendat [Wine-Dot] peoples between the Ontario Lakeshore and the Lake Simcoe/Georgian Bay regions. Now home to people of numerous nations, Adoobiigok continues to provide a vital source of interconnection for all.

Inventory Inspection and Move-In Information

An email was sent to you with Residence Move In information and instructions to submit your inventory inspection form online - please refer to this email for details and submit this form within 48 hours.

Your New Address

North Campus:

[Name & Room Number]
203 Humber College Blvd
Toronto, Ontario
M9W 6V3

Lakeshore Campus:

[Name & Room Number]
3199 Lakeshore Blvd W
Toronto, Ontario
M8V 1K8

Fire Safety Information

In the event of a fire alarm, immediately stop what you are doing and move to the nearest exit. Take some time to familiarize yourself with what your closest exit is, it may be different than the one you normally use. There are exits by the end of every hallway.

North Residents: meet in the parking lot across from the residence buildings **Lakeshore**

LR Residents: meet on the lawn in front of residence.

Lakeshore LAR Residents: meet in the parking lot outside of residence.

Do not linger on the road or sidewalks so you do not block traffic and the Fire Department.

Do NOT use elevators during a fire alarm. Please use the nearest stairs. If you are unable to evacuate without using the elevator, please email reslife@residence.humber.ca as soon as possible so a safety plan can be made with you

Personal Safety

In case of emergencies, students have 24/7 access to the Front Desk

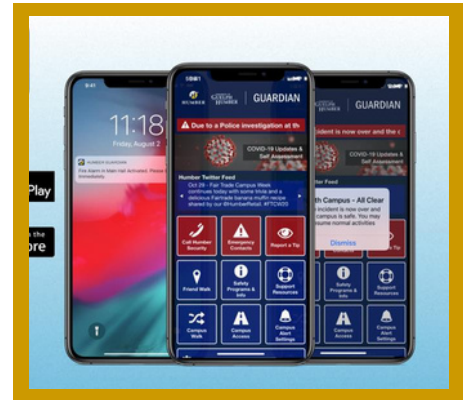
North: (416-675-6622 x.77201)

Lakeshore: (416-675-6622 x.73001)

And **Public Safety (416-675-6622 x.4000)** for emergency and non-residence related concerns

Humber Guardian App

- The way for the college to update students on any emergent situations happening on campus or in an area that might affect staff/students
- Features include emergency contacts, Campus Walk, Campus Compass, and support resources



Residence Safety and Behaviour

As a resident, you have a responsibility to contribute towards a safe, inclusive, positive, and welcoming living and learning environment (and the right to make a complaint when this is violated).

[For more information, please refer to our Residence Code of Conduct](#)

Smoking

Smoking anywhere on-campus and inside the residence building is not allowed due to the smoke-free campus policy and to promote fire safety indoors. This includes electronic cigarettes, smokeless cigarettes, cannabis, and vaporizers.

Underage restrictions are in effect. Using, being under the influence of, possession, trafficking, and/or the distribution of illegal drugs, controlled substances, non-prescription drugs and/or prescription drugs not prescribed to the person in possession of these drugs is prohibited.

Alcohol

We promote and encourage **responsible and sensible drinking**, and making smart choices. Alcohol may only be consumed in the unit. Cases where the host(s) is/are having a small social gathering, visibly intoxicated individuals are the responsibility of the host(s) until they are sober, and/or they have arranged for the individual's safe transport and care.

Noise

We are all expected to be aware of and respect quiet hours, courtest hours, and extended quiet hours communities.

Quiet hours:

- **Sunday - Thursday morning from 11:00pm - 9:00am**
- **Friday and Saturday at 1:00am - 9:00am**

Resident students and hosts must ensure they are maintaining a reasonable level of noise given the time of day.

In situations where gatherings are disruptive to members of the community, resident students may be asked to disperse

Sexual Violence Awareness/Consent Education

What is Consent?

Consent is defined at Humber as the active, ongoing, informed, voluntary agreement to engage in physical contact or sexual activity. Consent cannot be given by someone who is incapacitated (such as by drugs or alcohol), unconscious, asleep, or otherwise lacks the capacity to give consent. Consent can be revoked at any time and cannot be assumed nor implied.

Remember to always ask for consent when engaging in sexual activities with someone. Consent can sound like an enthusiastic "Yes" and it should be clear that they really want to. Silence or a lack of response does NOT mean they have given you consent.

Additionally, do not pressure others into sexual activities. This can include physical activities, text, or using explicit photos. If someone consents to sending you a photo, you must not post it anywhere for others to see or show it to someone else. That person consented for YOU to see their photo and did not consent to anyone else seeing it. To learn more, please look at the resources that the Consent and Peer Educators have provided.

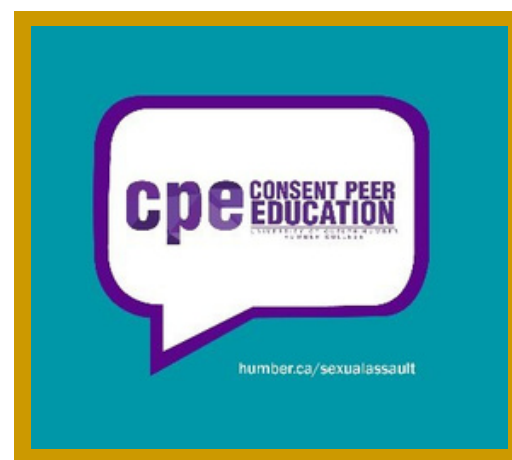
Residence Events

Our Residence Staff are here to provide ways for students to engage with each other in a meaningful and safe way.

Keep an eye out and check the Humber Residence Instagram for events as well as other contests, information, and programming!

Consent Peer Education Program

The Consent Peer Education Program (CPEP) aims to prevent sexual violence by fostering a culture of consent; Consent Peer Educators develop events, initiatives, and social media content to educate the Humber and Guelph-Humber community about consent and sexual violence, as well as facilitate workshops on bystander intervention. To learn more, visit humber.ca/student-life/sexual-assault or follow their social media (@cpepteam).



Campus Partners & Resources

Black Student Support & Engagement

BSSE seeks to provide students who identify as Black, African, Caribbean, or African-Canadian with community, resources, and support to help you fully maximize your Humber College experience.

Our program assists with the following areas: Academic Support, Leadership, Personal and Professional Development, and On and Off Campus Engagement. In the Fall and Winter semesters you'll find many drop-in programs, volunteer engagement opportunities, and resources. You can learn more by visiting the website and through speaking to the welcoming student peers and staff at The BSSE



[@BSSEhumber](https://twitter.com/BSSEhumber)

[humber.ca/BSSE](https://www.humber.ca/BSSE)

bsse@humber.ca



Indigenous Education & Engagement

Indigenous Education and Engagement works in partnership with regional Indigenous communities to ensure Indigenous students are supported and connected to their learning environment academically, culturally, and socially. For more information, visit IE&E's social media accounts.

[@humberindigenous](https://twitter.com/humberindigenous)

[humber.ca/Indigenous](https://www.humber.ca/Indigenous)

Campus Partners & Resources

LGBTQ+ Resource Centre

The LGBTQ+ Resource Centre works to promote safer, braver, positive spaces at Humber College and offers a dedicated space at both the North and Lakeshore campuses for folks to connect with one another, access resources, and build community.

In the Fall and Winter semesters, we offer many drop-in programs and services you can learn more about on our website. During programming and drop-in events, you can speak to staff and volunteers to learn about LGBTQ+ programs and services available on and off campus.



[@humberlgbtq](https://twitter.com/humberlgbtq)

[humber.ca/lgbtq](https://www.humber.ca/lgbtq)

lgbtq@humber.ca

Self-Care and Wellbeing

For a helpful worksheet, go to <http://www.bit.ly/acceptuncertaintyws>

Progressive relaxation video: <https://bit.ly/2WgFtuO>

Fostering Gratitude

What are you grateful for? Practicing gratitude can help decrease stress, improve your immune system, and improve your mental and physical health.

Gratitude exercises and activities: <http://www.bit.ly/334f3Rh>

Article on gratitude: <http://www.bit.ly/2P4bO4c>

Creating a Daily Routine

Putting together a daily plan of action while incorporating acts of self-care can improve mental and physical fitness. Apps like Headspace are a great tool for practicing deep breathing and improving mental skills, or try the worksheets below:

<https://bit.ly/39M6AE1>

<https://bit.ly/3f5wxiz>

Once again, Welcome and we are glad you are here!



Contact Information

North Front Desk: 416-675-6622 x.77201

Lakeshore Front Desk: 416-675-6622 x.73001

Residence Admin: resmail@residence.humber.ca

Residence Life Coordinator: reslife@residence.humber.ca

Public Safety: 416-675-6622 x.4000