

cpe CONSENT PEER EDUCATION

UNIVERSITY OF GUELPH-HUMBER
HUMBER COLLEGE

December 2018

Welcome to our newsletter! To end off the year, we'd like to thank everyone who participated in our events throughout the semester and wish everyone luck on their final exams! We're looking forward to what we have planned for the new year!

'16 Days of Activism Against Gender-Based Violence'

Our '16 Days' were a great success! Thank you to everyone who participated in our events during the two weeks and showed their support in the fight against sexual and gender-based violence. We had great discussions on social media and at our in-person events in regards to being pro-social bystanders and supporters of survivors.

Our mission statement:

The Consent Peer Education Program fosters an environment of prevention surrounding sexual violence. At Humber College and the University of Guelph-Humber we support survivors, educate students in being active bystanders, and contribute to the conversation on consent.



North CPEP team at Consent Cafe during the '16 Days of Activism.'

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We will be hiring in March 2019! Check out our website for position details:

humber.ca/student-life/sexual-assault/cpep

Self-Care: Tips for Exam Season

Throughout our '16 Days of Activism Against Gender-Based Violence' we held a day of self-care on North Campus. We thank everyone who came out to this event with such positive energy.

We'd like to share some self-care tips from this event, to help you destress during exam season.

5 Tips for Self-Care during exam season...

1) Take walking breaks

Studies show that exercise releases dopamine into your body, a chemical that makes you feel happy!

2) Get some SLEEP!!!!

Studies have shown that the less sleep you get can negatively impact your cognitive abilities, including memory.

3) Crank up the volume!

Music can decrease stress and is even considered therapeutic!

4) Social Media Cleanse

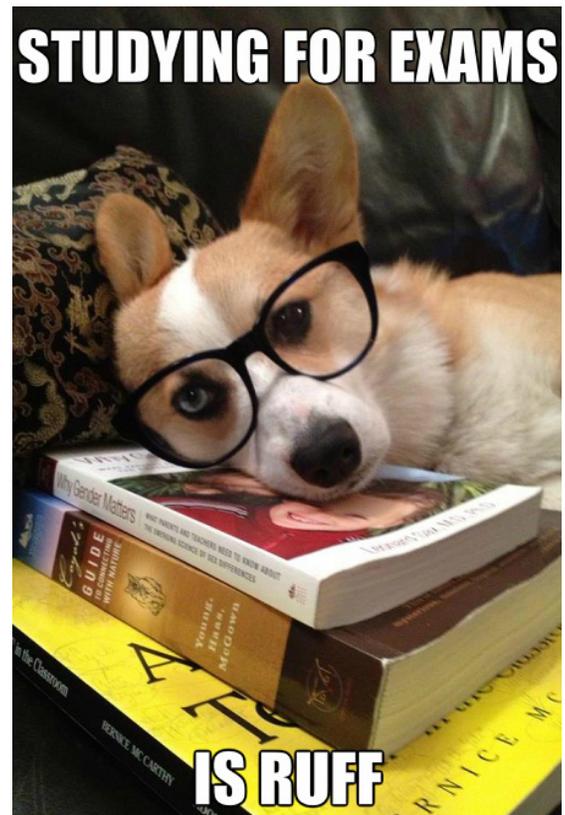
Studies prove that social media can actually become detrimental to our mental health, increasing feelings of loneliness and even envy!

5) Enjoy the sunshine!!

Sitting outside in the sunlight and enjoying green space can decrease levels of frustration and can even boost self-esteem.

“The difference between try and triumph is a little umph.”

- Marvin Phillips



Feature Article

Everything You Need to Know About Consent That You Never Learned in Sex Ed

By: Dr. Zhana Vrangalova
(NYC-based sex researcher, writer, and educator)

Teen Vogue

Over the past couple of years, we have started emphasizing the importance of sexual consent more than ever before in U.S. history. But what often gets left out of these discussions is how exactly you go about the business of obtaining and providing consent in real-life sexual situations. And especially, how to do it without the much-feared “ruining of the mood.”

There’s more than one way to approach consensual sex. The debate is still raging over where exactly the line of consensual sex versus sexual assault should be drawn: Some insist that the old “only no means no” approach is adequate, which is the idea that unless you explicitly say “no,” you are implicitly consenting to whatever is being done to your body. Others argue that we need a new standard of “only yes means yes,” which is the idea that unless you explicitly say “yes,” you are not giving consent. But regardless of where you think the legal lines should be drawn, we can all agree that we want both ourselves and our partners to be enthusiastic about any sexual encounter. That is to say that every sexual encounter is ideally met with enthusiastic consent, rather than a situation where someone feels obligated or pressured to say yes, despite not being totally excited about participating.

There is no single approach for negotiating enthusiastic consent that will work for every person in every situation, but here are some things you can do to ensure that both you and your partner will be happy and comfortable with the physical activity you engage in.

Obtaining Enthusiastic Consent

The person initiating the sexual encounter, or initiating the escalation of sexual intimacy in the sexual encounter has a lot of responsibility in making sure the other person feels safe, comfortable, and is truly enjoying themselves. Here’s what you need to know about obtaining enthusiastic consent.

Avoid partners who are vulnerable.

When people are intoxicated, sexually inexperienced, in a new situation, or acting recklessly or immature, their physical and/or mental capacity to make informed sexual decisions is impaired or limited. The more vulnerable they are — and the more vulnerable than you they are — the greater the risk they will feel coerced or regretful the next day. If they are particularly vulnerable (like heavily intoxicated, asleep, unconscious, or not of legal age), they

are not legally capable of providing consent, and sex with them is by default sexual assault, no matter how eager they seem.

Establish reciprocal interest before you start thinking about physical touch.

Part of this is the good old art of flirting and building erotic tension: Are they making eye contact, smiling at you, leaning in, chatting excitedly... Don’t just come up to someone out of nowhere and ask them if you can kiss them, or worse, touch them. The other part of this has to do with trying to ensure your partner’s intentions and expectations of the sexual encounter are in line with yours. If you just want a casual hookup, but they are hoping for a relationship, try to find out if they’d be OK with it.

Negotiate consent verbally.

Explicitly asking for permission is the most obvious way to escalate to physical touch, and the one most commonly discussed when enthusiastic consent is brought up: “May I kiss/touch/take your shirt off...” “Is it OK if I ____?” For safest results, it’s good to ask permission for any escalation in intimacy, so a permission to kiss someone is not an automatic permission to touch them below the belt. This is an effective method that is preferred by some people, but it is also the one many people feel is a potential mood-killer.

Luckily, there are other ways to verbally obtain consent. Instead of asking for permission, you can offer your partner something you’d like to do for them. “I would love to kiss you/give you a massage/take your shirt off... Would you like that?” Or, alternatively, you could invite them to do something to/for you: “I’d love a massage. Would you like to give me a back rub?”

Another way to do this is to tell your partner what you plan on doing for/with/to them before you actually do it, an approach known as safe-porting. That gives them a chance to process that info and decide whether they are on board with your ideas. For example, if you’re making out with your clothes on, you can say “I’m gonna slide my hand underneath your shirt...,” then wait for their reaction — verbal or nonverbal — before you decide whether you should actually do it or not.

Read the rest at: <https://www.teenvogue.com/story/consent-how-to?verso=true>