

cpe CONSENT PEER EDUCATION

UNIVERSITY OF GUELPH-HUMBER
HUMBER COLLEGE

November 2018

Welcome to our newsletter! This is our first year on campus as the Consent Peer Education Program, and we are excited for the many events we have planned for the future. Within our monthly newsletters we will share our upcoming events, feature articles, and more resources!

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.

**ASK FIRST...
YES MEANS YES
NO MEANS NO**



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Upcoming Events

16 Days of Activism

November 26th - December 7th

This month we will be participating in an international campaign called '16 Days of Activism Against Gender-Based Violence'. It challenges violence against women and girls. Throughout the two weeks, we will be hosting events every day, on campus and on social media.

We will be incorporating five themes into our events during the 16 Days of Activism.

These five themes include:

- Listen: Listening to the experiences of our peers and being open to learning from them.
- Believe: Believing survivors and those affected by sexual violence to show we support them.
- Speak Out: Speaking out against sexual violence.
- Intervene: Intervening in a safe manner to help stop gender-based violence.
- Act: Acting in a way to make a change that we want to see and working closely with organizations to put an end to sexual violence.

16 DAYS OF ACTIVISM
AGAINST GENDER-BASED VIOLENCE

#MYACTIONSMATTER














There are many prizes to be won if you participate. We will have prizes drawn by raffle: each online event you participate in will get you one raffle ticket, each in person event, you will receive two. Check out our events calendar below!

To read more about the '16 Days of Activism' check out www.swc-cfc.gc.ca/commemoration/vaw-vff/index-en.html

Raffle Prizes

- 1st:  headphones
2nd: \$50 gift card
3rd: \$30 gift card

Events Calendar November 26 - December 7, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>26</p> <p> We Don't Stand By Nov 26-Nov 28 Share your strategies for intervening in a situation of sexual violence.</p> | <p>27</p> <p> Self-Care North, LRC, 12:30-2:30pm We'll be handing out care packages to help you get through exam season!</p> <p> We Don't Stand By</p> | <p>28</p> <p> BRINGING IN THE BYSTANDER Open Session North, LRC2037, 2-4pm A 2-hour workshop that will teach you ways to be a pro-social bystander.</p> <p> We Don't Stand By</p> | <p>29</p> <p> Role Models and Healthy Relationships Send us a DM of someone in your life that is a role model for healthy relationships.</p> | <p>30</p> <p>Consent Cafe North, HIVES F309, 2:30-4:30pm Join a discussion about consent through games like bingo!</p> |
| <p>3</p> <p> Alcohol Awareness Event Lakeshore, Residence, 11-1:30pm Find us tabling at this event which will build awareness around responsible alcohol consumption.</p> | <p>4</p> <p> Ending Gender-Based Violence (GBV) Learn 5 ways in which you can help end gender-based violence.</p> | <p>5</p> <p> Self-Care Lakeshore, Welcome Centre Write and post positive messages for survivors of sexual violence.</p> | <p>6</p> <p> Ending GBV Learn what you can say and do to end GBV.</p> <p>Join us at the National Day of Remembrance and Action on Violence Against Women Conference North, Ignite Student Centre, 11:30-1pm</p> | <p>7</p> <p> What Would You Do? Join us on Twitter to share your thoughts about how to be active in your community to reduce GBV.</p> |

Feature Article

EIGHT STORIES OF MEN'S REGRET

By: Alicia P.Q. Wittmeyer (Staff Editor at the New York Times)

The New York Times

Late on the Friday afternoon of Sept. 21, the same week that Christine Blasey Ford went public with accusations of sexual assault against Brett Kavanaugh, The New York Times invited male readers to tell us about their high school experiences. Had you, we asked, ever behaved toward girls or women in ways you now regret?

By Monday morning, we had more than 750 responses.

Not all of them were from men recounting past experiences of committing or witnessing sexual assault. Some told us that they'd always conducted themselves respectfully: "We knew VERY well what was appropriate and not appropriate," one wrote. "Forcing women to do anything was not only illegal, it was grotesque." A number of men told of being too terrified of girls to have done anything of the sort. A number of women said they were frustrated to see that we were once again seeking to view the world from a male perspective.

But a remarkable number of stories poured in from men about past misbehavior. The stories covered a wide spectrum of sexual misconduct, some of it deeply disturbing: There were multiple submissions that discussed participating in gang rapes. In others, men looked back and thought differently on activities that might be considered the everyday realm of high school boys: "I would walk up to girls in my school and undo their bras. I thought it was funny but they thought it was horrible," one wrote. "I felt like I had a right to touch them or undo their bras as a joke and honestly thought it was O.K." Above all, the submissions were striking for their candor: They were, or at least seemed to be, submitted by men genuinely questioning why they had once conducted themselves in ways of which they now felt ashamed.

We had to leave out many compelling submissions, because The Times decided we would not publish these stories anonymously. And so, many of the same men who submitted searching accounts of who they once were declined to attach their names. "As much as I want to see this conversation move our country forward, I cannot lose my employment. I cannot lose my reputation," one said. Most of the people willing to be on the record were either of retirement age or close to it.

Below are the stories of men who chose to share. Some of them anguished over whether to do so. Those who chose to share often said they felt they could contribute something important.

"It required some agony to say yes, but I have tried to live as honestly as I am able to do," wrote Arthur J. Slavin. "We all need to help this discussion go forward."

WHAT'S YOUR NAME?
Max Maples

HOW OLD WERE YOU WHEN YOU HAD THIS EXPERIENCE?
16-17

WHAT YEAR DID YOU GRADUATE HIGH SCHOOL?
2005

WHEN I WAS 16 OR 17, I coerced my then-girlfriend to participate in sexual activities even though, looking back, it was clear she didn't want that in the moment. We had recently started being sexually active with each other and in the moment, I think I found myself excited, although the circumstances were very unsexy.

We'd driven out to the tennis courts to play tennis, which I think we did for about 20 minutes. It was the only time we ever played tennis together, and somehow we wound up back in the car and I pressured her for oral sex. I don't believe she voiced any explicit dissent, but I had to cajole to get what I wanted. I clearly remember saying something to the effect of "Please, could you do that one thing again." The whole thing seems very unsexy in my memory.

Of course, no man or teenager should behave that way, but I don't think that event stuck out in my mind until recently, when so many women went public with the trauma they had experienced. It hadn't occurred to me that she may have felt violated or pressured or afraid because of my lack of self-control. (I reached out to my high school girlfriend to make sure she was okay with me telling this story, and interestingly, she didn't even remember the incident in question. I'm glad it didn't leave a negative mark on her, but I do know girls who have felt assaulted in that same situation.)

I have certainly changed, although I believe there is still a general belief that men are allowed to act on sexual impulse because they feel it more strongly than women do. Men are still seen as the de facto driver in sexual situations. Our culture expects men to exert confidence in sexual encounters, and our culture does not promote communication and active dialogue as part of that image of confidence. (And I certainly don't feel "manly" reflecting back on that incident.) There are so many variables and scenarios when it comes to sexual encounters; I think we're all trying to navigate the precise rights and wrongs.

Read the rest at: <https://www.nytimes.com/interactive/2018/10/18/opinion/men-metoo-high-school.html?action=click&module=Opinion&pgtype=Homepage>

Meet the Consent Peer Educators

North

Amanveer

I am in my final year of the Bachelor of Nursing degree program at Humber College in collaboration with University of New Brunswick. In my third year of nursing, I was placed in the Bringing in the Bystander program for my community placement. This program made me realize how much sexual violence prevention meant to me and how strongly I valued the need to create more awareness about sexual violence on campus. As a result, I chose to apply for the Consent Peer Educator Program. I have been loving this job ever since I joined the team and they have taught me even more about sexual violence prevention. I am looking forward to the many exciting events we have planned for 2019!

Mackenzie

My name is Mackenzie and I am in my third-year of Media Studies at Guelph-Humber, specialized in Digital Communications. I like to fill my spare time with books, music and food. I joined CPEP because I wanted to take part in spreading such an important message. It has contributed greatly to my understanding of the world we live in. Consent and sexual violence is not talked about enough in schools so I'm proud to see that our campus has this program and also to be a part of it.

Ron

My name is Ron, and I am a first year Justice Studies student, aspiring to become a lawyer. As a first year student it was exciting to see that Humber and Guelph-Humber recognized the problem of sexual violence. Growing up in a family that stressed the importance of respecting others, I never really understood sexual violence, particularly how one can deliberately physically and mentally take advantage of someone else. Working with CPEP, I have realized that these perpetrators are affected by the overall environment we live in. I am motivated to work with the CPEP team, because there is a lot of work to be done that extends beyond the streets of Toronto. Together we all can end sexual violence by working towards a greater tomorrow!

Lakeshore

Breanne

My name is Breanne! I am currently enrolled in the Bachelor of Applied Arts – Paralegal Studies at Humber College Lakeshore campus. My passion for law and society has been a major influence for me to join the Consent Peer Education Program. I truly feel as though becoming more involved on campus has made me more self-aware as a person, and a more active bystander in the Humber community. CPEP allows me to speak to my peers on an institutional level about the importance of consent and boundaries in all aspects of our lives, creating positive interactions and results on campus. I also participate within Humber on an extra-curricular level as a member of the Mooting Team. These contributions have allowed me to understand current events and how to combat various types of violence within society.

Mags

My name is Mags and I am currently in my fourth year of the Bachelor of Commerce Fashion Management program. I have continuously been an active follower of the consent movement and am passionate about making Humber the safest campus in Canada. I love being able to translate the news surrounding consent into something that students can relate to. I have been fortunate enough to take my studies abroad and bring back a widened perspective on the scope and understanding of consent. I believe that keeping an open mind to the ever-changing world of consent is the key to teaching others about the topic. I'm always excited to show up to work and contribute to the growth of the program as the school year continues!

Ruth

Hello Humber students! My name is Ruth and I am a first year student in the Child and Youth Care Program at Lakeshore campus. As this is my first year I decided to work with CPEP because I wanted to have a better learning experience for my future career, working on major events with other student on campus and lastly, for my own personal growth. If you see me around campus just say hi!