



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating

Consent Is:

- Informed
- Freely-given
- Coherent
- Ongoing
- Sober
- Enthusiastic
- Clear
- Specific
- Essential
- Comfortable
- Active
- Reversible/Changeable
- Based on equal power
- Breaking away from gender "rules." Any partner might want to take it slow. And, it's not one partner's job to initiate the action all the time.



Consent Is NOT:

- Flirting
- Silence
- Dressing sexy
- The absence of "no"
- Being in a relationship
- Accepting a ride or a drink, etc.
- If you have to convince them
- Having had sex with the individual before
- Saying yes (or saying nothing) while under the influence of drugs or alcohol.
- Saying yes or giving in to something because you feel too pressured or too afraid to say no.
- Consent is not a free pass. Saying yes to one act doesn't mean you have to consent to other acts. Each requires its own consent.



SEXUAL VIOLENCE AWARENESS

This edition, which comes at the close of Sexual Violence Awareness Week at Usask, focuses on consent, sexual violence awareness, and supports that survivors of sexual violence and misconduct can access.

Trigger warning: Please be aware that this content could be triggering for some people.

CONSENT



- Freely Given
- Reversible
- Informed
- Enthusiastic
- Specific

Planned Parenthood®

WHAT IS CONSENT?

Consent is a voluntary, unimpaired, and conscious choice and agreement between adults to engage in sexual activity. Consent is **ONLY** present if it is **CLEAR, COHERENT, WILLING, & ONGOING.**

- *Clear: consent is communicated through words that are easily understood as signs of permission*

- *Coherent: consent cannot be given by people who are under the influence of alcohol, cannabis, or illegal substances. If a person cannot make a rational and reasonable decision, they are not able to give consent*

- *Willing: consent is never obtained through manipulation, physical violence or threat, or through an unbalanced power situation*

- *Ongoing: consent must be gained at each stage of sexual engagement through verbal communication*

BE AN UPSTANDER!

The bystander effect is a phenomenon in which the increased presence of witnesses or "bystanders" during a crisis decreases the likelihood that someone will intervene. This is because of the assumption by most individuals that someone else will respond, thus justifying their hesitance or refusal to take action.

An Upstander is someone who witnesses behaviour that could be or lead to something that is high risk or harmful and makes the choice to intervene to make things better. Every bystander faces the same choice: "Do I get involved? Or do I ignore the situation?". We want to promote a culture of community accountability at the University of Saskatchewan where our students choose to be Upstanders and not bystanders. We want you to realize that we are all responsible for each other in addition to ourselves as members of the UofS Pack.

If you are interested in learning more about how to be an Upstander, please consider taking "Bringing In the Bystander" training, which is offered at the UofS. This training is offered by Student Affairs & Outreach and more information can be found using this link: <https://students.usask.ca/health/centres/student-affairs-and-outreach.php>

**WHENEVER ONE
PERSON STANDS UP
& SAYS,
"WAIT A MINUTE,
THIS IS WRONG,
" IT HELPS OTHER PEOPLE
TO DO THE SAME.**

SSAIC
Saskatoon Sexual Assault
& Information Centre

Main Office

306-244-2294

24-Hour Crisis Line

306-244-2224

SUPPORTS AND RESOURCES

If someone has been sexually violent towards you, or taken part in any sexual harassment or misconduct (physical or verbal) against you, there are many supports and resources you can access. Before you take a look at this list, it is important you know that you are not alone, and that regardless of what happened, it was NOT your fault in any way.

- Saskatoon Sexual Assault and Information Centre (available 24/7) is staffed with highly trained and supportive people answering the phone. 306-244-2294
- Royal University Hospital (open 24/7) is an option if you require medical attention or would like a forensic kit
- Mobile Crisis (available 24/7) 306-933-6200
- Protective Services (ext 5555) and 911 (24/7) are an option for any emergency, if you are feeling unsafe, or if you would like to make a report about what happened
- Student Affairs and Outreach (business hours during weekdays) is a team that can provide support and assist you with things such as requesting academic accommodations needed as a result of your situation. 306-966-5757 or intake@usask.ca
- Coordinators, Student Life (contact info in Residence Handbook, or can contact via any RA or RA on Duty) will provide individual support, inform you of all of your options, and can respond 24/7 to crisis situations (contact an RA to reach)
- Counsellor in Residence - weekdays by appointment. Intake@usask.ca

Ready Reads

Know My Name

by Chanel Miller

Challenging the
Myths of Sexual
Assault

with Rachel
Lovell

<https://www.youtube.com/watch?v=1NGACQ07YPC>

Shameless Showtime

Unbelievable

On Netflix

3 out of every 4
sexual assaults go
unreported

Thoughtful Thinking

Fact of the week