



Sexual Violence Prevention and Response Annual Report

1 MAY 2018 – 30 APRIL 2019

Prepared by:

Coordinator, Sexual Violence Prevention and Response

Introduction:

The Sexual Violence Prevention and Response Coordinator (SVPR) provides education and prevention programming to the University; including information on sexual violence, healthy relationships, how to respond to disclosures, reducing violence on campus, rape culture, and consent. SVPR is also responsible for ensuring that individuals that have experienced violence are supported, empowered, and offered services in a trauma-informed and compassionate manner. This can include but not limited to 24 hr. emergency support for those that have recently experienced violence; assisting survivors in accessing supports and accommodations; safety planning; ensuring survivors are aware of resources, both on and off campus; and emotional support in their healing journey. SVPR is guided by the University of Regina Sexual Violence/Misconduct policy and procedures.

SVPR has three key objectives:

- Support and advocacy for survivors.
- Coordination of services and supports.
- Coordination and implementation of a Campus Prevention and Awareness Education Strategy.

Statistics:

- 1 in 3 women and 1 in 6 men will experience sexual violence in their lifetime. Male survivors will most often experience violence in childhood, whereas women most often between the ages of 18-24. High rates of sexual violence are experienced by Indigenous women, women with disabilities, visible minorities and individuals within the LGBTQ2SA community (Statistics Canada, 2004).
- Saskatchewan has highest rate of sexual assault among the provinces (Statistic Canada, 2016).
- 21% of female university students (higher still for female identifying) reported at least one unwanted sexual experience- over ½ said that it happened within the first year of studies (CFS fact sheet, 2015).
- Most sexual assaults happen within first 8 weeks of classes and 50% of cases on campus involve alcohol or other substances (CFS fact sheet, 2015).
- 80% of sexual assault are committed by someone known to the individual (Statistics Canada, 2013).
- There are long- lasting consequences of sexual violence include depression, lower self-esteem, trouble concentrating, anxiety, nightmares, difficulties with sleep. These responses significantly affect academic outcomes.

The overarching theme of the last year has been building awareness of the SVPR office services and programs available.

Highlights 2018-2019:

In 2018-2019, SVPR focused on fostering community (both on and off the campus), awareness programming, and community engagement. SVPR also provided emotional and practical supports for individuals that had experienced sexual or intimate partner violence.

Campus Conversations

The University community came together to voice concerns, unique perspectives, and ideas about policy and programming

A new Sexual Violence /Misconduct Policy

reflecting input from the University community was ratified.

New webpage

www.uregina.ca/sexual-violence

52 training opportunities offered by SVPR: 1,043 students and 209 staff/faculty participated.

40 students and 2 staff utilized SVPR services.

2 new investigations: One sexual assault and the other Intimate partner violence. Neither occurred on campus.

Western Canada Community of Practice: attended two symposiums focused on sexual violence prevention programs in post-secondary institutions.

Peer to Peer supports: Students facilitated Bringing in the Bystander training to other students.

It is important to acknowledge the efforts of the university community in a number of initiatives and their support throughout the year; it takes cooperation and teamwork to create a safe and violence free environment.

Definitions: as defined in the policy

Sexual Assault: The intentional sexual contact or touching of another person with any object or body part without consent, or by force. It can include unwanted kissing, fondling, oral, anal sex, intercourse, or other forms of penetration, or any other unwanted act of a sexual nature.

Sexual Harassment: Conduct, comment, gesture or contact of a sexual nature that is offensive, unsolicited, or unwelcome.

Sexual Violence/Misconduct: Any sexual act or act targeting a person's sexuality, gender identity or gender expression, whether the act is physical or psychological in nature that is committed, threatened or attempted against a person without the person's consent. It includes but is not limited to sexual assault; sexual stealing; sexual harassment; stalking; indecent or sexualized exposure; overt/covert public masturbation; voyeurism; and knowingly publishing, distributing, transmitting, selling, making available or advertising (collectively, "distribution") an intimate image of a person without their consent.

Activity Summary:

Prevention

This activity summary depicts the number of educational or preventative programs offered since June, 2019, as well as topic and number of individuals participating in the presentations. It does not indicate the amount of time spent gathering information or preparing materials for the presentations. It also does not include large groups presentations offered at the beginning of semesters to new student assemblies.

In 2018-2019, there were 52 training opportunities offered by SVPR, with 1,043 students and 209 staff and faculty participating. The groups offered were; understanding disclosures, healthy relationships, Bringing in the Bystander, sexual violence and consent, consent 101 and the SVPR office, and other. The "other" topics were class specific; sexual violence and the media, women

and violence, complex trauma and sexual violence. 467 students participated in healthy relationship sessions, whereas 310 learned about consent and supports offered on campus. Whereas most staff and faculty were interested in the services offered on campus and what to do if they receive a disclosure. The numbers were influenced by the office being new and unfamiliar to university community.

Activity summary:	2018-2019	2019-2020
# of training opportunities	52	
# of students participating	1,043	
# of staff/faculty participating	209	
total	1,252	

Topic:	# groups offered/students	# groups offered/staff
Understanding disclosures	2	5
Healthy relationships	21	0
Bringing in the Bystander	2	4
Sexual Violence and consent	4	0
Consent and office	8	3
Other	3	0

The training opportunities offered by SVPR focused on supporting both understanding and insights into sexual violence and intimate partner violence. Some of the topics included:

- What is sexual consent?
- Myths surrounding sexual assault.
- Media and its role in sexual violence.
- What is rape culture and how does it affect behaviours and societal understanding of violence.
- Intimate partner violence, the cycle of violence, and connections with sexual violence.
- How to create a safe and healthy university community, such as Bringing in the Bystander.
- What are the supports, both on and off campus, available to staff, students and faculty.
- The roles, responsibilities and supports offered by SVPR.
- What to do if you receive a disclosure.
- What is a trauma response to violence?

There was also a number of other opportunities that the office participated in, including YWCA's Power of Being You, Blame, National Day of Remembrance, consent coasters at the Owl, tabling throughout the year, and Empathy into Action.

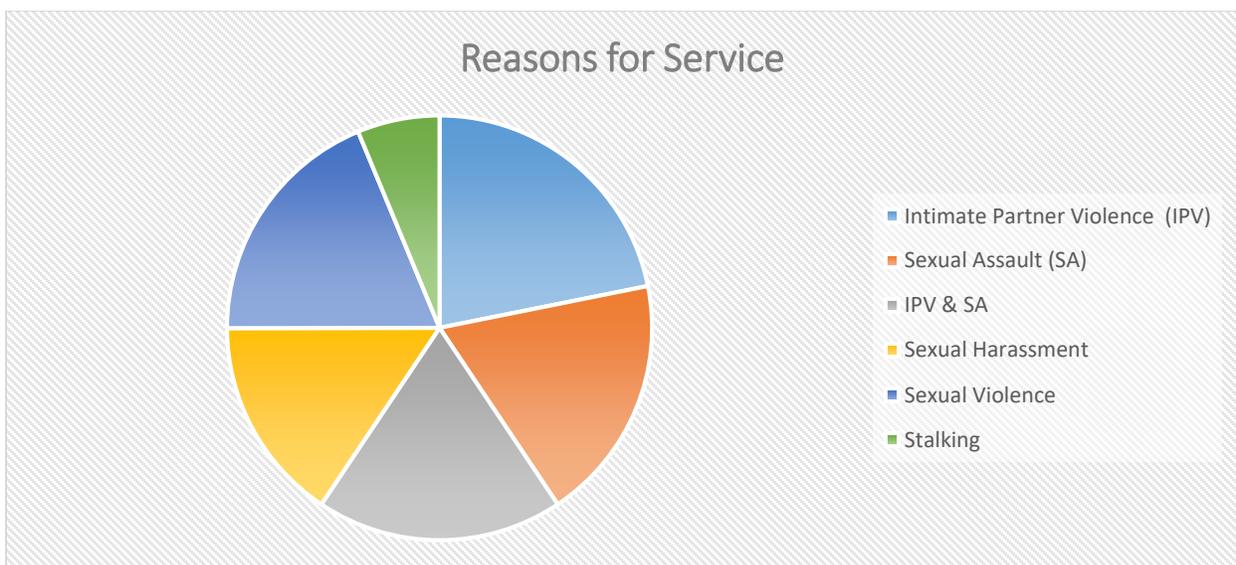
Response

Direct Interactions:

The activity summary table indicates the number of individuals that have directly utilized the services of the SVPR; 40 students and 2 staff contacted SVPR for direct services. There was an increase in individuals using the SVPR throughout the year; 3 students required help from June to end of August; 18 new individuals contacted office from Sept to the end of December; 12 different people utilized services from January to the end of March; and another 8 students in April. There is an expectation that the use of the office will increase as people become increasingly aware of its existence. It is also important to note that services varied, some individuals utilized only brief interventions to others asked for extensive supports.

The key intervention concerns were sexual assault (25%), intimate partner violence (20%), or both types of abuse (identified and disclosed) occurring in the relationship (14%). Other interventions included sexual violence (17%), sexual harassment (17%), stalking (7%), and secondary trauma (3%).

Intervention concern:	# of students	# of staff
Intimate partner violence (IPV)	8	0
Sexual assault (SA)	10	0
SA & IPV	6	0
Stalking	3	0
Sexual harassment	6	1
Sexual violence	7	0
Secondary trauma	0	1



Nature of Intervention

There were three options for individuals utilizing the office of SVPR; disclosure only, Informal Assessments, or Formal Investigations.

The intent of the SVPR office was to support victims-survivors in a trauma-formed and anti-oppressive manner, giving them voice and power to make their own decisions throughout their healing journey. Consequently, individuals had the choice as to whether to disclose or report sexual violence. See policy for exceptions.

Individuals that wanted to disclose without making report often wanted emotional support, information, understanding, and/or concrete supports.

49% victims-survivors utilizing SVPR wanted to disclose only.

50% disclosed past sexual abuse.

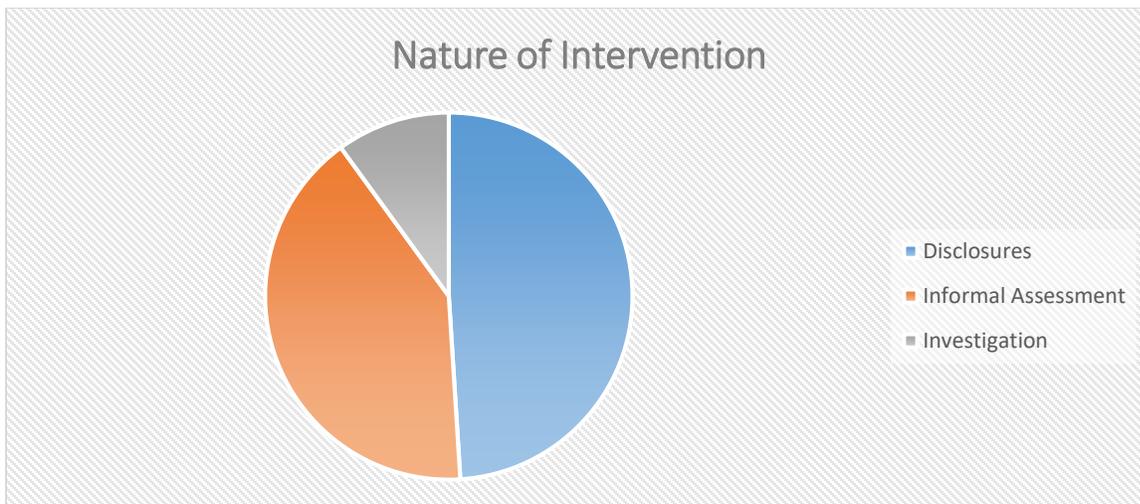
Informal Assessments occur when there was not enough information for a full investigation, the complainant chose the informal process, or they initially made a report and then chose not to continue with the formal investigative processes. Informal Assessments were completed by the Respect Coordinator, Non-Academic Conduct Coordinator and/or Security.

44% of those utilizing SVPR were involved in Informal Assessments.

72% of Informal Assessments were either sexual harassment or sexual violence complaints.

Formal Investigations involving students were completed in collaboration by Respect Coordinator and/or Non-Academic Conduct Coordinator and an Investigative Team with outcomes determined by the Associate Vice President of Student Affairs and the Adjudication Panel.

Formal Investigations completed at the University this year, 2 were opened in previous years and delayed until after legal proceedings were completed; 1 of those was a sexual assault and the other intimate partner violence, both occurring on-campus. The new investigations started this year include a sexual assault and an intimate partner violence situation, both occurring off-campus.



Informal/Formal Investigations completed; 3 were conducted by Respect Coordinator, 15 by the Non-Academic Conduct Coordinator, and 5 by Security.

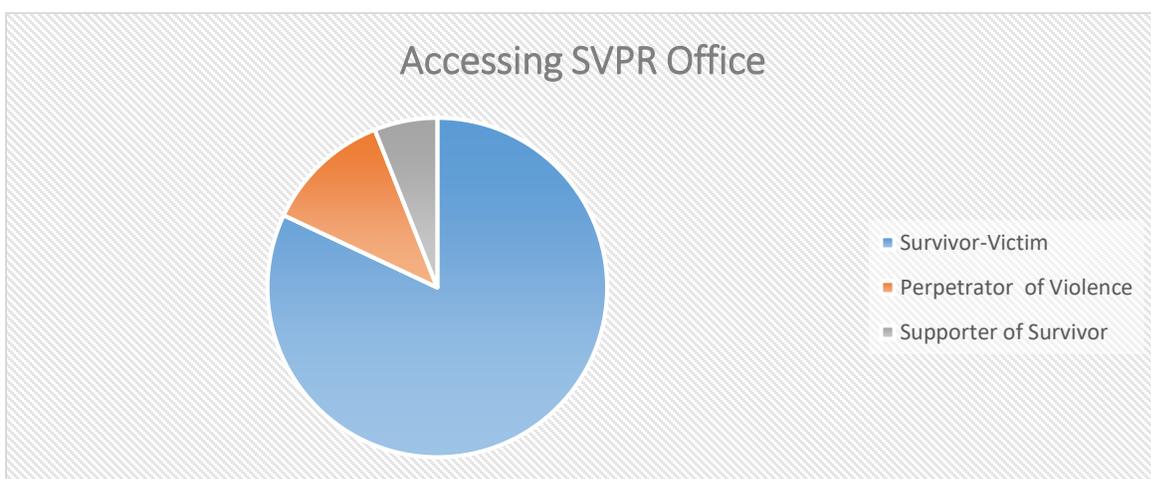
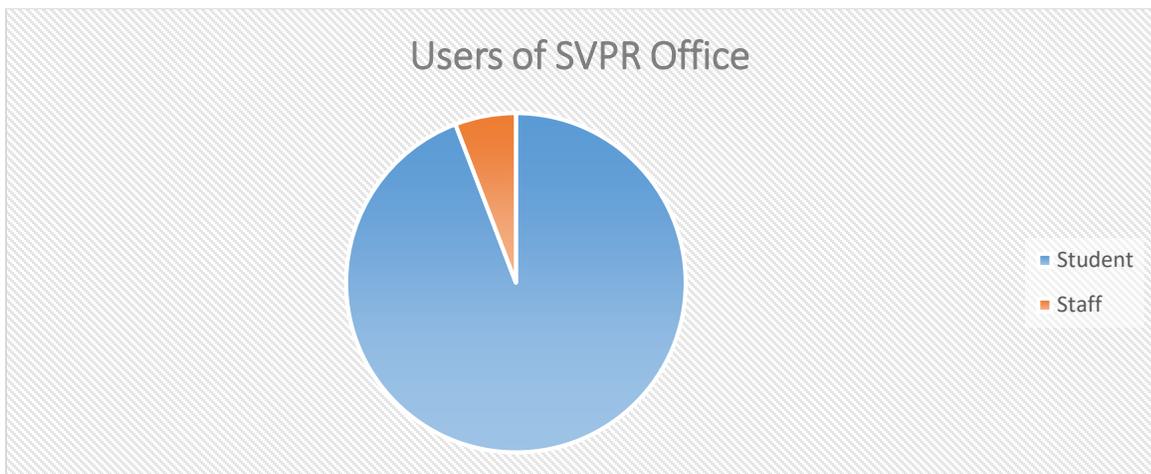


It is important to note that although violence may have occurred off- campus the results of violence appear on-campus such as abusers contacting survivor-victim on- campus, the need for academic accommodations, finding safe shelter, safety planning, Sexual Violence/Misconduct Conduct Office Assessments or Investigations etc.

The situations that are occurring most often on- campus are sexual harassment, sexual violence, and stalking (see definitions above).

The majority of individuals accessing services were students (94%) as opposed to staff (6%); most were survivors/victims of violence (82%), perpetrators (12%), or those that support for survivor (6%)

The activity summary does not reflect the complexities or time spent with direct interactions. In a number of cases, the individual needed considerable supports during their healing process. 47% of survivors-victims attended over 3 visits to the office and need multiple supports.

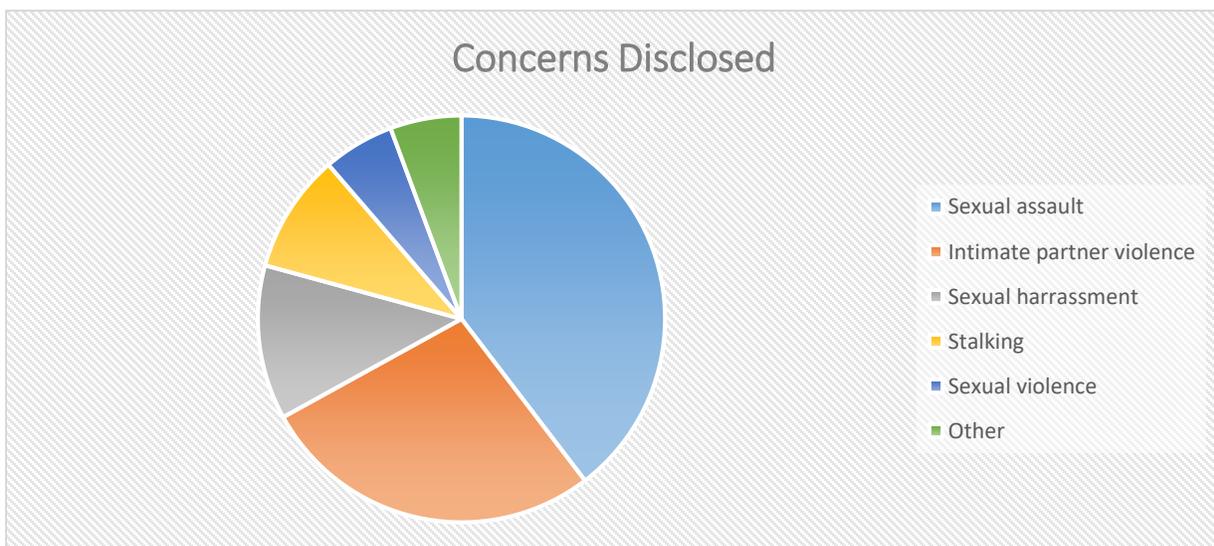


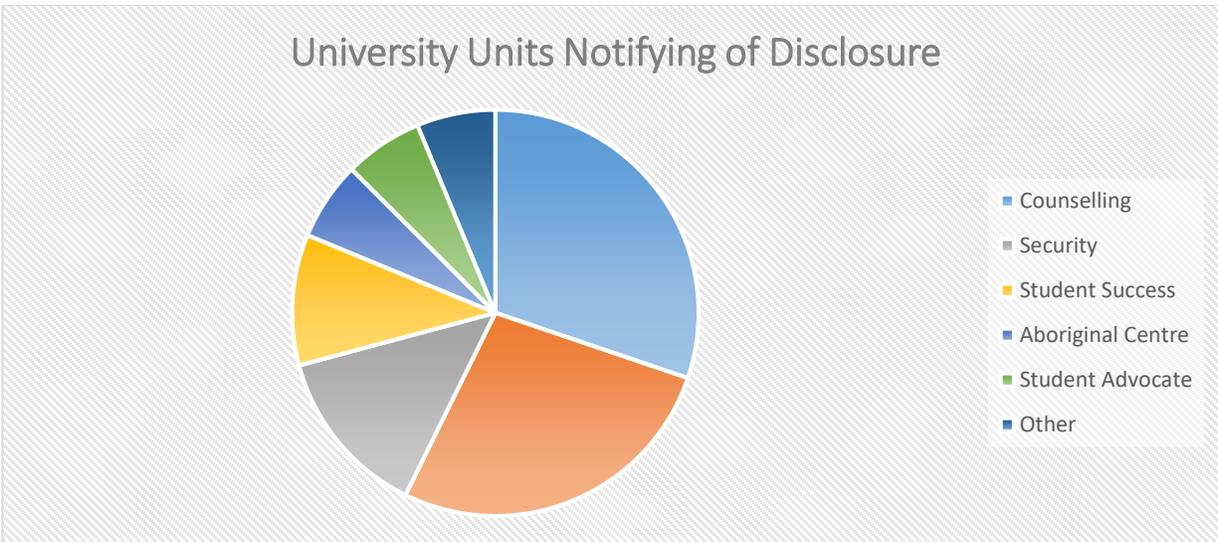
The types of supports and information given in 2018-2019 (including but not limited to):

- Emotional support.
- Information regarding on and off campus supports.
- Psychoeducational information- especially making sense of trauma and their experiences.
- Concrete aid; helping to complete police statements, taking students to police station, explaining legal papers, contacting shelters, finding basic hygiene products...
- Emotional support during university Non- Academic Conduct reporting and interviewing processes.
- Academic accommodations.
- Advocacy.
- Information regarding university and criminal processes and their reporting options.

Secondary disclosures

SVPR and the new Sexual Violence Policy encourages staff, faculty, and students to contact the office when they have received a disclosure. The purpose of this contact is threefold; support and advice can be given to the individual that has received the disclosure; assures that resources are offered to the victim-survivor; finally, it provides the University with a limited but important portrayal of sexual violence issues and concerns affecting the campus community. The activity summary table indicates the number of secondary disclosures received, the issue discussed, and what University units contacted SVPR. SVPR had 31 secondary disclosures; 42% were sexual assault (either past or present), 29% were intimate partner violence, 13% sexual harassment, 10% stalking, and 6% sexual violence. The 31 secondary disclosures came from; 29% Counselling Services, 26% Student Conduct Office, 13% Security, 10% Student Success Centre, 6% Aboriginal Student Services, 6% Student Advocate Office, and 6% other.





The types of supports and information given in 2018-2019 (including but not limited to):

- Emotional support.
- Information regarding on and off campus supports.
- Information regarding university and criminal processes including their reporting options.
- Information regarding sexual assault and intimate partner violence, connections to shelters, legal information, technology safety/ spyware etc.
- Advice on how to respond to a disclosure.

Trends

- The #MeToo movement has increased awareness of sexual violence and harassment. Women from across the world have shared their own stories of assault and harassment on social media creating a more open environment for the sharing of experiences.
- Reported sexual assaults are on the rise in Saskatchewan according to Statistics Canada. In 2013, 146 individuals filed police reports in Regina and in 2017 there were 185. That is an increase of more than 26%. This could be an indication of an increased ability to recognize and voice sexual violence and harassment.
- Canadian universities are continuing to develop initiatives and programs which address sexual assault on campus. The statistics from Canadian universities illustrate the complexity of sexual assault at universities. 21% of women attending post-secondary institutions report that they have experienced sexual violence. 30% of student know someone affected by sexual assault and it influences their understanding of safety of campus. Students are most at risk in 1st year, especially within the first 8 weeks of academic year. 80% of university sexual assaults are committed by someone the individual knows, ½ are on dates and alcohol is often involved. Only 2% of “date rape” sexual assaults are reported to police. Due to the complexities of sexual assault and

violence, universities are attempting create policies and procedures that reflect the needs of the campus.

- In a study completed examining the experiences of students in Quebec in 2017, 8.5% of women in university have been sexually assaulted, 36% have experienced intimate partner violence, and 19% experience both in a relationship. Therefore, universities may also choose to explore the co-occurrence of violence and how effects the campus.
- Indigenous women are 3 times more likely to be victims of violence than non-Indigenous women; 83% of women with disabilities will experience some form of violence in their lifetime; and individuals within the LGBTQ2SA community are 3 times more likely to experience sexual violence. Canadian universities are continuing to explore social location and how it affects safety on campus.

Issues

The focus of SVPR has been in building the foundation for future growth and initiating the establishment of a safe University environment for staff, students, and faculty. There were a number of issues that arose as a result of SVPR being a new position and the larger societal views on sexual violence.

- SVPR office launched a rudimentary communications strategy that included a new webpage, with a focus on offering information, resources, and supports. It also developed posters, brochures and bookmarks that focused on supports and general information regarding sexual consent and groups offered. Unfortunately, the office and its supports are still unknown to many students, staff, and faculty. Therefore, a more robust communication strategy will need to be developed as a means of connecting with the diverse and complex university community.
- Many survivors-victims remain silent about their experiences due to the complexity of sexual violence and societal views. Those that do speak up often first disclose their experiences to a trusted friend, staff, or faculty. If their supports react in a positive and affirming manner a survivor- victim may seek further supports. Therefore it is important to build capacity within staff, faculty and students on the complexities of sexual violence and what to do if you receive a disclosure. They should be encouraged to participate in prevention programs that challenge rape culture and myths, explains trauma response, disclosure training, and how to create a safe community.
- Many survivors-victims hesitate to seek help from formal supports or services and even fewer want to report the incident and/or go through official processes. The under reporting of incidents means violent occurrences remain hidden and individuals struggle without supports. Therefore, SVPR will continue to focus on creating a comfortable and safe environment for those that wish to utilize support services. SVPR will also concentrate on making the formal processes, like reporting, as clear and trauma-informed as possible.
- There is a co-occurrence between intimate partner violence and sexual violence, especially sexual assault and stalking. Therefore, SVPR and the University community

will want to both recognize and support individuals that are experiencing the complex trauma connected with domestic violence because often sexual violence is also present, as demonstrated by activity summary.

- How and what data should be gathered is also an issue for SVPR. It is important to balance the requirement for information with the need for confidentiality and empowerment for survivors-victims. Therefore, it is a priority to create a process that will be respectful to individuals while gathering accurate and necessary data.
- It is important to support all individuals that experience violence while recognizing social location. It is the interconnected nature of multiple forms of discrimination, such as gender race, class, that creates overlapping and often additional systems of disadvantage and violence. It is important to recognize and speak to the intersectionality of violence experienced and a need to create safe healing environments for all students.

Future

The first year of the SVPR position has been focused on the initial development of the office. The next few years will entail deepening the program and altering it to fit the needs of the University. There are a number of areas where future growth can occur;

- Individuals that have experienced trauma often benefit from group work during their healing process. It is helpful to build capacity, explore resources, and breakdown normal tendencies to isolate after violence. SVPR has already established a monthly group for survivors of violence, with a focus on encouraging self-care, self-esteem, and building relationships. Therefore maintaining and building on groups offered is important.
- SVPR will be included in a new data collection system, Resolve. It will be important to find ways to utilize the system to better cope with case management and data collection. The focus next year will be in creating a system that will both protect confidentiality and give meaningful understanding of the campus environment and sexual violence.
- Continuing to develop a robust educational strategy that will support safety and understanding regarding sexual violence, creating a community of caring.
 - Faculty and staff who are interested in being a **Sexual Assault Staff Supporters** will be offered the opportunity to participate in a two day training session. The intention of this training is to support staff whose roles or interests denote a more comprehensive awareness sexual violence.
 - Expand peer to peer support training and volunteer opportunities. At present, there are a number of students that have been trained to facilitate Bringing in the Bystander Training. Increasing student participation in prevention and educational opportunities is important to the overall educational strategy and considered best practice. Therefore the SVPR intends to offer a robust training program and opportunities for student volunteers.
 - Custom workshops or training sessions on a number of topics including consent, what to do if you receive a disclosure, policy changes... Sessions can

be created to meet the needs of participants. They should also be easy to access.

- Encourage Faculty to include a definition of consent, found in new policy, on their syllabi.
- Deepen the communication strategy as a means of engaging in and with the campus community.
- SVPR met with a University of Saskatchewan counterpart as a means of building relationships with other institutions. From this meeting, the idea of a building a community of practice within the province was developed. The next step will be to connect with other post-secondary institutions to determine interest.
- Sexual Assault Services of Saskatchewan (SASS) will release the Sexual Violence Action Plan which includes suggested strategies for effective prevention and intervention. SVPR will work to utilize the report and their recommendations as a means of maintaining a consistent and unified reaction to the Action Plan developed by the provincial association.
- Western Canadian – Sexualized Violence Prevention and Response (SVPR) – Community of Practice was created to support professionals working in the field of Sexual Violence Prevention by offering opportunities to meet and discuss best practice, future projects, and concerns. It is important to continue to work with others within Western Canada and nationally in order to ensure best practice in a constantly changing field of practice.
- The campus community has been generous in its acceptance of office, with a number of meaningful partnerships already established, such as UR International, Aboriginal Success Centre etc. The intention of the next year will be to extend and expand relationships within the campus community.

Year in Summary

The first year of the Sexual Violence Prevention and Response Office focused on providing education and prevention programming for staff, students and faculty. It also ensured that individuals that have experienced violence were supported, empowered, and believed. Finally, the SVPR connected with community stakeholders, within the University, the city, the province, and Western Canada. Moving forward, SVPR will build more opportunities to communicate with the campus community and deepen the prevention programming. Furthermore, it will continue to offer trauma-informed supports to those that have experienced sexual violence. The intention of the office is to create a campus community that is aware of sexual violence, is committed to its prevention, and will support those that have experienced it.