

Gender-based and Sexual Violence Prevention Education

FOUNDATIONAL TRAINING

Mustangs for Consent

For undergraduate students only

- Consent 101
- Undressing Consent

NEXT LEVEL TRAINING

Respondents

Athletes

Sophs

Student Leaders

Professional School Students

Experiential Learners

International Placements

Campus-Wide

Culture-setting Programming

Beyond the Locker Room (e-Learning)

Lead for Good

Makin' It Right

Levellin' Up

Male-identified captains

Let's Dig In: Team Chats

Disclosures

Boundaries in Professional Settings (e-Learning)

Foundations of Consent (e-Learning)

Bringing our Values to Work

Bringing Values Elsewhere

Sexual Wellness Fair

World Mental Health Day Fair

FOUNDATIONAL TRAINING

Mustangs for Consent

Consent 101

GBSV

- » Define gender-based and sexual violence and explain how it operates in society.

Sex, Consent & Pleasure

- » Discuss definitions of consent, sexual coercion, desire, and pleasure.

Support & Disclosures at Western

- » Describe procedures for handling disclosures, the impact of gender-based and sexual violence on campus and provide compassionate care.

Being a Supportive Bystander

- » Recognize how to proactively and safely respond to incidences of gender-based and sexual violence.

Undressing Consent

GBSV and Consent Foundations

- » Recognize verbal and nonverbal communication methods for navigating consent.
- » Acknowledge the importance of the impact of one's actions rather than the intention.
- » Awareness of the role of substances in increasing risk.

Campus Policies and Supports

- » Learn what GBSV campus and community supports are available.
- » Learn about the GBSV Notification of Disclosure policy, reporting GBSV on campus and the role of the code in fostering campus safety.

Sexual Scripts, Rejection and Desire

- » Reflect on the influence of mainstream sexual scripts for one's understanding of sex, sexuality, consent, and violence.
- » Men: Analyze rejection and identify the importance of safely coping with inevitable rejection.
- » Women/ Non-Binary: Evaluate personal desire and identify the protective nature of individual reflections on desire.

Supporting Safer Professional Practice

Using Power for Good

- » Identify your use of power over/under with others and how to be accountable to that positional power.
- » Recognize the power you hold in relationships with students/clients and how this power can impact campus/professional culture.

Setting Boundaries

- » Interpret how to set and maintain boundaries with students, clients and staff you may have power over/under.
- » Demonstrate effective boundary-setting strategies in custom scenarios related to your unique roles.

Understanding Trauma & Triggers

- » Compare activating vs. triggering, and apply practices and tools to support safer professional engagement.
- » Discuss how to integrate trauma-informed approaches into your work as a graduate student.

De-Escalating

- » Develop practical skills to navigate difficult interactions with students/clients.
- » Practice effective de-escalation strategies related to professional role.

Foundations of Consent

- » Define gender-based and sexual violence, consent and identify the prevalence at a national, postsecondary, and institutional level.
- » Define four aspects of accountability and identify opportunities for you to hold yourself accountable in your current and future professional relationships.
- » Identify different support services at Western and in community.

NEXT LEVEL TRAINING

Makin' It Right: One-on-One Respondent Programming

AVAILABLE FOR ALL GENDERS

A one-on-one educational program to engage respondents in taking accountability over the impact of their actions. Referrals are made to the Manager of Wellness & Equity Education.

- » Over the course of two 1-hour sessions, the respondent will share about the actions that lead to their sanction and their learning goals.
- » Topics of conversation are dependent on the actions of the respondent and could include discussions on entitlement, intent versus impact, ethical leadership, conflict resolution, accountability, responding to boundaries, and more.

Levellin' Up

MALE-IDENTIFIED RESPONDENTS & MALE VARSITY ATHLETES

Four two-hour in person small groups sessions focused on self-reflection, peer dialogue and unlearning.

A Call-In to Masculinity

- » Understand individual and societal conceptions of masculinity and the impact this has on personal relationships.

Building Empathy

- » Foster greater empathy for others by de-centering the self and reflecting on the experiences of other people they have impacted.
- » Recognize possible dissonance between their intentions and the impacts of their actions.

Managing Accountability

- » Explore and practice what makes for a good apology.
- » Understand accountability in relation to those who have experienced harm, the community and themselves.

Rejection Resiliency

- » Gain greater rejection resilience by identifying coping strategies.
- » Normalize and validate the experience of rejection.

Beyond the Locker Room: Gaining the Skills to Create a Safer Campus

E-LEARNING FOR VARSITY ATHLETES

An e-learning module series geared specifically to varsity athletes that builds on their skills each year they play.

Year 1: Using Your Power

- » Identify different forms of power and how to use the power you have to help create a safer campus for fellow athletes.
- » Practice effective strategies for intervening in situations in the locker room and across campus.
- » Define tangible strategies for healthy management of stress, anger, and rejection, all of which can dramatically impact the health of your relationships.
- » Acknowledge the impact of body awareness on the health of your relationship with yourself and others.

Year 2: Your Relationship Playbook

- » Define characteristics of healthy and unhealthy relationships
- » Identify strategies for supporting a teammate experiencing an unhealthy relationship
- » Identify strategies for navigating conflict and coercion within relationships
- » Explore reasonings for continuing or ending a relationship in a healthy manner

Year 3: Communicating Through Conflict

- » Identify common communication challenges teams experience and their causes.
- » Practice tangible communication strategies to use with teammates/other relationships especially in moments of tension/stress or when it feels hard/socially risky/uncomfortable.
- » Identify the intersection between patterns of communication breakdowns and the normalization of GBSV.

Let's Dig In Team Chats

An in-person opportunity for teams to either address a specific need within their group (such as team harassment or disclosures of harm) or to build up their skills related to setting positive team norms. These facilitated conversations allow for open dialogue amongst the team and an opportunity to unearth unspoken beliefs that can negatively impact team cohesion, individual performance, and interpersonal dynamics.

- » Unique and customized discussions based on the needs of the teams and/or what is occurring in the broader culture.
- » As leaders in their sport and on our campus, athletes have an opportunity to challenge beliefs and behaviours that normalize and reinforce harmful myths about GBSV.

Lead for Good

STUDENT LEADER TRAINING

Gaining the skills to create a safer campus as student leaders.

- » Understand different sources of power and how they use their power to create safer spaces as student leaders.
- » Reflect on their use of power over/under with others and how to be accountable to that positional power.
- » Understand how to set and maintain boundaries, knowing where their limits of support are and when to hand off.
- » Learn how to identify diverse situations that may benefit from or require intervention.
- » Reflect on what power sources they bring to each intervention moment, becoming aware of what typically impedes intervention and how to be accountable for their role as leaders in acting.
- » Practice effective intervention strategies in custom scenarios related to their unique role on campus.
- » Acknowledge the power they hold in relationships with students, and how this power can impact campus culture.

Disclosure Training

This training will equip participants with the practical skills to empathetically and confidently respond to disclosures.

- » Increase understanding of the neurobiology of trauma and its impacts on behaviour and memory.
- » Learn why survivors may choose to disclose whether it is to seek support or for validation and connection.
- » Feel equipped to respond confidently and empathetically to disclosures.

Trauma & Violence Informed Care

When working with and providing support to violence survivors, there is the risk of causing further harm if folks lack the understanding of the complex and lasting impacts of trauma. This training will prepare participants to offer care and support to survivors with empathy to ensure no further harm is caused.

- » Increase understanding of the neurobiology of trauma and its impacts on behaviour.
- » Develop practical skills to navigate difficult interactions with clients and to understand why certain behaviour(s) might be present.
- » Learn how to respond empathetically and confidently to disclosures.
- » Increase understanding of how to integrate trauma-informed approaches to service provisioning.

Bringing Our Values to Work

This training is designed to offer students a space to critically think about their own privilege, the impacts this may have on power dynamics in the workplace and will provide students with the practical tools to know when and how to set boundaries in a professional setting.

- » Increase understanding of own privilege and power dynamics that may be present in professional spaces.
- » Develop practical skills to set and maintain professional boundaries with folks you may have power over or under.
- » Learn how to respond to workplace violence or discomfort with appropriate micro-interventions.

Bringing Our Values Elsewhere

INTERNATIONAL PRE-DEPARTURE TRAINING

This training is designed to offer students a space to critically think about their own privilege, the impacts this may have on power dynamics while travelling abroad and will provide students with the practical tools to know how to navigate cultural tension moments.

- » Increase understanding of own privilege and power dynamics that may be present while completing internships, co-ops or placements abroad.
- » Develop practical skills to navigate cultural tension moments while balancing our personal values and safety.
- » Feel equipped to respond confidently when personal values are challenged.

Boundaries in Professional Settings

An e-learning module for student leaders to identify how to recognize and set boundaries in their roles on campus.

- » Identify different types of boundaries student leaders need to navigate related to their roles on campus.
- » Employ strategies to recognize, set, and hold boundaries.