SAFE(R) PARTY PLAN
The role of alcohol, drug use and other aspects of campus party culture have been highlighted as contributing factors in high rates of campus sexual violence.

To date, it is estimated that at least half of all sexual assaults that occur on campus involve alcohol. As part of the SVSPO’s commitment to preventative education, we recognize that safe(r) partying and harm reduction education and resources are an integrated part of the Office’s education portfolio. The creation of a Safe(r) Party Plan (the Plan) and supporting resources is intended to encourage harm reduction practices and an increased awareness of effective bystander intervention strategies within a party setting. The Safe(r) Party plan is intended to be adopted by SFU university community groups and other relevant university partners who are planning events, to assist in creating safe(r) and respectful party environments. We recognize that our work builds on a long history of research and activism by those in our communities.
DEFINITIONS

**SEXUAL VIOLENCE & MISCONDUCT**

A sexual act or an act targeting a person's sexuality, gender identity, or gender expression that is committed, threatened, or attempted against a person without the person's consent.

Examples include: sexual assault, sexual exploitation, sexual harassment, stalking, indecent exposure, voyeurism, distribution of sexually explicit photographs or videos of a person without their consent.

**SEXUAL ASSAULT**

Any form of unwanted sexual contact, such as kissing, touching or sexual intercourse. Sexual assault includes the threat of sexual contact. Sexual assault is a crime in Canada.

Sexual assault is not always about desire, but often about power and control.

**SEXUAL HARASSMENT**

Any unwanted conduct of a sexual nature that detrimentally affects the individual’s environment whether in verbal, written, or visual form. Sexual harassment includes unwanted physical or verbal attention, demands, a pattern of jokes or insults that affect your job, work, school environment or your chances to obtain a service. Sexual harassment falls under Human Rights Law. Examples include:

- Physically blocking a person's movements
- 'Accidentally on purpose' brushing up against a person
- Staring or looking their body up and down
- Following them around or paying excessive attention
- Making insulting comments about someone's gender identity or sexual orientation or asking about someone's sexual orientation
- Telling lewd jokes or sharing stories about sexual experiences
- Sending unwanted suggestive or lewd emails, letters or other communications or sharing images of a sexual nature around the workplace or displaying posters, items or screensavers of a sexual nature
- Inappropriate and suggestive touching
- Repeatedly asking for dates despite being rebuffed or asking for sexual favours
- Making sexually offensive gestures, remarks or facial expressions

**RAPE CULTURE**

An environment whose prominent social attitudes normalize or trivialize sexual violence. In a rape culture, people are surrounded with images, language, laws, and other everyday actions that validate and perpetuate sexual assault.

**CONSENT CULTURE**

A culture in which the prevailing narrative of sex is centered on mutual consent. It is a culture that does not force anyone into anything, respects bodily autonomy, and is based on the belief that a person is always the best judge of their own wants and needs. Consent to any activity is ongoing, freely given, informed and enthusiastic.
ACTIVE BYSTANDER INTERVENTION

What does it mean to be an active bystander? Whether you’re the organizer, the host, or an attendee, knowing how you can be an active bystander when faced with violence can make a world of difference. An active bystander is someone who:

- Works to build a community that does not allow sexual violence.
- Looks out for others and supports those impacted by harmful comments, jokes, and behaviour.
- Intervenes in an appropriate way.
- Considers their own safety and the safety of others.

There are many ways that you can be an active bystander and safety is an important part of bystander intervention. You don’t want to intervene at the expense of your safety or anyone’s safety. This is not a superhero approach. It’s also important to know that the right response for you may not be the right response for someone else. Safety—your own and others—is paramount, and a variety of factors including gender identity, race, ethnicity, ability etc. may all contribute to your decision in choosing the response that is safest for you.

STEPS TO INTERVENTION

1. NOTICE

Active bystanders must first notice that something is taking place.

2. INTERPRET

Interpret the situation as harmful/an emergency – decide if you have a responsibility to act.

3. ASSUME RESPONSIBILITY

Decide how you will intervene and if you need others to get involved.

4. HAVE THE SKILLS TO INTERVENE

Learn the skills and strategies to intervene. Brainstorm situations before they happen and practice.

5. INTERVENE (CONSENSUALLY!)

When possible, ask for consent before you intervene.
WHAT YOU CAN DO – 4 D’S

- **(BE) DIRECT**
  Approach the situation directly.

- **DELEGATE**
  Find another person to intervene on your behalf.

- **DISTRACT**
  Do anything to break the flow of potential violence.

- **DELAY**
  Check in with the individual(s) impacted after the incident; they may need help. If you know the person who caused the harm, check in with them. Maybe they need support.

If you’re hosting an event and would like training for your volunteers or staff, request a workshop.
PARTY THROWERS

Things to consider before the event

- Familiarize yourself with campus policies and local laws.
  - SFU Policy Gazette: http://www.sfu.ca/policies/gazette.html
  - BC Special Event Permit: https://specialevents.bcldb.com/

- Consider whether your proposed venue is equipped to respond when someone experiences sexual violence.
  - Are the staff trained to respond and intervene in instances of sexual violence?
  - For off-campus venues, consult Good Night Out Vancouver for a list of certified venues: https://www.goodnightoutvancouver.com/partners/

- Create a safety plan that takes into account emergency situations such as alcohol poisoning, drug overdose, sexual violence, and fighting. Consider how students will be arriving and leaving the event and what safety concerns may arise.

- Consider how you can incorporate consent culture into the event. You may wish to partner with the SVSPO Education staff to learn more.

- See about how you can incorporate safer alcohol consumption and culture into the event. You may want to partner with the Health Peer Education team.

- Ensure that there are first aid providers (with Naloxone training) at the event and that staff and volunteers have appropriate training in recognizing alcohol poisoning and drug overdoses, as well as in active bystander intervention.

- Plan to serve alternatives to alcohol and have lots of water for attendees. Have food/snacks available for free or discounted, such as a happy hour or event menu.

- Avoid drinking games as this can led to pressure to drink large amounts quickly. Avoid open-source alcohol (i.e. punch bowls or “jungle juice”) as they can be spiked without anyone noticing.

- Designate several sober organizers who will be able to assist staff and volunteers in responding to situations as they occur.

During the event

- Follow your emergency plans.

- Have contact information for campus/venue security visible in the venue.

- Provide safer sex supplies and resources to guests.

- Ensure that people have access to safe ways home.
  - For on campus events: ensure that students have contact information for Safewalk and that taxi numbers or designated drivers are available for students who live off campus.
  - For off campus events: have taxi numbers or designated drivers available.

After the event

- Debrief with organizers and attendees to see what went well and what could be improved.

- Ensure that attendees are made aware of supports and resources available to them, like the SVSPO.
PARTY-GOERS

Party safe(r) with these helpful steps:

- **MAKE A PLAN FOR THE NIGHT**
  - Know who you’re going with, how you’re getting there and how you’re getting home.
  - Think about your goals for the evening and plan accordingly (i.e. if you might have sex bring safe(r) sex supplies).

- **GET THOSE CARBS**
  - We know you’ve heard it before but one glass of water for every drink will help you pace yourself and might even help ward off your hangover the next day!

- **PACE YOURSELF**
  - If you’re playing drinking games don’t feel bad for subbing in water for alcohol.

- **REDUCE HARM**
  - Remember C.U.P.S for alcohol poisoning: Cold skin, Unresponsive, Puking, and Slow breathing.
  - Know what overdoses can look like for other substances (i.e. stimulants vs. depressants).

- **KNOW THE SIGNS**
  - Look out for each other! If a friend is overdosing, seek help from someone sober and call a CA, Campus Public Safety, or 911. You won’t get in trouble.

- **PRACTICE SAFER SEX**
  - Look out for each other and be an active bystander.

- **LOOK OUT FOR EACH OTHER AND BE AN ACTIVE BYSTANDER**

- **HAVE FUN!**

- Eat before taking any substances and remember to keep snacking through the night.

- Test your drugs – consider having trained professionals to test drugs at the event.
  - Don’t use alone.
  - Avoid accepting substances or drinks with unknown contents (both from people you know and strangers).
  - Carry harm reduction supplies (i.e. Naloxone kits).

- If you see something, say something!
“Consent matters, whether you’re a party-goer or party thrower. Consent means a clear, ongoing and voluntary agreement to engage in sexual activities. Consent is informed, freely given, and actively communicated by words, body language or other forms of communication. It is always the responsibility of the person initiating sexual activity to ensure they have consent.

It is also important to know that someone who is incapacitated (ie. by alcohol or drugs, asleep or unconscious) is not able to consent. We want to recognize that within a campus environment many people are engaging in drinking, and sex when they are drinking. Everyone’s body is different and we all react differently to alcohol and drugs. With that in mind, we take the approach that if you wouldn’t drive a car, perhaps it might be better to wait to engage in sexual activity. If you are unsure how drunk or high someone is – don’t initiate sexual activity; you risk causing harm.

If your relationship involves sexual activity, it is important that you and your partner(s) understand consent. Sexual boundaries are about respecting your own limitations, as well as respecting the limits of your partner(s). When someone says ‘no’ it is important to listen and not take further action. People may communicate ‘no’ in different ways, so part of respecting someone’s boundary starts with really listening to words and body language.

Learning about others needs and boundaries as well as your own is super important for a positive sexual experience. Recognizing your level of comfort with a sexual activity and the ability to have a conversation with your partner(s) about their boundaries is key. Pressuring someone to do what you want is coercion and can cause harm. Respecting your own boundaries and those of your friends is also important in a party situation. For example, if you don’t feel comfortable drinking or doing drugs at a party it’s okay to say no, and everyone around you needs to respect your wishes. If you are hosting a party, make sure you have options like non-alcoholic drinks and activities that don’t revolve around drinking so that anyone who isn’t drinking feels included.
Consent is

A CLEAR AGREEMENT TO ENGAGE IN ANY TYPE OF SEXUAL ACTIVITY

A FREELY GIVEN “YES”

REQUIRED EVERY TIME

CAN BE WITHDRAWN AT ANY TIME

CANNOT BE OBTAINED THROUGH THREATS OR OTHER TYPES OF CONTROL OR INTIMIDATION

CANNOT BE OBTAINED IF A POSITION OF TRUST, POWER OR AUTHORITY IS ABUSED

CANNOT BE GIVEN BY SOMEONE WHO IS INCAPACITATED (BY DRUGS OR ALCOHOL, OR SOMEONE WHO IS ASLEEP OR UNCONSCIOUS)

WHEN THEY ARE INCAPABLE OF GIVING CONSENT DUE TO A MENTAL HEALTH ISSUE OR PHYSICAL DISABILITY

WHEN THEIR BODY LANGUAGE SAYS NO
If you are at an event, it’s entirely possible that someone may disclose to you or that you may witness sexual violence. Because of this it’s important that you’re prepared to respond to a disclosure with compassion and empathy. There are a lot of barriers to disclosing, and survivors will often disclose to an informal source – like a friend. If someone trusts you with their disclosure, keep these barriers in mind. It is likely that it took a lot for them to get to the point where they are talking about what happened. Barriers can include:

- Fear that others will not believe that they have been sexually assaulted. This fear can be heightened for some groups who experience other forms of oppression, eg. Sex workers.
- Face language barriers and/or cultural barriers to disclosing what happened and accessing support.
- If the perpetrator is in a position of power – fear they won’t be believed or their career could be in jeopardy and a fear they will get bad grades if they disclose.
- Feel ashamed or embarrassed about what happened.
- See themselves as partially to blame for what happened and worry that others will blame them.
- They might have to tell their story over and over again.
- Be discouraged because of how another survivor was treated when they disclosed or reported what happened to them.
- Fear that the person they disclose to will respond with transphobia, racism, ableism, or other forms of discrimination.
- Knows the perpetrator, and might not want them to get in trouble as they are someone they love or trust.
- Fear of retaliation or other safety concerns. It’s important to recognize that safety looks different for everyone and that can be impacted by someone’s identity.
- Fear of a story or experience becoming a reflection of an entire community. This has been especially noted as a concern for people who are part of marginalized communities. An example of this could be how some might feel that if there is violence within the queer community, people may fear outing someone or experiencing additional discrimination based on their sexuality.

If someone does disclose to you, it’s very normal to feel overwhelmed and unsure of what to do. Remember:

- Listen
- Believe
- Empower
Listen

BE PATIENT
MIRROR THEIR LANGUAGE
ENCOURAGE THE DISCLOSURE AND DON’T PRESS FOR DETAILS
RESPECT PERSONAL SPACE
EMPATHIZE GROUND THEM, IF OVERWHELMED
LISTEN ACTIVELY-BODY LANGUAGE
Believe

VALIDATE THEIR RESPONSES
NORMALIZE THEIR FEELINGS
ASSURE THEM THAT THEY ARE NOT AT FAULT

"It’s not your fault."
"I believe you."
"I’m sorry to hear this happened to you."
"Thank you for sharing this with me."
"It’s normal to feel sad/angry/numb."
Empower

CONFIDENTIALITY
CONSIDER THEIR SAFETY
DISCUSS OPTIONS AND SUPPORT THEIR DECISIONS ABOUT NEXT STEPS
FOLLOW UP
SEEK ADVICE FROM SVSPO

“I’m here to listen and support you.”
“There are places that you can go to get confidential support.”
“I would be happy to go with you to talk to someone.”
“What would make it feel safer for you to talk to someone?”
Being a support person is an important role that may bring up a variety of emotions. Your feelings are valid. If you have experienced sexual violence yourself, the disclosure may bring back memories. It is important to acknowledge and tend to your own needs.

It is also important to be realistic about your capacity. If you do not think you are able to support the victim/survivor at this time, you can help them find others who are.

Supporting others takes emotional energy. After receiving a disclosure of sexual assault, it is important that you also remember to take care of yourself. Some ways to take care of your wellbeing after a disclosure include:

• Take time and space to reflect on your feelings about the disclosure.
• Engage in healthier coping and self-care behaviours.
• Be aware of your boundaries and state them.
• Seek support for yourself. It can be important to talk about your own experience of supporting a victim/survivor.

Throughout all of this, ensure you maintain the victim/survivor's confidentiality. Don’t share any details that might allow someone else to identify them.
SAFE WAY HOME

- Yellow Cab 604-681-1111
- Vancouver Taxi 604-871-1111
- Maclure’s 604-831-1111
- Bonny’s Taxi 604-451-1111
- Kuber Taxi 778-565-8294
- Newton Whalley Taxi 604-581-1111
- Designated Ride Driving Service 604-685-5600
- Greater Vancouver Designated Driver 604-917-0177
- Doma Designated Driver 778-709-9498
- Sober Guys Designated Driver 778-316-2469
- SFU Safe Walk 778-782-7991

EMERGENCY

- 911
- SFU Security 778-782-4500

SEXUAL VIOLENCE SUPPORT AND CRISIS LINES

- SVSPO 778-782-7233
- SFU Health and Counselling Services
  778-782-4615 (Burnaby)
  778-782-5200 (Vancouver)
  778-782-5200 (Surrey)
- MySSP (SFU Student Support Program, available on the App Store & Google Play)
- Greater Vancouver Crisis Line 604-872-3311
- VGH Sexual Assault Services 604-875-2881
- Surrey Memorial 604-953-4723
- VictimLink BC 1-800-563-0808
- WAVAW Rape Crisis Centre 604-255-6344 / 1-877-392-7582
- Surrey Women’s Centre 604-583-1295
- BC Society for Male Survivors of Sexual Abuse 604-682-6482
If you’ve been impacted by sexual violence there is support available for you at SFU. Please visit SFU’s sexual violence website for more complete information about the services available.

www.sfu.ca/sexual-violence

You choose what support to access:

**IN AN EMERGENCY**

If you or someone else is in immediate danger call 911. You can also call Campus Security at any SFU campus, at 778-782-4500.

**SEXUAL VIOLENCE SUPPORT & PREVENTION OFFICE**

For coordinated sexual violence support. You can also email at sv_support@sfu.ca 778-782-7233

**MEDICAL SUPPORT**

SFU Health & Counselling Services clinics can provide medical care following a sexual assault. Check website for hours & information www.sfu.ca/students/health 778-782-4615

**COUNSELLING SUPPORT**

SFU Health & Counselling Services provides counselling support at all three campuses. Check website for hours & information: www.sfu.ca/students/health 778-782-4615