

SHATTER THE RED ZONE

SEXUAL VIOLENCE	WHAT IS THE RED ZONE?	
<p>Sexual Violence is defined as an overarching, “umbrella,” term used to describe any violence – physical or psychological – carried out through sexual means or by targeting sexuality; includes sexual assault, childhood sexual abuse and sexual harassment (SACK, 2023).</p>	<p>The Red Zone is the time period between the start of fall term to Thanksgiving break where most sexual violence occurs on post-secondary campuses.</p> <p>★ More than 50% of all college sexual assaults are statistically found to occur in the Red Zone. (Follingstad et al., 2022)</p>	
RISK FACTORS FOR THE RED ZONE		
<p>Countless parties and activities celebrating return to campus Freshmen are particularly vulnerable due to:</p> <ul style="list-style-type: none"> • Barriers students face towards reporting • Not familiar with campus • Away from family/social network • Starting post-secondary brings more independence, freedom, and self-exploration <p>(Texas A&M University, n.d.)</p>		
	IMPORTANCE OF RED ZONE AWARENESS	
	<p>The Red Zone is a critical time during the school year that sees an increase in behaviours that can increase the incidence of sexual violence, including increased alcohol consumption and partying. It is important for students to familiarize themselves with peers, campus, and available resources to bring about change. Awareness of this phenomenon as a society can lead to increased advocacy, policy creation, and education. (Follingstad et al., 2022)</p>	
WHAT MEASURES CAN BE TAKEN TO REDUCE SEXUAL VIOLENCE?		
<ul style="list-style-type: none"> • Being aware of what the Red Zone is and its importance • Understanding the impact that bystanders have in reducing sexual violence • Dispelling myths about sexual violence to reduce stigma regarding survivors • Awareness of the available resources on and off campus 		

BYSTANDER INTERVENTION

SIGNIFICANCE OF BYSTANDER INTERVENTION

A bystander is a third party witness to a sexual violence act - they see it happen (McMahon & Banyard, 2011). Active bystanders aid sexual violence prevention efforts by intervening in high-risk sexual violence events before and after they occur (McMahon & Banyard, 2011). Bystander interventions are key to preventing sexual violence, particularly on college campuses (Lyons et al., 2022), causing positive attitudinal and behavioural development (Mujal et al., 2019).

WE NEED YOUR HELP

Bystander intervention places responsibility on peers and community members to engage in sexual violence prevention (McMahon & Banyard, 2011). More traditional attempts at sexual violence prevention have focused on labelling young people as either the victim or perpetrator (Kettrey et al., 2019). As a bystander, YOU can be included in the solution of ending sexual violence at Queen's University!



HOW CAN I BE AN ACTIVE BYSTANDER?

A large barrier that stops people from becoming an active bystander is a lack of knowledge and skills to intervene effectively and safely (Lyons et al., 2022). Active bystanders must feel confident in their intervention knowledge and skills (Lyons et al., 2022). A method you can apply to help stop and support those experiencing sexual violence is the 5D's of bystander intervention - **Distract, Delegate, Document, Delay, and Direct** (Right To Be, 2022).

BYSTANDER TRAINING OPPORTUNITY

Are you a current Queen's student? Do you want to learn more about bystander interventions? Sign-up below for Bystander Intervention Training through Queen's Sexual Violence Prevention and Response Services and the Student Experience Office:

<https://www.queensu.ca/sexualviolencesupport/education-and-events/programs-and-workshops>

BYSTANDER INTERVENTION

5D'S OF BYSTANDER INTERVENTION

The 5D's of bystander intervention - Distract, Delegate, Document, Delay and Direct, noted by Right To Be (2022), can be applied with instances of sexual violence.



1. DISTRACT

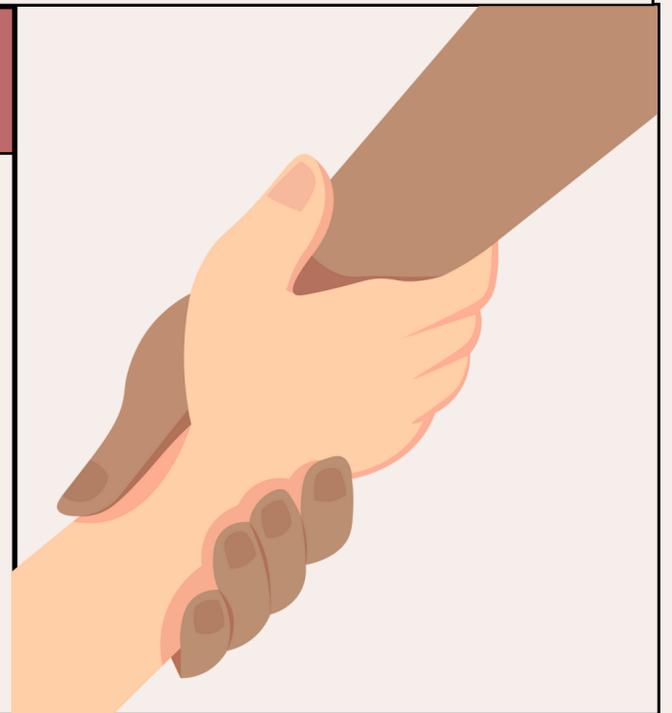
- Interrupt the sexual violence event by drawing attention away from the perpetrator
- Give the person experiencing sexual violence a way out of the harmful situation
- For example, you can pretend to accidentally drop something like a drink, or engage in small talk with the person experiencing sexual violence

2. DELEGATE

- Ask for help from a person nearby if you do not feel comfortable intervening alone
- Try to find someone with a position of authority to intervene, like a security guard
- Offer to call the police

3. DOCUMENT

- Assuming someone else is intervening, you can collect evidence of the sexual violence incident
- For example, you can record a video, take pictures, or write down notes
- Only document if you can maintain a safe distance
- Ask the person who experienced sexual violence what they would like to do with the documentation
- Never post or share the documentation without the person's consent



4. DELAY

- Check-up on the person who experienced sexual violence after the incident
- Offer them your support and resources
- You can consider staying with them, and walking them to a safer place

5. DIRECT

- Confront the perpetrator by addressing their inappropriate behaviour
- Ensure your physical safety before intervening
- Make your response against the sexual violence occurring short, firm, and clear
- Do not engage in arguments or encourage dialogue with the perpetrator
- Prioritize helping the person experiencing sexual violence

WHAT ARE SEXUAL VIOLENCE MYTHS?

They are false beliefs about sexual violence that aid in excusing sexual harassment and assault and create hostility to survivors.

(Government of Ontario, 2023)



WHY ARE THEY HARMFUL?

These myths divide survivors from those who have not experienced sexual violence.

- This leads to the influence of opinions that can have severe consequences such as harmful misinformation

WHO?

- Perpetrators can come from any age, sex, race, gender, or social status.
- Most perpetrators are not strangers, but are known to those victimized, such as peers, friends, and family
- Anyone can be a survivor of sexual violence

(University of London, 2022)

WHAT/HOW?

Approximately 8/10 sexual assaults are committed by someone known to the victim also known as acquaintance rape. Perpetrators of acquaintance rape might be a date, but they could also be a classmate, a neighbour, a friend's significant other, or any number of different roles.

Dating, instances of past intimacy, or other acts like kissing, do not give someone consent for increased or continued sexual contact. Other types of stranger rape include:

- **Blitz sexual assault:** When a perpetrator quickly and brutally assaults the victim with no prior contact, usually at night in a public place
- **Contact sexual assault:** When a perpetrator contacts the victim and tries to gain their trust by flirting, luring the victim to their car, or otherwise trying to coerce the victim into a situation where the sexual assault will occur
- **Home invasion sexual assault:** When a stranger breaks into the victim's home to commit the assault

(NSVRC, 2020)

WHERE?

Sexual violence can happen anywhere

- People are raped in their homes, their workplaces, and other settings where they have previously felt safe.

Sexual violence happens in our communities:

- **18%** increase in reported sexual assaults in Ontario, every year since 2016
- **just 6%** of all sexual assaults in Canada are reported to police
- **81%** of all Ontario sexual assault centres saw an increase in crisis line calls in the last year

(Government of Ontario, 2023)



SHEDDING LIGHT ON COMMON SEXUAL ASSAULT MYTHS

1. REACTION

Myth: If a victim of sexual assault does not fight back, they must have thought the assault was not that bad or they wanted it.

Fact: Many survivors experience tonic immobility or a “freeze response” during an assault where they physically cannot move or speak.

(TeBockhors et al, 2014)

2. INTENT

Myth: Sexual assault is an act of lust and passion that cannot be controlled.

Fact: Sexual assault is about power and control and is not motivated by sexual gratification.

(Groth et al., 2020)

3. LOCATION

Myth: Sexual assaults most often occur in public or outdoors.

Fact: Sexual violence can happen anywhere

- 55% of rape or sexual assault victimizations occur at or near the victim’s home, and 12% occur at or near the home of a friend, relative, or acquaintance. (University of London, 2022)



4. ALCOHOL



Myth: Someone who willingly drank lots of alcohol or taken drugs should not complain if they end up being raped or sexually assaulted.

Fact: In law, consent to sex is when someone agrees by choice and has the freedom and capacity to make that choice. If a person is unconscious or incapacitated by alcohol or drugs, they are unable to give their consent to sex. Having sex with a person who is incapacitated through alcohol or drugs is rape. 100% of the responsibility lies with the perpetrator.

(University of London, 2022)

5. REPORTING

Myth: A lot of victims lie about being raped or give false reports.

Fact: Only 2-8% of rapes are falsely reported, the same percentage as for other felonies.

(Lonsway et al, 2009)

Separating myths from facts is critical to stopping sexual violence.

SHATTER THE RED ZONE

Sexual Violence is a serious event that affects the mental and physical well-being of individuals. It is important to recognize what sexual violence is and to decrease the instances of this phenomenon by keeping yourself educated and seeking help if comfortable.

Remember, we believe you.



ON AND OFF CAMPUS RESOURCES

Sexual Assault Centre Kingston (SACK): 24/7 Crisis Line 613-544-6424

Sexual Violence Prevention and Response Coordinator Barb Lotan (bjl@queensu.ca):

Barb can provide information and guide you with available options.

Queen's Sexual Violence Prevention and Response - Get Help Now: Step to step guide on what to do after experiencing sexual violence. Visit

<https://www.queensu.ca/sexualviolencesupport/support/get-support-steps-students-take-after-sexual-assault>

Queen's Student Wellness Services, Mental Health Services: Make an appointment with a counsellor and indicate that it is a crisis related to sexual violence. 613-533-2506 or visit <https://www.queensu.ca/studentwellness/mental-health>

Sexual Health Resource Centre (SHRC): Confidential non-judgmental, feminist, queer positive, pro-choice, sex positive, and non-heterosexist information and referral service. They offer services that include personal accompaniment to KGH Lakeside Clinic and Sexual Assault/Family Violence Unit. Located in room 215 at the LaSalle Building. Call 613-533-2959. Email info@shrckingston.org

Sexual Assault and Domestic Violence Nurse at KGH: If you have experienced sexual or domestic violence, you can visit the emergency department at KGH and ask for the Sexual Assault/Domestic Violence (SADV) Nurse, which is available 24/7. They offer forensic evidence collection, pregnancy testing and prophylaxis, STI testing, among other care options.

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