



OFFICE OF CAMPUS SEXUAL
ASSAULT SUPPORT & ADVOCACY

STU ANNUAL REPORT

2019 - 2020

**SEXUAL
VIOLENCE**
NEW BRUNSWICK



CAMPUS
SEXUAL ASSAULT SUPPORT ADVOCATE
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UNB | STU | NBCC

A MESSAGE FROM YOUR CSASA TEAM

Within this annual report you will find experiences of an office with humble beginnings, great expectations and monumental successes. You will see the evolution of what was a simple idea five years ago, evolve into a nationally recognized Sexual Assault Support and Advocacy office providing outreach to over 1750 students a year to three of our city's post-secondary institutions (PSI).

2019/2020 was certainly an academic year for the books. We started off with one of our busiest seasons to date providing almost 30 outreach events in the form of trainings, booths and presentations for student leaders, athletes, faculty orientations and staff from August-October. Our office also saw more intakes in September-November than we had seen in full years, previously.

We continued to work as knowledge experts designing tools, resources and strategies to bring the nationally recognized initiative, Courage to Act: Developing a National Framework to Prevent and Address Gender-Based Violence at Post-Secondary Institutions, to life with other subject matter experts from across Canada.

No one expected that our busy year would be brought to such a halt when the COVID-19 pandemic hit New Brunswick. This disruption presented new opportunities for us to deepen our understanding of e-counselling and increased our creativity for delivery of prevention and education campaigns.



Despite the barriers of a pandemic, we were able to provide experiential learning opportunities for three students to deepen their understanding of sexual violence prevention and education, through distance supervision.

Even through a pandemic, we were shown the trust and support from all three of our PSI partners as they signed a new agreement to extend the CSASA program for five more years! We are so thrilled to announce the continuation of our services and work with our campus community to address sexual violence.

Maggie Forsythe

Director of Post Secondary Sexual Violence Programming

Hilary Swan

Campus Sexual Assault Support Advocate

TRI-CAMPUS SEXUAL ASSAULT STRATEGY

This academic year brought the three-year tri-campus Sexual Assault Strategy to its completion. This strategy and agreement formalized ties between Sexual Violence New Brunswick (SVNB) formerly (FSAC), University of New Brunswick (UNB), Saint Thomas University (STU), and New Brunswick Community College (NBCC) for a three-year endeavour to address sexual violence on Fredericton campuses, from 2017 - 2020. The uniqueness of the Fredericton Campus Sexual Assault Strategy emerges from the collaboration and partnership with community agencies. Each institution is contracted to contribute financially to SVNB, where the work will be housed as a team approach rather than resting solely on the shoulders of one office on campus. The data represented in this report reflects cases connected to St. Thomas University.

Addressing the issue of sexual violence requires thoughtful planning and strategy. Communities would be remiss to only consider one side of the matter, such as interventions, without careful consideration of prevention, education, policy change, and others.

This strategy was co-developed to address areas of:

- Policy Development,
- Prevention and Education,
- Interventions and Response, and
- Research and Evaluation.

With these key result areas, Fredericton post-secondary institutions (PSI) will have a stronger approach to addressing this issue. The pillars to this strategy are outlined below to highlight the ways in which the three PSIs have been working to address sexual violence on campus.



CAMPUS SEXUAL ASSAULT SUPPORT ADVOCATES (CSASA)

IN FREDERICTON

The CSASAs function as the recommended first point of contact or referral for any member of the university community who has experienced a sexual assault.

The CSASA provides initial and ongoing support including:

- confidential and trauma-informed counselling services
- consultation for students, faculty, and staff on issues of sexual violence
- referrals to other campus and community resources
- advocacy for support on campus
- support through complaints processes
- facilitate prevention and education activities
- consultation for policy development and reform
- collection of data related to sexual violence on campus

INTRODUCTION

This report covers the activities of the Fredericton CSASA over the reporting period of one full year, July 1, 2019 to June 30, 2020. This report speaks directly to the cases related to individuals on St. Thomas Univeristy campus and although some have been connected to the criminal justice system, details of that process are not highlighted here.

A YEAR IN REVIEW

TOTAL INSTANCES

Throughout this timeframe, over 20 disclosures of sexual assault were associated with STU staff and students.

Nearly 10 incidences of sexual assault were disclosed to have occurred during this reporting timeframe.

FORMAL COMPLAINTS

Due to such low numbers of formal complaints, we are unable to represent those numbers here.

INFORMAL RESOLUTIONS

- Academic accomodations
- No-contact orders
- Trespass orders
- Safety in residence
- Facilitated conversations

RESPONSE PARTNERS

- Campus Security
- Residential Life
- Counselling Services
- Health & Wellness
- Financial Aid
- Learning Strategist
- Registrar's Office

COMMUNITY PARTNERS

- Intimate partner violence co-ordinator for the Fredericton Police Force
- Victim Advocate, SVN
- SVN Educators
- Liberty Lane outreach services
- AIDS NB
- CFB Gagetown

20+ DISCLOSURES
OF SEXUAL ASSAULT

82% KNEW THE PERSON
WHO CAUSED THEM
HARM

SEXUAL ASSAULT ON CAMPUS: A YEAR AT A GLANCE

JULY 2019 TO JUNE 2020

STU's Policy on Sexual Violence defines sexual assault, as follows:

Sexual assault is any type of unwanted sexual act committed by an individual against another. Sexual Assault is characterized by a broad range of sexual behaviours that involve the use of force, threats, or control towards a person. It is carried out in circumstances to which the person has not freely agreed, consented, or is incapable of consenting to the act.

Throughout this timeframe, approximately 70 incidences of sexual violence against members of the campus community (including UNB, STU and NBCC) were disclosed to the CSASAs in Fredericton. Incidences vary with campus size and location.

Of the 70 incidences reported among the three campuses, referrals received by the CSASAs included over 20 survivors affiliated with St. Thomas University. Of this client base, approximately 10 sexual assault incidences were described have occurred during this reporting timeframe. The average span of time between incident and support seeking was 28 days.

Sexual assault is a form of gender-based violence whereby sexual aggression or acts are used to exert power or control over someone else. Incidences disclosed to the CSASA program range on a continuum of sexually aggressive and abusive behaviour, including unwanted sexual touching (29%), non-consensual sexual penetration (51%), to repeated sexual abuse (20%). In the cases reported to the CSASA, the respondent knew the survivor 82% of the time, while taking place in a home known to the survivor 78% of the time.



INTERVENTION BEYOND THE NUMBERS

STRATEGY

The office of CSASA offers feminist and trauma-specific counselling of up to 12 sessions for those who have experienced sexual assault related to their campus experience. This approach focuses on creating safety, teaching emotional regulation, processing trauma, as well as providing options for medical, legal, and campus needs. We also offer advocacy within the campus structures to support their identified goals.

A DEEPER LOOK

Depending on the nature of the sexual violence, many types of interventions are required. A survivor may need emergency and ongoing health care, police services, crisis intervention, counselling, community programs, advocacy, as well as victim and court support services. Our focus on campus has been to mitigate the secondary wounding that occurs through the process of a person reaching out for help, to offer support, and effective response in a timely fashion.

IMPACT

Sexual violence is unique to other forms of hardship that students may experience. Anxiety over being around others, particularly their offender, often hinder their ability to go to class, the library, or meal halls. Intrusive thoughts may get in the way of concentration, being attentive in class, or finishing homework. Fear and humiliation due to responses from peers or school administration cause survivors to avoid classes or transfer to another institution, or drop out altogether.

When asked about their experience with the CSASA program, clients have shared feedback such as: *“for the first time since the trauma happened, I was able to connect to my body and breathe a sigh of relief, finally I felt I had found a safe place”*, and *“before coming here, I didn’t think I had any options, I thought I would have to drop out for this nightmare to end”* further showing the deep impact of having specialized services available on campus.

INTERVENTIONS

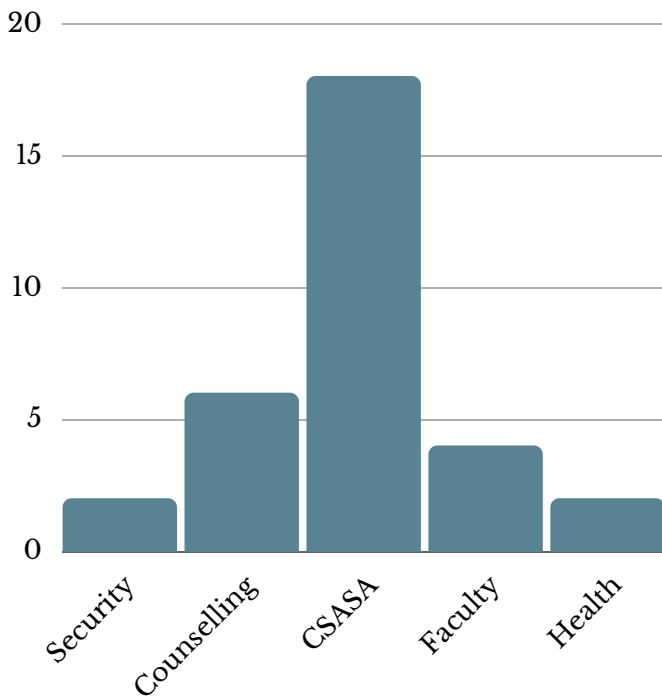
BY THE NUMBERS

24+

CSART SUPPORT

Over 24 survivors sought more than one support from the CSART to increase success and safety in their lives on campus

ACCESS TO CSART SUPPORTS



CAMPUS SEXUAL ASSAULT RESPONSE TEAM (CSART)

The Campus Sexual Assault Response Team (CSART) consists of campus service providers, such as Counselling, Health, Residence Life, and Security, who have abilities to intervene in support of a survivor disclosing sexual violence. Though many survivors did not wish to undertake the disciplinary process, over 10 clients successfully sought informal resolutions through the CSART to help them feel safe and empowered at STU. Interim measures that were taken include:

- Academic Appeal and Accommodation for the survivor
- No-Contact Orders
- Suspension from locations on campus

Interim measures or informal resolutions were often chosen in lieu of formal complaints as clients were more interested in pursuing safety and empowerment rather than to discipline the person who caused harm.

INTERVENTION ACTIVITIES

- Provided advocacy and support to students from a client-centred, trauma-informed perspective.
- Connected students to trauma-specific counselling, support groups, and/or crisis support services.
- Helped survivors access medical care and follow-up services in a timely fashion.
- Provided support and advocacy through the court process.
- Worked with the CSART to support survivors of sexual violence, receive accommodation, and consider trends in existing disclosures.
- Advised faculty on survivor centred handlings of disclosures.
- Facilitated access to services through the use of disclosure cards.
- Worked collaboratively with First Nations communities to advocate and support indigenous students.

90+

SESSIONS

Over 90 therapeutic sessions were utilized by students and staff

28 DAYS

PRIOR TO SUPPORT

On average, survivors took 28 days to reach out for support from the CSASA

FORMAL COMPLAINTS

Sexual violence has one of the lowest police reporting rates for all criminal offences, 5% to legal authorities (Statistics Canada, 2014). Survivors often feel frustrated, blamed, and shamed by society which in turn silences their hopes in achieving justice and support.

The STU Sexual Assault Policy creates three levels of help-seeking:

Disclosure, where the survivor seeks support but no further action; **Informal Complaint**, where the survivor wishes certain steps to be taken but does not wish to enter into a formal process that could lead to discipline against the person who caused harm; and **Formal Complaint**, where the survivor wishes to bring formal charges against the person who caused harm (under the Student Discipline Code or under appropriate staff/faculty policies).

During this timeframe, there were not enough formal complaints to include data in this report.



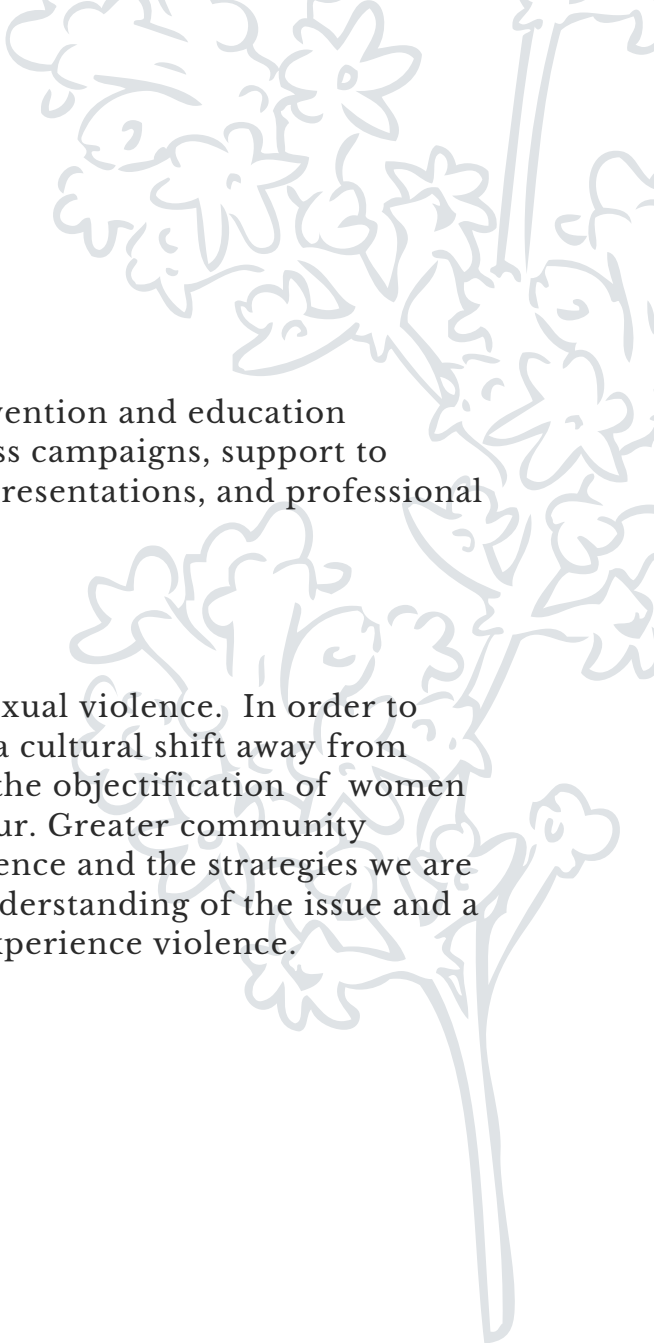
PREVENTION BEYOND THE NUMBERS

STRATEGY

Through the tri-campus sexual assault strategy, prevention and education activities include awareness booths, annual awareness campaigns, support to student committees, awareness events, workshops, presentations, and professional development opportunities.

A DEEPER LOOK

Awareness is crucial to enhancing our response to sexual violence. In order to decrease the amount of sexual violence on campus, a cultural shift away from sexual assault myths, victim-blaming attitudes, and the objectification of women as well as gender and sexual minorities needs to occur. Greater community awareness of the dynamics that facilitate sexual violence and the strategies we are implementing to address these, leads to a greater understanding of the issue and a dismantling of the secrecy that isolates those who experience violence.



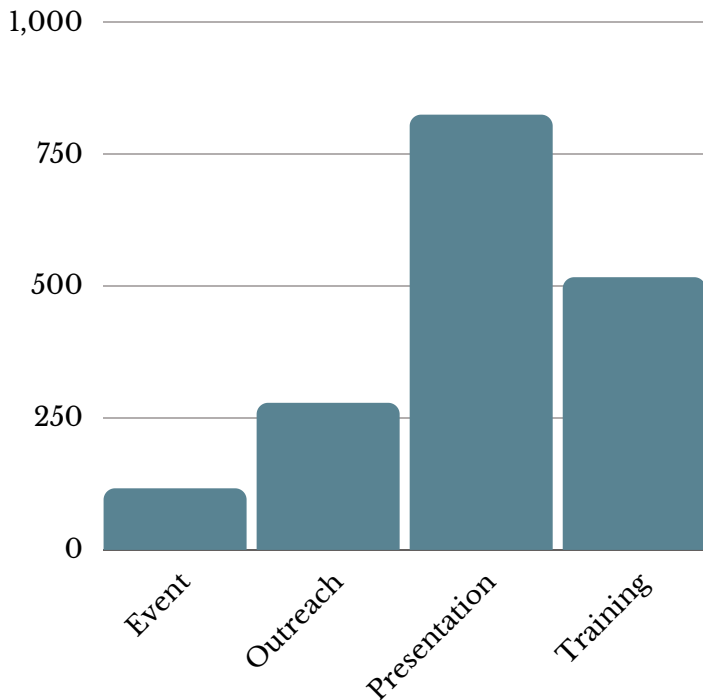
PREVENTION

BY THE NUMBERS

1700+
PARTICIPANTS

Over 1700 people took part in the various prevention and education activities on campus.

PARTICIPANTS PER ACTIVITY



IMPACT

Working to build awareness of sexual violence is a multifaceted approach and involves reshaping a culture that facilitates the oppression of marginalized groups. The office of CSASA worked closely with Sexual Assault Prevention Committee, the Student Union, Faculty, Residential Life, and other student groups to create and facilitate activities addressing issues of sexual violence. Members of the larger SVNB partnered to facilitate educational opportunities such as:

- workshops that address why sexual violence happens (including education on myths and stereotypes, gender roles, privilege and oppression, as well as consent and coercion) and how to support a friend;
- tri-campus 4 day Sexual Assault Crisis Intervention Training (SACIT);
- training for receiving and handling disclosures for residence life staff;
- coordination and delivery of the Bystander Intervention Training workshops for Athletes and student leaders.

"This training has me considering learning more in this area and what role I could take in the community to support survivors"

- PARTICIPANT IN CAMPUS SACIT

BUILDING AWARENESS

WHAT CONSENT DOESN'T SOUND LIKE

**"NOT RIGHT NOW"
"I DON'T FEEL WELL"
"I'M SO TIRED"**

Consent doesn't always sound like YES or NO, but you need to be in a trusting relationship to truly gauge your partner's needs.

When in doubt, ask "do you want this?" If their language isn't enthusiastic, it's a no.

Thank you for consenting to open this image, please keep the conversation going by responding to others or sharing on your social media.

ASKING FOR CONSENT SOUNDS LIKE...

**"YOU GOOD?"
"IS THIS WHAT YOU LIKE?"
"HOW IS THIS?"**

Consent doesn't always sound like YES or NO, but you need to be in a trusting relationship to truly gauge your partner's needs.

When in doubt, ask "do you want this?" If their language isn't enthusiastic, it's a no.

Thank you for consenting to open this image, please keep the conversation going by responding to others or sharing on your social media.

WHAT CONSENT DOESN'T SOUND LIKE

**"MAYBE LATER"
"I DON'T THINK SO"
"I SHOULD GO"**

Consent doesn't always sound like YES or NO, but you need to be in a trusting relationship to truly gauge your partner's needs.

When in doubt, ask "do you want this?" If their language isn't enthusiastic, it's a no.

Thank you for consenting to open this image, please keep the conversation going by responding to others or sharing on your social media.

WILL YOU SWIPE RIGHT?

AND LEARN ABOUT SEX RESEARCH HAPPENING HERE ON CAMPUS

Tuesday, February 11th
UNB Student Union Building
Lower Atrium • 7:00 PM

Sex Talks



Sex Week Booth



PREVENTION ACTIVITIES

The CSASA office works in collaboration with members of the Campus Sexual Assault Prevention Team including Student Unions from UNB and STU, NBCC Counselling, Muriel McQueen Fergusson Centre for Family Violence Research, Campus Security, Residence Life, and the Office of Human Rights and Positive Environment Office at UNB. This team discusses themes of sexual violence and plans initiatives to address sexual assault on campus. Prevention activities to shift the culture of sexual violence included coordinating and providing sexual assault presentations within various faculties, Take Back the Night preparation and promotion, hosting the "Sex Talks" presentation and panel event during Sex Week, launching a "Let's get consensual" airdrop campaign, and a "What Consent Sounds Like" poster and social media campaign. These activities were supported through awareness initiatives such as hosting booths, promotional talks with athletics, faculties, peer mentors, and incoming students, and maintaining a social media presence on Instagram and Facebook. We also offered consultation to the STU Sexual Assault Prevention Committee throughout their various campaigns and training.



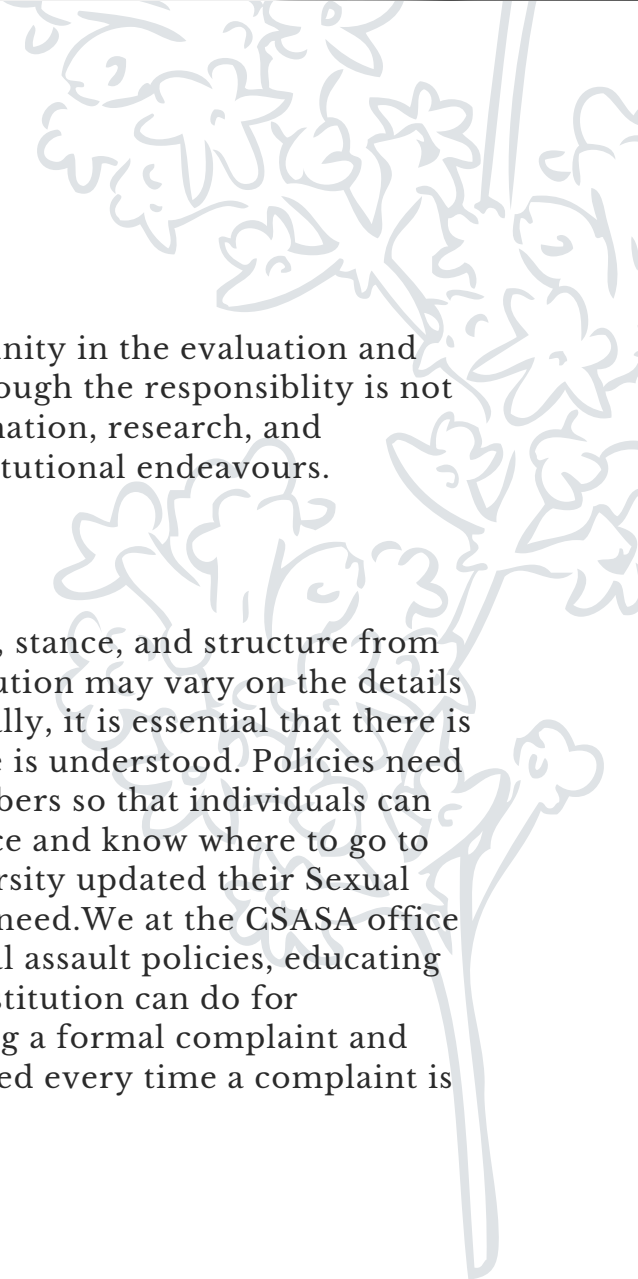
POLICY DEVELOPMENT BEYOND THE NUMBERS


STRATEGY

The office of CSASA supports the tri-campus community in the evaluation and updating of their current sexual assault policies. Although the responsibility is not on the CSASAs to perform policy updates, the information, research, and experience from this office is offered to support institutional endeavours.

A DEEPER LOOK

Institutional policies and protocols outline the vision, stance, and structure from which sexual violence is addressed. While each institution may vary on the details of how reports of sexual violence are handled internally, it is essential that there is a cohesive perspective through which sexual violence is understood. Policies need to be clear and relatable to campus community members so that individuals can see themselves within the definition of sexual violence and know where to go to receive support or file complaints. St. Thomas University updated their Sexual Violence Policy in February of this year to meet this need. We at the CSASA office have continued to work to promote the current sexual assault policies, educating staff and students on the parameters of what their institution can do for complainants of sexual violence. Procedures for filing a formal complaint and their subsequent adjudication procedures are evaluated every time a complaint is made.





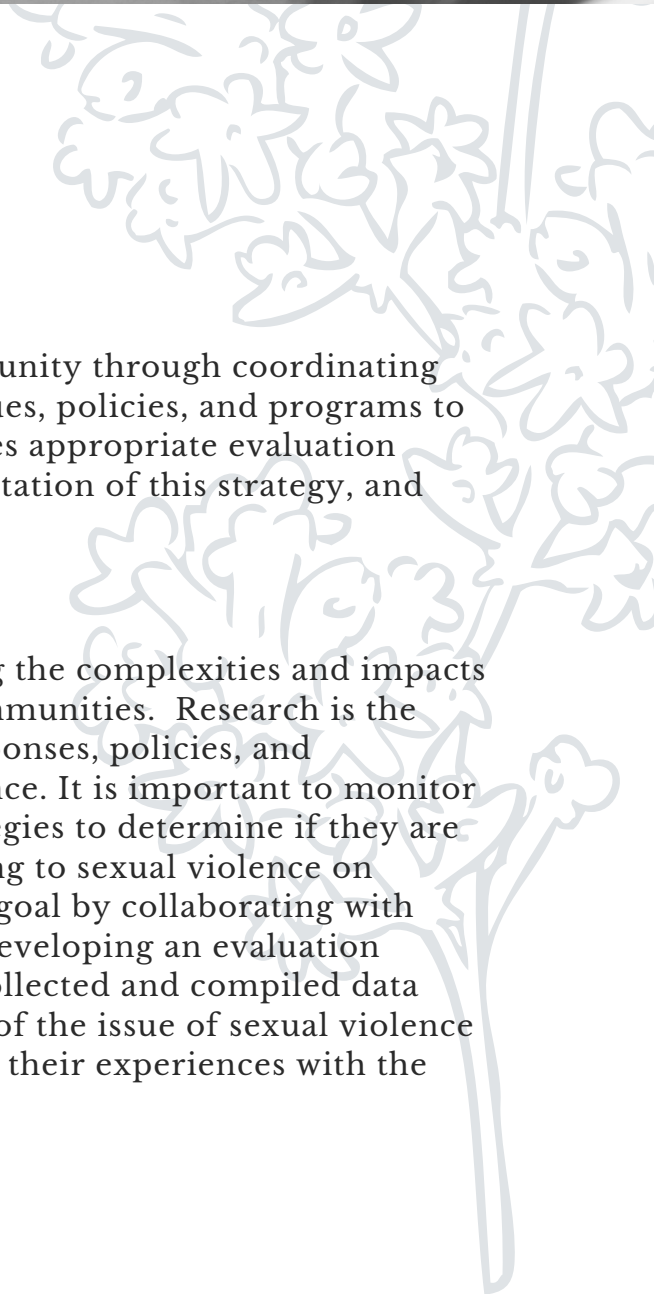
RESEARCH & EVALUATION BEYOND THE NUMBERS

STRATEGY

The office of CSASA supports the tri-campus community through coordinating and collaborating on research of sexual violence issues, policies, and programs to inform the work of this strategy. The office identifies appropriate evaluation methods to assess the effectiveness of the implementation of this strategy, and uses the results to inform future actions.

A DEEPER LOOK

Research is an important step in fully understanding the complexities and impacts of sexual violence on complainants and campus communities. Research is the foundation of building innovative and effective responses, policies, and prevention strategies to ultimately end sexual violence. It is important to monitor and evaluate the progress when implementing strategies to determine if they are achieving their mission of preventing and responding to sexual violence on campus. The office of CSASA has work to meet this goal by collaborating with campus members to initiate conversations around developing an evaluation framework for the campus sexual assault policies, collected and compiled data coming from the CSASA workload to give a picture of the issue of sexual violence on campus, and elicited feedback from clients about their experiences with the CSASA.



IN CONCLUSION

Despite the upheaval of the COVID-19 pandemic, the tri-campus partners have signed on for another five years of collaboration with Sexual Violence New Brunswick (SVNB). We are thrilled to be representing this partnership.

The office of CSASA is one piece of the approach to addressing sexual violence in the Fredericton post-secondary institution community, and SVNB will continue to work as a united front to create innovative approaches to meet the needs on campus.

For more information or to contact your office of CSASA, please...

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