5 Days of Action 2022 - Calls to Action

The resources below will help you continue learning and driving forward action to end discrimination, harassment and sexualized violence in our communities. Help us build an equity-centred culture together.

Monday - Listen

Read

The [Q&A with Charlotte Schallié](https://www.uvic.ca/news/topics/2022+expert-qa-holocaust-graphic-novel+expert-advisory) about her edited collection of graphic novels, *But I Live: Three Stories of Child Survivors of the Holocaust.* Schallié speaks about the role of the visual arts in Holocaust education, the importance of survivor-centred storytelling practices and trauma-informed approaches to ethical testimony collection, as well as the urgency of preserving survivor experiences.

Watch

[43 Hours in 7 Minutes: “Word of Mouth” oral history summary](https://youtu.be/Y3_lbPiPuJs). "Word of Mouth" tells some of the story of how Trans+ communities and networks developed in North America in the latter half of the twentieth century. A project of the Chair in Transgender Studies, the collection consists of 17 video and audio interviews with elders who were leading Trans+ activists and allies from across North America.

Listen

To UVic Libraries’ podcast, [*Taapwaywin: Talking about what we know and what we believe*](https://www.taapwaywin.ca/), featuring deep conversations and analysis with Survivors, Elders, Knowledge Keepers and others on seeking truth before reconciliation can begin. This series explores themes that originate from Indigenous knowledge systems and are reinforced by solid facts and broad human-rights principles.

Commit

To make space (and time in your calendar) to listen and learn – then consider how to amplify the voices of people harmed by systemic discrimination who want to share their truths.

Tuesday - Reflect

Read

[UVic’s guide to document accessibility](https://www.uvic.ca/websites/web-standards/accessibility/accessible-documents/index.php) to reflect on how you can increase accessibility in developing documents so they are accessible, readable, and searchable.

Watch

The recorded stories from [The Witness Blanket](https://witnessblanket.ca/), a large-scale work of art combining hundreds of reclaimed items from residential schools, churches, government buildings and traditional and cultural structures from across Canada.

Reflect

On the materials produced by the [Landscapes of Injustice](https://www.landscapesofinjustice.com/) project. The project reveals the history of the displacement and dispossession of Japanese Canadians in the 1940s and the impact that period of injustice continues to have. Teacher resources, a research database, digital storytelling website, a book and more are available for you to use and share.

Commit

To ways you can build community. Whether you use the [communities of practice](https://www.communityofpractice.ca/background/what-is-a-community-of-practice/) model or another model, seek out ways to create a space to seek advice, support, or work through difficult topics.

Wednesday - Dialogue

Read

[UVic’s Sexualized Violence Resource Office website](https://www.uvic.ca/sexualizedviolence/index.php) to learn more about what classifies as sexualized violence, how to start a conversation around consent, and where to get supports. Did you know UVic recently received their results for a sexualized violence student perception survey? [View our key learnings](https://www.uvic.ca/sexualizedviolence/policy/index.php).

Watch

All or parts of the recording of the forum on [*Community Making and Black Flourishing Through the Scarborough Charter*](https://events.ubc.ca/towards-black-flourishing/). UVic has signed onto the commitments of the [Scarborough Charter](https://www.utsc.utoronto.ca/principal/sites/utsc.utoronto.ca.principal/files/docs/Scarborough_Charter_EN_Nov2022.pdf) and attended the Inter-Institutional Forum in May 2022. While watching, consider ways within your own roles to further dialogue on incorporating Black flourishing within academic institutions and ways to support these practices.

Dialogue

For students: Co-sponsored by EQHR and UVic Libraries, the annual [*on the Verge* Writing and Spoken Word Contest](https://www.uvic.ca/library/about/awards-contests/vergecontest/index.php) launches today! Showcasing and celebrating emerging UVic student voices under the broad rubric of equity, diversity, and human rights, and inspired by the 5 Days of Action, this year’s contest theme is Dialogue. Submissions of poetry, fiction, non-fiction, or spoken word should be submitted to [*otvcontest@uvic.ca*](mailto:otvcontest@uvic.ca)by the contest deadline of February 15, 2023. All UVic students are eligible to enter and there are no entry fees.

Commit

To be a part of the culture shift at UVic around sexualized violence prevention. Sign up for the [Tools for Change](https://www.uvic.ca/sexualizedviolence/events/tools/index.php) workshop if you are a student or sign your work team up for [Starting the Conversation: Preventing and Responding to Sexualized Violence](https://www.uvic.ca/equity/education/workshops/index.php) if you are a UVic employee.

Thursday - Engage

Read

The resources offered through the Equity and Human Rights office to learn how to be a [trans-inclusive ally](https://www.uvic.ca/equity/education/transinclusion/ally/index.php). Resources are available on using gender-inclusive language, using the pronouns and names people ask you to use, and learning about the services offered to trans people on and off campus. The Chair of Transgender Studies also offers a list of [Vancouver Island trans resources](https://www.uvic.ca/research/transchair/contact/resources/index.php) to explore.

Watch

UVic’s new series, [**Voices in Circle: Amplifying Indigenous Cultural Voices**](https://www.uvic.ca/farquhar/events/farquhar-presents/index.php) at the Farquhar. The series features established and emerging Indigenous artists. Guided and curated by a Programming Circle of Indigenous and Métis artists, arts administrators, academics and leaders, the series will present diverse artistic expressions including music, dance, theatre, burlesque, drag, comedy mixed media, lectures and visual arts. Continue to engage in other events and programs by Indigenous artists (and Black artists and artists of colour).

Engage

With advocacy groups and areas of UVic that are dedicated to driving social change and improving the well-being of our LGBTQ2SIA+ community to stay connected with gender-inclusive events and other opportunities. This will help keep you engaged 365 days of the year.

Some to consider are:

* [UVic Pride](https://www.prideuvic.com/)
* [Gender Empowerment Centre](https://genderempowermentcentre.ca/)
* [Chair of Transgender Studies](https://www.uvic.ca/research/transchair/index.php) and their [mailing list](https://www.uvic.ca/research/transchair/contact/index.php)

Commit

To make it a practice when going into a new space to reflect on your own social position. Consider what you can do with the powers, privileges, and connections you have to support others who have been historically and systemically marginalized.

Students can visit a [UVic Student Life Grant information session](https://engage.uvic.ca/events?query=grant) to learn more about the grant and how to apply to start an initiative to address student issues on campus.

Employees can apply once a year to the [Anti-Racism Initiative Grant](https://teachanywhere.uvic.ca/2021/12/16/ari/) to fund ideas on how to embed anti-racist practices into learning and teaching; reach out to LTSI for a consultation.

Friday – Take action

Read

About [supports available for students with disabilities](https://www.uvic.ca/students/info-for/students-with-disabilities/index.php). If you’re an instructor, consider these ways you can [support your students](https://www.uvic.ca/accessible-learning/instructors/supporting-students/index.php).

Watch

The videos shared on [UVic Libraries’ guide to anti-racism and anti-oppression](https://libguides.uvic.ca/c.php?g=717828&p=5124260). The guide offers an expansive list of resources that you can use to further your learning and practice. Explore within a category that you’re curious to learn more about to become an ally.

Take Action

Review UVic’s new [Equity Action Plan](https://www.uvic.ca/equity-action-plan/index.php) and explore the [reflection & action guide](https://www.uvic.ca/equity-action-plan/take-action/resources/index.php) that relates to your role on campus as a student, employee, educator, researcher, and/or campus leader. Implement some of the suggested actions and once you do, consider sharing your good ideas with everyone by adding them to the list of [community actions](https://www.uvic.ca/equity-action-plan/view-progress/uvic-community-actions/index.php).

Commit

To make time to volunteer or give to organizations around your local region that works to improve equity and wellness in their communities.

Some to consider:

* [UVSS Food Bank & Free Store](https://uvss.ca/foodbank/)
* [The Elders Engagement Fund, ITOTELNEW̱TEL ȽTE: LEARNING FROM ONE ANOTHER](https://www.uvic.ca/services/indigenous/facultystaff/working-elders/elders-engagement/index.php)
* [CanAssist](https://www.canassist.ca/EN/index.html)
* [Giving Tuesday projects](https://www.uvic.ca/support-uvic/giving-tuesday/giving-tuesday-pre.php)
* [Intercultural Association of Greater Victoria](https://www.icavictoria.org/ways-to-give/)

365 Days of Commitment

* Join one of the future events listed on the [5 Days of Action schedule](https://www.uvic.ca/equity/education/5-days-action/schedule/index.php).
* Sign up to the Equity Action Plan [mailing list](https://www.uvic.ca/equity-action-plan/view-progress/mailing-list/index.php) to stay updated on the action progress, events and outcomes.
* If you are an employee, consider engaging in further learning by signing up for the [UVic Citizen Series](https://www.uvic.ca/hr/learning-development/employee-learning/index.php) (Employee Learning Program).
* Consider reaching out to the Equity and Human Rights office to ask about [hosting a workshop](https://www.uvic.ca/equity/education/workshops/index.php) for your group.