(1)

UVic is committed to preventing and addressing sexualized violence on our campus. We want everyone to feel safe here, and to understand the resources and support options available to them. This includes **international students**, who are an important and valuable part of our community.

Here are the answers to some specific questions and concerns that international students might have about sexualized violence.

UVic 致力在我們的校園防止性暴力發生及正視問題。我們希望每個人在校園都會感到安全，也知道有甚麼資源和支援選擇可供他們使用。這包括國際學生 – 你們是我們社群中重要和受重視的一員。

以下是一些國際學生對性暴力可能有的特定問題及憂慮的答案。

(2)

UVic (Canadian) Expectations:

We want UVic to feel safe and inclusive for everyone, which means we all need to follow Canadian laws and university policies, including those about sexualized violence.

Around the world, people have different ideas about appropriate personal interactions and sexualized violence. At UVic, we define sexualized violence broadly. There is a wide range of behaviours that we think are unacceptable. This may be different from other institutions or countries, so we encourage all students to learn UVic's definition of sexualized violence. To make this easier, we have translated this definition into several different languages.

We expect everyone to use respect and consent in all interactions. This includes with other students, faculty, staff, and any other people you encounter. If respect and consent are topics you are not familiar with, or you would like to learn more, we have resources for international students, staff, and faculty. This includes translated materials.

We expect students to read and learn more about our community expectations so that everyone understands how to treat each other.

UVic (加國大學) 對大家的期望：

我們期望每個人來到 UVic 都會感到安全及被接納 – 意思是我們每個人都要遵守加國法律及大學的校規，包括有關性暴力的部份。

世界各地的人對甚麼是合適的人與人接觸和性暴力的界定都不一樣。在 UVic ，我們對性暴力的定義很廣，因此我們認為有多種行為是不適合的。這些可能與其他學院或國家的看法不一樣。所以我們鼓勵所有學生要認識 UVic 對性暴力的定義。而為了方便大家，我們已經把這些定義翻譯成不同語言。

我們期望大家在任何時間都能以尊重和尋求<u>同意</u>的態度對人。這包括你所接觸到的其他學生、老師、職員及其他人。如果對甚麼叫尊重和尋求同意的態度不太瞭解，或想知道更多，我們已經為國際學生、職員和老師預備好<u>資源</u>。當中也包括翻譯好的材料。

我們期待學生都<u>閱讀和更認識</u>我們對自己群體的期待，以至大家懂得如何與別人相處。

(3)

Boundaries (having boundaries & recognizing/respecting others' boundaries)

You are allowed to have personal boundaries. This means that you are allowed to have clear ideas about what is acceptable and not acceptable when it comes to you and your body and that others should respect those boundaries. We must also understand that everyone's boundaries are different, and that because of this, we must ask for <u>consent</u> before touching other people, or when asking them to do something that might potentially make them feel uncomfortable or unsafe.

If someone does not listen or respect your boundaries, you are allowed to tell them to stop. It is not your fault if someone chooses to cross your boundaries.

If you are not sure what is appropriate or inappropriate in the UVic community, you can read more <u>here</u>.

Here's a short video that explains the basics about consent and boundaries by using tea as an example.

界線（有自己的界線及知道/尊重別人的界線）

你可以有你個人的界線 - 即是說，你可以清楚界定於你和你的身體而言，甚麼是適合及不適合的對待，而其他人應該予以尊重。你亦要明白每個人的界線都不一樣，因此我們必須先取得<u>同意</u>，才可觸摸別人，或預先詢問甚麼會令他們感覺不舒服和不安全。

如果有人不聽從或尊重你的界線，你可以阻止他們。如果有人要侵越你定下的界線，那不是你的過失。

如果你不清楚在 UVic 的社群中甚麼是適合或不適合，我可在<u>這裡</u>知道更多。

以下是一段短片，藉著茶作為例子，去表達有關界線和同意的基本概念。

(4)

What international students *need* to know:

- Sexualized Violence is unacceptable and prohibited at UVic
- International students have the same rights as domestic students around sexualized violence
- People who experience sexualized violence are not to blame
- Everyone has the right to confidential support and advice

-       It's okay to ask for help; asking for support will not affect your temporary resident status

國際學生必須知道的：

-   UVic 不容許並禁止性暴力事件發生

-   國際學生跟本地學生一樣，在性暴力一事上享有同等權力。

-   經歷性暴力的人士並非犯錯一方。

-   每個人都有權獲得保密的支援和意見

-   求助是正當的，要求得到援助並不會影響你的暫時居留身份。

(5)

At UVic you have a right to:

-       Be treated with dignity and respect
-       Live and learn without experiencing sexualized violence
-       Be asked for your consent before intimate personal interactions. This includes everything from hugging, to dating, and romantic relationships
-       Support if you or someone you know is affected by sexualized violence

在 UVic，你有權：

-   獲得有尊嚴和受尊重的對待

-   在沒有經歷性暴力的情況下生活及學習

-   在與別人有親密接觸前，對方會先尋求同意。這些包括交往、約會，甚至祇是擁抱。

-   當你或你所認識的人受性暴力影響時，會獲得支持。

(6)

As a UVic community member, you are responsible for:

-       Being respectful and practising consent in your interactions with others
-       Knowing UVic's expectations and definition of sexualized violence
-       Asking questions and learning more if you are unsure about these expectations
-       Understanding that cultural differences are not an excuse for behaviours that UVic defines as sexualized violence

作為 UVic 大學社群的一員，你有責任：

-   以尊重的態度與別人接觸，並學習尋求同意。

-   明白 UVic 的期待，以及對性暴力的定義。

-   如果你對這些期待不瞭解，要提出問題及認識更多。

- 要知道，文化差異不能成為進行（由 UVic 定義的）性暴力的借口。

(7)

Resources for international students

Where can I go for support? You can call, email, or go to the Sexualized Violence Resource Office or contact International Student Services.

國際學生可使用的資源

我可在哪裡找到支援？你可以打電話、電郵，或親身前去，聯絡性暴力資源辦事處，或國際學生服務處。

(8)

If you need more information in the language of your choice, we have translated this content into Traditional Chinese, Hindi, Persian, Japanese, Korean, and French.

如果需要英語以外其他語言的資料，我們也把內容翻成了繁體中文、印度文、波斯文、日文、韓文及法文。

(9)

What is sexualized violence?

UVic defines sexualized violence as "any non-consensual, unwanted, actual, attempted, or threatened act or behavior that is carried out through sexual means or by targeting a person's sex, sexual identity, or gender identity or expression."

甚麼是性暴力？

UVic 對性暴力的定義是「以性方法或任何針對一何人的性、性認同、性別認同或表達，進行未經同意的、受厭惡的、實際的，或嘗試進行的、或恐嚇要進行的行動、行為或表達方法。」

(10)

What forms it takes

Sexualized violence can take many forms and may or may not involve direct physical contact. This means that sexualized violence can occur verbally, physically, or online. Sexualized violence includes, but is not limited to:

- sexual assault
- sexual exploitation

- sexual harassment
- stalking
- indecent exposure
- voyeurism
- distribution of sexually explicit images without the consent of the people involved

In addition, sexualized violence may also include unwanted sexualized attention including things like:

- catcalls
- sexist remarks or jokes
- transphobic remarks
- leering
- persistent and/or aggressive come-ons

會以甚麼形式出現？

性暴力可以很多不同形式出現，不論是否包括直接的身體接觸。換言之，性暴力可在言語上、身體上甚至網絡上發生。性暴力包括但不限於以下：

- 性侵犯
- 性剝削
- 性騷擾
- 跟蹤
- 露體
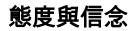- 偷窺
- 在未經對方同意下分享性暴露的圖像。

此外，性暴力也包括不喜歡的性注視：

- 調侃
- 性別歧視的說話或笑話
- 攻擊跨性別人士的說話
- 搭訕
- 苦苦痴纏甚至粗暴的追求

(11)

Attitudes and beliefs

Sexualized violence often begins with harmful attitudes and beliefs that are sexist, racist, homophobic, ageist and abelist in nature. Preventing sexualized violence requires that we address multiple intersecting forms of discrimination and oppression at the same time. This means sexualized violence prevention needs a broader, community-wide effort to address discrimination and harassment in all its forms. Visit the Equity and Human Rights website for information education and initiatives.

態度與信念

性暴力往往由帶有性別歧視、種族歧視、恐同、年齡歧視和殘缺歧視的有害態度和觀念開始。要預防性暴力發生，需要我們同一時間針對不同形式的歧視和壓迫。意思就是，防止性暴力，有賴一個更廣的社群性策略去針對不同形式的歧視和騷擾。請瀏覽平等及人權（Equity and Human Rights）辦事處網站，取得更多資料：教育與項目。

(12)

What is consent?

The Sexualized Violence Prevention and Response Policy defines consent as "the voluntary agreement to engage in physical contact or sexual activity and to continue to engage in the contact or activity. Consent means that all persons involved demonstrate, through words or actions that they freely and mutually agree to participate in a contact or activity."

甚麼是同意？

根據預防性暴力及應對方針的定義，同意是「自願同意進行身體接觸或性行為，並同意繼續進行該接觸或行為。同意是指所有參與者在說話或行為上表示他們自由地及互相同意進行接觸或行為。」

(13)

What to remember when it comes to consent

While consent may be a term that many people are familiar with, it's still something that people grapple with. The primary thing to remember is that consent begins with **RESPECT.** Here are some important points to know:

Respect is the first step to gaining meaningful consent. When we don't respect that the person we are interacting with is a person – with thoughts, feelings, emotions, and histories – we often can't appreciate how our words and actions might impact them.

Establish consent at the outset and at each step along the way. This involves clear communication and the ability to understand our own, and each other's, emotional and physical boundaries. Keep in mind that consent is not an obstacle to over, but an evolving conversation.

Silence or the absence of 'no' does not equal consent. Never assume you have consent.

Prepare to hear no (and stop), because consent can be withdrawn at any time, for any reason.

Early on consider whether you or the other person is incapacitated. Incapacitated people cannot give consent.

Consider Power. There is no consent where there is an abuse of power. This includes coercion, force, threats, or intimidation towards any person or where there is fraud or withholding of critical information that could affect a person's decision to consent.

Take Responsibility. Asking for consent is the responsibility of the initiator. For example, if you want to have physical and/or sexual contact with another person, it is your responsibility to ask first. This includes sending sexually explicit photos of yourself.

涉及同意的時候要注意甚麼？

我們或會覺得自己明白甚麼叫同意，但不少人仍然不太掌握得到。主要要記住，取得同意先由尊重對方做起。以下是一些要點：

要獲得有意義的同意，首先要尊重別人。當我們不尊重對方，不論在思想、感受、情感及個人歷史上，我們往往不能明白我們的說話和行為可以怎樣影響對方。

首先要獲取同意，並在日後每一步繼續如是。要成功做到，我們必須有良好溝通，能清楚明白自己和別人的情感及身體界線。要記住，爭取同意不是要突破障礙，是要加強對話。

沒有聽到「不」，不代表就是獲得同意。永遠不要假設你已得到同意。

要準備好對方會說「不（以及停止）」，因為大家可以隨時停止給予同意，不論甚麼理由。

先決定你或對方是否能作出決定。不能作決定的人是不能給予同意的。

要考慮權力的狀況。如果一方是受威迫，那就不是真的同意。這包括一方使用壓迫、武力、恐嚇，或施予壓力等方法去令對方就範，或者以詐騙或蒙蔽去影響一方作出同意的決定。

要負責任。尋求同意是主動一方的責任。例如當你想與另一個人有身體或性接觸，你有責任先取得同意。這些接觸包括向對方發放你的性暴露照片。

(14)

Consent as an everyday practice

To make it easier to gain consent in our intimate and sexual interactions, it's important to establish and practice consent in all our everyday interpersonal interactions. For example, not everyone experiences a hug as a friendly welcome or goodbye. In order to build a culture of consent, it's important to ask whether we can touch one another first. If you want to touch someone, just ask! "Hey, can I give you a hug?"

Keep in mind that there are power dynamics in our relationships with others that can make it hard for some people to freely consent and clearly say "yes" or "no." We must be sensitive to non-verbal body language (e.g., moving away from a touch or embrace) or indirect communication (e.g., changing the subject so they don't have to respond). Being aware of all the ways people communicate their boundaries is the responsibility of the person wanting the physical and/or more intimate interaction.

視取得同意為日常要有的行為

要在進行親密及性接觸時更易取得同意，重點是在每日與人接觸時建立重視同意的習慣。例如不是人人都喜歡對方以擁抱去打招呼或道別。要建立起重視對方同意的文化，先要由學習詢問別人是否可以觸摸對方開始。如果你想觸到對方，可以問：「可以抱一抱嗎？」

要明白你和別人或會有權力關係，令對方難以自由地決定是否同意，或清楚表達「可以」或「不可以」。我們需要留意非語言的表達（例如當你想觸摸或擁抱的時候對方會避開），或間接的表達（例如改變話題以避免回答）。希望有身體及/或更親密接觸的一方，有責任明白對方是如何表達其界線的。

(15)

Consent training

UVic has several different workshops that offer training on consent. For example, the Sexualized Violence Prevention and Response Training offered through Equity and Human Rights includes a section on respect and consent. The Anti-Violence Project has an entire workshop devoted to Understanding Consent Culture. And the Bringing in the Bystander workshop offered through the Office of Student Life also provides information on consent. Finally, the University of Victoria Student Society partners with the groups and offices mentioned above in their Let's Get Consensual campaign.

就取得同意方面受訓

UVic 有幾個工作坊，提供取得同意方面的訓練。例如通過平等及人權辦事處提供的「性暴力預防及反應訓練」，就有一個部分是關於尊重和同意的。反暴力計劃有一整個工作坊是針對「明白同意文化」。學生生活辦事處主辦的「作為一個旁觀者」也能提供有關取得同意的資料。最後，UVic 學生協會也與上述組織及辦事處共同主辦「一起取得同意」活動。