(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.

维多利亚大学（UVic）致力于预防校园[性暴力](#)，并十分重视这个问题。我们希望每个人在校园都会感到安全，也知道有哪些资源和支持方案可供他们使用。这包括国际学生，他们是我们社区的重要和有价值的一部分。

关于性暴力，国际学生可能会有一些具体问题及忧虑，本文为此提供了一些解答。

(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（加拿大人）的期望：

我们希望每个人来到 UVic 都感到安全和被接纳，这意味着我们每个人都要遵守[加拿大](#)法律及大学校规，包括有关[性暴力](#)的部份。

对于什么是恰当的人际接触和性暴力，世界各地的人们有不同的界定。在 UVic，我们对[性暴力](#)的定义很广。有许多种行为都是我们认为不可接受的。这些可能与其他院校或国家的看法不一样。所以我们鼓励所有学生要了解 [UVic 对性暴力的定义](#)。为了方便大家，我们已经把该定义翻译成了不同语言。

我们期望大家在所有人际接触中都能以尊重和 征得同意 的方式行事。这包括你所接触到的其他学生、老师、职员及其他人。如果你对什么是尊重和征得同意的方式不太明白，或想更多了解，我们已经为国际学生、职员和老师预备好了可供了解的资源。其中包括翻译好的资料。

我们希望学生们都能阅读和更多了解我们社区的期望，以便每个人都明白应该如何对待彼此。

(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 consent 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 here.

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

界线（有自己的界线并承认/尊重别人的界线）

你可以有你个人的界限。这意味着，你可以清楚地界定，对于你和你的身体而言，什么是可接受的，什么是不可接受的，而其他人应该尊重这些界限。我们还必须明白，每个人的界限都是不同的，因此，在触摸别人，或者在要求他们做一些可能让他们感到不舒服或不安全的事情之前，我们必须先征得同意 。

如果有人不听从或不尊重你的界线，你可以阻止他们。如果有人选择越界，那不是你的错。

如果你不清楚在 UVic 社区中什么是恰当的，什么是不恰当的，可在这里详细了解。

这是一个短视频，以茶为例，解释了有关同意和界线的基本概念。

(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

国际学生需要了解哪些：

- 性暴力在 UVic 是不可接受的，而且是禁止的

- 在性暴力问题上，国际学生与国内学生享有同样的权利
- 经历性暴力的人不应该受到责备。
- 每个人都有权获得保密的支持和建议。
- 你可以寻求帮助；要求得到支持不会影响你的临时居民身份。

(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，你有权：

- 获得有尊严的对待，受到尊重
- 在没有性暴力的环境中生活和学习
- 在亲密接触之前，对方应征得到你的同意。这包括诸如拥抱、约会及恋爱等所有亲密行为。
- 当你或你认识的人受到性暴力影响时，得到支持。

(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

作为 UVic 社区的一员，你有责任：

- 以尊重的态度与他人互动，并养成征得他人同意的习惯。
- 了解 UVic 的期望，以及对性暴力的定义
- 如果你对这些期望不了解，要提出问题并了解更多
- 知道文化差异并不是施行 UVic 定义的性暴力行为的借口

(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](#).

国际学生可使用的资源

我可以到哪里寻求支持？你可以打电话，发邮件，或者亲自去[性暴力资源办公室](#)，或者联系[国际学生服务中心](#)。

(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.

我们已经将此内容翻译成繁体中文、印度语、波斯语、日语、朝鲜语和法语，以方便您用自己的语言了解更多信息。

(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."

什么是性暴力？

UVic 将性暴力定义为"任何通过性手段或针对某人的性别、性身份或性别身份或性别表达进行的未经同意的、遭厌恶的、实际的、企图的或威胁的行动或行为"。

(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

会以什么形式出现

性暴力可能有多种形式，可能涉及或不涉及直接的身体接触。这意味着性暴力可以是口头的、身体上的或在网络上发生。性暴力可能包括但不限于：

- 性侵犯
- 性剥削
- 性骚扰
- 跟踪
- 不雅露体
- 偷窥
- 未经有关人士同意而发布性暴露的照片

此外，性暴力还可能包括不受欢迎的性关注，包括：

- 猥亵性的口哨声
- 性别歧视言论或笑话
- 攻击跨性别人士的言论
- 挑逗性的目光
- 苦苦痴缠/或粗暴追求

(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.

态度和信念

性暴力通常开始于本质为性别歧视、种族主义、恐同、年龄歧视和残障歧视的有害态度和信念。防止性暴力要求我们同时对多种不同形式的歧视和压迫予以重视。这意味着性暴力预防需要更广泛的、全社会的努力来应对各种形式的歧视和骚扰。请浏览平等与人权（Equity and Human Rights）网站，获得有关教育和倡议的更多信息。

(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."

什么是"同意"？

性暴力预防和应对政策（Sexualized Violence Prevention and Response Policy）将同意定义为"自愿同意进行身体接触或性行为，并同意继续进行该接触或行为。'同意'是指所有参与者通过语言或行为表明他们的接触或行为是在自由及互相同意的情况下进行的。"

(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.

涉及同意时要注意什么

虽然"同意"可能是许多人都熟悉的一个词汇，但它仍然是令人们感到纠结的一个词。首先要记住的是，同意始于**尊重**。以下是需要了解的一些要点：

要获得有意义的同意，首先要尊重他人。与我们互动的人是一个有思想、感情、情感和历史的人，如果我们不尊重这一点，则往往无法明白我们的言行可能会对他们产生怎样的影响。

在开始和以后的每一步都要征得同意。这包括清晰的沟通，已经能够理解我们自己以及彼此在情感和身体方面的界限。记住，"同意"并不是一个要跨越的障碍，而是一个循序渐进的对话。

沉默或没说"不"不等于同意。千万不要假设自己已经得到了同意。

要准备好对方会说"不"（以及停止），因为同意可以随时以任何理由撤回。

先考虑你或对方是否是无行为能力的。无行为能力的人是不能给予同意的。

还要考虑力量。在滥用力量的情况下没有同意可言。这包括一方使用胁迫、武力、恐吓，或施予压力等方法去令对方就范，或者以诈骗或蒙蔽去影响一方作出同意的决定。

承担责任。征求同意是主动一方的责任。例如当你想与另一个人有身体或性接触，你有责任先征得同意。这些接触包括向对方发送你的性暴露照片。

(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.

将 "征得同意" 作为日常习惯

要在亲密接触和性交往中更易获得同意，就应在我们所有的日常人际交往中建立和养成征得同意的习惯，这一点非常重要。例如，不是人人都喜欢对方以拥抱作为欢迎或道别的方式。要建立起重视对方同意的文化，应从在触摸对方时先征得同意开始。如果你要触摸对方，可以问："Hey, can I give you a hug?"（嘿，我可以抱你一下吗？）

要明白你和他人的关系中可能存在力量差异，令对方难以自由地决定是否同意，或清楚表达"可以"或"不可以"。我们需要留意非语言的表达（例如对触摸或拥抱的回避）或间接的表达（例如改变话题以避免回答）。希望有身体及/或更亲密接触的一方，有责任明白对方表达其界线的各种方式。

(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 <u>Understanding Consent Culture</u>. And the <u>Bringing in the Bystander</u> 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 <u>Let's Get Consensual</u> campaign.

就 "征得同意" 提供的培训

UVic 有多个不同的讲座，提供关于征得同意的培训。例如，通过平等与人权办公室提供的"性暴力预防和应对培训"（Sexualized Violence Prevention and Response Training）中包括一节有关尊重和征得同意的培训。反暴力项目有一个完整的讲座是专门针对<u>理解"征得同意"的文化</u>的。通过学生生活办公室提供的<u>成为积极的旁观者</u>讲座也就"征得同意"进行了介绍。最后，UVic 学生协会也与上述组织及办公室联手，共同主办了<u>提倡征得同意</u>活动。