

VISIBLE@X- IMPACT REPORT

Sexual Violence Prevention Education: 2025-2026

Prepared by:

Gowry Kaliyiluvila Rajesh (SVPEC)

St. Francis Xavier University

July 24 ,2026



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Executive Summary

The 2025–2026 academic year marked a year of growth and stronger campus integration for Visible@X. Building on the foundation created in 2024–2025, prevention education was delivered through structured training, residence outreach, awareness campaigns, student-led programming, and collaboration with campus and community partners.

Waves of Change remained central to the prevention strategy. Basic bystander education was delivered to first-year students and varsity teams, while training expanded to nine club sport teams. Advanced sessions supported deeper discussion of team culture, power, consent, and practical intervention. Across the year, more than 45 Waves of Change workshops were delivered.

Visible@X also hosted 20 prevention initiatives. Major programs included Healing Blooms, Consent Week, Take Back the Night, Mask of Masculinity, Sexual Health Week, Love Me or Love Me Not, Love Across Borders, Ladies & Leaves, and campaigns recognizing important awareness and remembrance days.

Key achievements

- 850+ first-year students received Basic Bystander Training during orientation.
- All varsity teams were included in Basic and Advanced Waves of Change delivery.
- Nine of the twelve club sport teams completed bystander intervention training, significantly expanding the reach of prevention education across campus.
- Consent and sexual health outreach in residences engaged more than 360 students throughout the academic year.
- 20 prevention initiatives and 45+ Waves of Change workshops were delivered.
- Student Educators and facilitators played a central role in peer engagement and program delivery.

Together, these activities strengthened the visibility of prevention education and helped make conversations about consent, healthy relationships, bystander intervention, and community responsibility more present across campus.

About Visible@X

Visible@X is St. Francis Xavier University's sexual violence prevention education initiative. The program works to create a safer, respectful, and inclusive campus through education, collaboration, and meaningful student engagement.

The work is grounded in the understanding that sexual violence prevention requires more than a single workshop or awareness event. Culture change develops through consistent education, repeated opportunities for reflection, peer leadership, supportive policies, and shared responsibility across the campus community.

Our approach

- Build understanding of consent, boundaries, healthy relationships, and sexual violence prevention.
- Develop practical bystander intervention skills.
- Support student leadership and peer-to-peer education.
- Create accessible opportunities for dialogue, reflection, healing, and community connection.
- Work with campus and community partners to strengthen prevention across different settings.

A student-centered model

Students are not only participants in Visible@X programming; they are also educators, facilitators, organizers, and partners. Their insight helps ensure that initiatives are relevant to campus life and delivered in ways that are engaging, approachable, and responsive to student needs.

2025–2026 At a Glance

Area	2025–2026 Result
Prevention initiatives	20 initiatives hosted
Waves of Change	45+ workshops delivered
Orientation training	850+ first-year students trained
Varsity athletics	Basic and Advanced sessions delivered across all varsity teams
Club sports	Basic Session delivered to 9 teams out of 12
Residence outreach	360+ students reached
Social media	79.2K reach during a 30-day fall campaign period

Overall direction

The strongest progression this year was the expansion of prevention education into more settings. Visible@X connected with students through orientation, athletics, club sports, residences, campus events, the Bloomfield Hub, social media, and collaborative programming.

Building Prevention Capacity

Prevention capacity is the ability of a campus community to recognize harm, respond safely, communicate respectful expectations, and sustain education over time. Visible@X continued to build this capacity by investing in student leadership, facilitator development, and campus partnerships.

Student Educators

Visible@X Student Educators supported outreach, promotion, event planning, peer conversations, and educational activities. Their involvement helped make the program more approachable and strengthened the connection between institutional prevention goals and student experience.

Waves of Change facilitators

Student facilitators supported the delivery of Basic and Advanced Bystander Training. Facilitator preparation, scheduling, and ongoing support increased the number of sessions that could be offered and created a wider network of students able to lead prevention conversations.

Shared campus responsibility

Collaboration with Student Life, the Bloomfield Hub, equity-focused departments, and community organizations helped reinforce the message that sexual violence prevention is a shared responsibility. This approach also made it possible to adapt programming for different student communities.

Waves of Change

The Waves of Change bystander intervention program is a peer-facilitated initiative designed to prevent sexualized violence. The goal of this program is to teach participants to recognize a broad range of sexually violent scenarios that commonly occur on post-secondary campuses. Participants will also learn various techniques to intervene either as bystanders or as a community to interrupt or stop sexual violence, support survivors, hold those who cause harm accountable for their actions, and transform the culture that allows violence to happen.

Basic Bystander Training

Basic training introduces foundational concepts, including consent, sexual violence prevention, barriers to intervention, and different bystander strategies. It creates a shared starting point for participants who may have different levels of knowledge or experience.

Advanced Bystander Training

Advanced training builds on the introductory program through more complex scenarios and group discussion. It explores how power, peer influence, loyalty, gender expectations, and team culture can affect decision-making and intervention.

Why the two-level model matters

- Basic training creates broad awareness and common language.
- Advanced training supports deeper reflection and applied learning.
- Repeated education helps students retain knowledge and build confidence.
- Scenario-based discussion connects prevention concepts to real campus situations.

Basic Bystander Training

Basic Waves of Change training was delivered to more than 850 first-year students during orientation. Targeted sessions were also delivered to varsity and club sport teams throughout the academic year.

Target group	Delivery period	Groups trained
First-year students	Orientation Week	850+ first year students received foundational prevention and bystander education.
Varsity teams	September–October	X-Men basketball, X-Men Cross Country, Football, X-Men Soccer, X-Men Track and Field, X-Women Basketball, X-Women Cross country, Rugby, X-Women Track and Field, X- Women Hockey, X- Men Hockey and X- Women Soccer
Club sport teams	January- February	Women's Lacrosse, Rowing, Cheerleading-Competitive, Cheerleading-Blue, Dance team, Baseball, Men's Lacrosse, Ultimate Frisbee, Curling.

Impact

The delivery of Basic Bystander Intervention Training to first-year students established prevention education early in the student experience. This was especially important during the “Red Zone”, the period beginning with orientation and extending through the early months of the fall semester, when students, particularly those new to campus, may face an increased risk of sexual violence. During this transition, students are building new relationships, navigating unfamiliar social environments, and learning about campus expectations and supports. Early training equipped students to understand consent, recognize warning signs and harmful behaviors, safely intervene using practical bystander strategies, support peers, and identify available campus resources.

Expanding the program to club sports further strengthened consistent expectations of consent, accountability, and collective responsibility across the broader athletic community.

Advanced Bystander Training

Advanced Waves of Change sessions were delivered during the winter term to varsity teams and Athletics professional staff.

Focus of the training

- Applying intervention strategies to complex or ambiguous situations.
- Understanding how team culture and peer expectations influence behaviors.
- Exploring power dynamics, coercion, loyalty, and group responsibility.
- Practicing responses that are realistic, safe, and appropriate to the participant's role.

Target group	Delivery period	Groups trained
Varsity teams	January- February	X-Men basketball, X-Men Cross Country, Football, X-Men Soccer, X-Men Track and Field, X-Women Basketball, X-Women Cross country, Rugby, X-Women Track and Field, X- Women Hockey, X- Men Hockey and X- Women Soccer
Professional Staffs	January 29	Athletics department

Impact

Advanced sessions were most effective when participants could clearly connect the training to their previous Basic session and apply that knowledge to situations relevant to their team or leadership roles. Scenario-based learning encouraged athletes, captains, student leaders, and coaches to examine how power, privilege, status, and influence operate within team settings. By working through realistic situations, participants strengthened their ability to recognize power imbalances, challenge harmful behaviors, support teammates, and intervene safely and responsibly. This approach reinforced that leadership involves using one's influence to promote accountability, respect, consent, and a safer team culture.

Awareness & Campus Engagement

Visible@X delivered 20 prevention initiatives during the academic year. The program used workshops, residence outreach, social media, public events, interactive activities, reflection, and community partnerships to create multiple ways for students to engage.

Fall term highlights

Initiative	Date	Purpose and impact
Healing Blooms	Sept. 19	A survivor-centered floral activity focused on wellness, connection, and reflection; 50+ participants.
National Day for Truth and Reconciliation	Sept. 30	A social media campaign encouraging learning, reflection, and respectful engagement.
Consent Week	Oct. 6–9	Residence outreach, interactive education, online engagement, Consent & Ice Cream, Venus Envy Sex talk (partner events) 170 + Participants
Take Back the Night	Oct. 9	A campus march and Hub gathering in solidarity with survivors; 60+ participants.
Mic on Campus	October	Student perspectives on consent, sexual health, and prevention are shared through short interviews.
Mask of Masculinity	Nov. 24–27	Reflection on masculinity, mental health, emotional expression, and social expectations. (120+ Participants)
Trans Day of Remembrance	Nov. 20	Online education and remembrance campaign.
National Day of Remembrance and Action on Violence Against Women	Dec. 6	Memorial display table at Bloomfield Hub honoring the women killed at École Polytechnique.

Awareness & Campus Engagement, continued

Winter term highlights

Initiative	Date	Purpose and impact
Sexual Health Week	Feb. 9–13	Residence outreach, Trivia at Oak Manor- By Burnside Brewing, games, competitions, digital engagement, and sexual health education. (190+ Participants)
Love Me or Love Me Not	Feb. 12	Interactive exploration of healthy and unhealthy relationship patterns. (22 Participants)
Love Across Borders	Feb. 13	Discussion of dating practices, communication, and relationships across cultures. (10 participants)
Ladies & Leaves	March 7	Plant-potting and reflection activity for International Women's Day. (65 + Participants)
Sexual Assault Awareness Month	March–April	Educational social media content and awareness promotion.

Campus impact

Together, these campus-wide initiatives strengthened awareness of consent, healthy relationships, sexual health, gender-based violence, and available support services. Through interactive events, residence outreach, digital education, and opportunities for reflection, Visible@X engaged more than **600** students across the academic year. The variety of programming created multiple entry points for participation, helped bring prevention education into students' everyday campus experiences, and encouraged a stronger culture of respect, inclusion, collective responsibility, and support for survivors.

Residence Outreach

Residence outreach was a major area of focus during Consent Week and Sexual Health Week. Residence is one of the main places where students build relationships, experience social pressure, and shape community norms. Bringing education into these settings makes prevention more immediate and relevant.

Measure	Residences reached
Consent Week outreach (In person)	Seven (First year buildings)
Consent week (Passive campaign)	Two (Senior buildings)
Sexual health week Outreach (In person)	Nine
Total students engaged	360+
Approach	Interactive games, scenarios, trivia, informal discussion, and resource sharing

Key Lesson: The Importance of CAs and CEOs

The timing of residence outreach strongly influenced student participation, as engagement varied depending on meal schedules, classes, athletic practices, and other residence activities. Community Advisors (CAs) and Community Engagement Officers (CEOs) played an essential role in promoting the outreach, inviting residents to participate, and encouraging meaningful discussion. Their leadership, trusted relationships with students, and familiarity with each building's culture contributed significantly to the success of the programming. Future outreach should be coordinated early with Residence Life, CAs, and

CEOs and scheduled during the strongest engagement periods for each residence building.

Consent Education is Visible@X

Consent Education is Visible@X is St. Francis Xavier University's online consent education module, offered through the X Starts Here course on Moodle. The module provides students with foundational knowledge about consent, healthy relationships, sexual violence prevention, and the supports available within the StFX community.

Designed to be accessible and self-paced, the module helps students develop a shared understanding of what consent means and how it can be practiced in everyday interactions. It emphasizes that consent must be voluntary, informed, ongoing, and clearly communicated. Students also explore how coercion, entitlement, power dynamics, alcohol and other substances can affect a person's ability to provide consent.

Beyond individual interactions, the module encourages students to consider the broader culture surrounding sexualized violence. It examines how harmful attitudes, victim-blaming, normalized harassment, and the disregard of personal boundaries can contribute to unsafe environments. Students are encouraged to recognize these behaviors, challenge harmful social norms, respect boundaries, and help create a safer and more supportive campus community.

The module also introduces students to StFX policies, reporting and disclosure options, and campus and community resources. It explains the difference between making a disclosure and submitting a formal report, while reinforcing a survivor-centered approach grounded in choice, respect, and access to support. Students are also introduced to resources such as the REES online reporting platform and other services available to members of the StFX community.

2025–2026 Impact

1,325 students completed the Consent Education is Visible@X module during the 2025–2026 academic year.

Social Media Strategy & Student Engagement

Social media continued to be an important part of the Visible@X prevention strategy. Instagram was used to promote events, share educational content, recognize awareness days, invite student participation, and keep prevention messages visible between in-person programs.

Content used during the year

- Consent trivia, polls, myth-versus-fact activities, and question prompts.
- Event promotion and follow-up content.
- Student-led Mic on Campus interviews.
- Sexual health education and residence competitions.
- Awareness and Remembrance Day campaigns.
- Content related to healthy relationships, body autonomy, masculinity, and gender-based violence prevention.

Reach and engagement

During a 30-day fall campaign period, Visible@X recorded a social media reach of 79.2K. Interactive and student-led content helped extend the program beyond event participants and created opportunities for students to engage privately or informally.

What worked

Short videos, story polls, competitions, and student voices generated strong interest. Social media was most effective when it supported a wider campus initiative rather than functioning as a stand-alone information channel.

Our Impact: Measuring Progress

Measure	2024–2025	2025–2026	Progress
Prevention initiatives	15	20	Five additional initiatives
Waves of Change workshops	18 sessions	45	Substantial increase in delivery
First-year orientation training	800+ students	850+ students	Reach maintained and expanded
Club sport training	Planned for expansion	9 teams trained	New area of delivery
Residence outreach	Introduced in Winter term (Sexual health week)	Fall and Winter outreach Consent week & Sexual health week	More structured, measurable and expanded
Student leadership	Peer Educator team	Student Educators and facilitator network expanded	Greater delivery capacity for trainings

Understanding impact

The year-to-year comparison shows clear growth in Visible@X programming. Prevention initiatives increased from **15 to 20**, Waves of Change workshops rose from **18 to 45**, a 150% increase and first-year orientation training expanded from 800+ to 850+ students. Programming also reached new audiences: nine club sport teams completed training, while residence outreach grew from a single winter initiative into structured fall and winter programming through Consent Week and Sexual Health Week.

Beyond attendance, this growth reflects stronger student leadership, expanded delivery capacity, increased collaboration, and more consistent prevention education across orientation, athletics, residences, campus events, and digital platforms. Although data collection methods continue to improve, the overall progress is clear: Visible@X offered more programming, reached more student groups, and integrated consent and prevention education more deeply into campus life.

Reflections & Lessons Learned

- Timing matters. Event attendance and residence engagement depend heavily on student schedules, competing activities, and advance promotion.
- Early coordination improves participation. Athletics, Residence Life, and campus partners need sufficient time to schedule, promote, and support programming.
- Repeated education is more effective than one-time programming. Basic and Advanced training provides a stronger learning pathway when connected clearly.
- Residence outreach is strengthened by the involvement of CAs and CEOs. Their leadership, trusted relationships with students, and familiarity with residence culture are essential for promoting programs and encouraging participation.
- Student-led content is highly engaging. Students respond well to peer voices, short videos, interactive questions, and informal conversations.
- Creative and healing-centered events lower barriers. Activities such as Healing Blooms and Ladies & Leaves create welcoming spaces for reflection and connection.
- Collaboration increases relevance and reach. Programs are stronger when partners contribute their knowledge, relationships, and perspectives.
- Gender-inclusive programming remains important. Prevention must continue engaging men, trans and gender-diverse students, international students, and other communities.
- Data collection should be strengthened. Consistent attendance tracking, post-session feedback, and year-over-year measures will support stronger evaluation.

Overall reflection

The year showed that prevention education is most effective when it is visible, repeated, practical, student-centered, and connected to the places where students already live, learn, gather, and lead.

Looking Ahead: 2026–2027

The 2026–2027 programming plan builds on the lessons of this year. It continues core training and signature events while adding new opportunities for wellness, creative engagement, masculinity-focused discussion, and visible student commitments.

Timing	Initiative	Purpose
Sept. 19	Healing Together	Trauma-informed yoga and a “These Hands Don’t Harm” community mural focused on healing and shared responsibility.
Sept. 30	Truth and Reconciliation & Moose Hide Campaign	Collaborative education, reflection, and allyship with Indigenous partners.
Oct. 5–7	Consent Week Residence Outreach	Interactive consent, impairment, boundaries, and healthy communication activities.
Oct. 5–9	Online Engagement & Mic on Campus	Daily trivia, myth-versus-fact content, polls, and student perspectives.
Oct. 8	Take Back the Night	Annual campus march and gathering in solidarity with survivors.
Oct. 9	Healing Blooms	Floral arranging and reflection focused on wellness and community connection.

Looking Ahead: 2026–2027, continued

Timing	Initiative	Purpose
Nov. 16–19	Mask of Masculinity Series	Men's mental health, emotional expression, vulnerability, and healthier gender expectations.
Nov. 18	Nailed It, Bro!	Nail painting and conversation about positive masculinity, allyship, and self-expression.
Dec. 6	National Day of Remembrance	Campus memorial displays honoring the fourteen women killed at École Polytechnique.
Feb. 2–6	Sexual Health Awareness Week	Residence outreach, social media, trivia, educational games, and competitions.
Feb. 11	Love Me or Love Me Not & Love Across Borders	Healthy relationship education and intercultural discussion.
March 6	Ladies & Leaves	Plant-potting and reflection for International Women's Day.
April	Paint the Pledge Wall	Collaborative commitments to consent, respect, allyship, and survivor support.

Priorities for the coming year

- Schedule training and residence outreach earlier.
- Strengthen attendance tracking and participant feedback.
- Continue Basic and Advanced Waves of Change delivery.
- Deepen partnerships with Athletics, Residence Life, Indigenous Student Affairs, International Student Services, and the Hub.
- Maintain student-led, creative, and interactive approaches.

Partners in Prevention

Collaboration was central to Visible@X programming during 2025–2026. Campus and community partners helped plan events, reach students, contribute expertise, create inclusive spaces, and connect prevention education with wider student wellness and community initiatives.

Campus collaborators

- Bloomfield Hub
- Student Life and Educators
- Residence Life, CA's and CEO's
- StFX Athletics
- StFX Students' Union
- Human Rights & Equity
- 2SLGBTQIA+ Student Inclusion
- International Student Advisor and Peer educators
- Indigenous Student Affairs and Peer Educators
- Black Student Advisor and Peer Educators
- Women's and Gender Studies- Student Leaders
- STFX psychology Society

Community and external collaborators

- Antigonish Women's Resource Centre
- Naomi Society
- Venus Envy
- Oak Manor
- Provincial Waves of Change Coordinator and facilitators

These partnerships strengthened the quality and reach of programming and reinforced that sexual violence prevention is a collective campus and community responsibility.

Our Team

During the 2025–2026 academic year, Visible@X was supported by four passionate Student Educators: Emilia Stewart, Akwaima Akpan, Maya Bergeron, and Marley Ryan. Emmy and Akwaima each dedicated three years to Visible@X. Three educators graduated this year, while Marley will return to continue the work.

Emilia Stewart also received the first-ever Visible@X Upstander Award at the Student Leadership Awards, recognizing her outstanding contribution to prevention education and campus leadership.

These educators were at the heart of Visible@X. Their ideas, passion, and creativity shaped workshops, events, outreach, and student engagement. Visible@X proudly celebrates their remarkable work and the lasting impact they made throughout their student leadership journeys at StFX.



Closing Reflection

The 2025–2026 academic year demonstrated meaningful progress in sexual violence prevention education at StFX. Visible@X maintained foundational training, expanded into club sports, increased the number of workshops and initiatives delivered, strengthened residence outreach, and created more opportunities for students to engage through events, reflection, creativity, and social media.

The year also reinforced an important lesson: prevention is not created by one office, one workshop, or one awareness campaign. It develops through repeated education, student leadership, trusted partnerships, thoughtful timing, and a shared willingness to challenge harmful norms.

Looking ahead, Visible@X will continue to build a prevention culture that is practical, inclusive, trauma-informed, and connected to student experience. The focus will remain on strengthening skills, supporting student voices, improving evaluation, and creating spaces where consent, care, respect, and accountability are visible across campus.

Creating safer communities through education, collaboration, and meaningful student engagement.