

Visible@X 2025-26 Prevention Education Plan

Training

- **Consent is Visible@X**

Part of "X starts here" module

- Description: A mandatory online module integrated into the X Starts Here Orientation program. It introduces all new students to the language of consent, the FRIES model, power dynamics, and institutional resources.
- Target Groups: First Year Students
- Completion Goal: All incoming students are expected to complete this training before arriving on campus. If not completed by the end of the academic year, a registration hold will be placed on their student account.

- **Waves of Change (Basic Bystander Training)**

- Description: Consent-focused bystander education delivered to over 800 students during orientation. Introduces intervention tools and core SV definitions.
- Target Groups: First Year Students in week O, Residents, Athletes, Student Leaders.
- Completion Goal: All Varsity athletes in Fall sports will receive Basic Bystander Training within the first 8 weeks of the term. Winter sport athletes will complete this training within the first term.

- **Waves of Change (Advanced Training)**

- Target Groups: Varsity Athletes, Student leaders
- Completion Goal: All Varsity athletes will receive Advanced Bystander Training before Reading Week of the Winter term.

Visible@X Programming Plan 2025–2026

| Timing | Focus Area | Proposed Initiative | Delivery Format | Target Group | Expected Impact | STOPP SV Strategy | Pillar | Learning Goal |
|--|-------------------------|----------------------------------|---|---------------------------------|---|-------------------|------------------|----------------------|
| Sept (Orientation) | SV Prevention & Consent | The Blitz: Waves of Change | First-year student training during O-Week | First-year students | Establish foundation in sexual violence prevention and consent culture. | S, T | Build Capacity | Interpersonal Skills |
| Sept 19 | Survivor Support | Healing Blooms: Autumn Edition | Survivor-centered floral activity | Open to all students, survivors | Normalize healing and foster emotional reflection. | SV | Build Connection | Wellness & Coping |
| Sept 30 <i>National Day for Truth and Reconciliation / Orange Shirt Day</i> | Indigenous Allyship | Truth and Reconciliation Tabling | Tabling with Indigenous Student Affairs | General student body | Encourage learning and allyship among non-Indigenous students. | | | |

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| Early Oct (Week 1) | Consent Culture | Consent Awareness Week | Week-long tabling + games + speakers | All students, residence outreach | Deepen understanding of consent in a visible, participatory way. | S, T, P | Build Understanding | Community Engagement |
| Early Oct (Week 2) | Indigenous Allyship & Reflection | Heart of the Berry: Strawberry Reflections | Culturally grounded reflection card activity | All students | Uplift Indigenous teachings and support healing practices. | O | Build Understanding | Cultural Humility |
| Mid-Oct | MMIWG 2S Awareness | Moose Hide Campaign Collaboration | Distribution, info cards | General campus, Indigenous communities | Foster commitment to ending violence against Indigenous women and girls. | O, P | Build Connection | Community Engagement |
| Oct | Boundaries & Relationships | Bagels & Boundaries | Workshop with food and facilitated discussion | Residence outreach, tabling in every residence | Empower students to set and maintain emotional and physical boundaries. | T | Build Capacity | Interpersonal Skills |
| Oct | Global Perspectives | Love Across Borders | Interactive map with dating custom | International students, General | Encourage cultural curiosity and | T | Build Understanding | Cultural Humility |

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| | | | s worldw ide | student s | normaliz e differenc es in dating. | | | |
| Oct (Midterm Week) | Self-Care & Consent | Consent & Comfort Snacks | Residence drop-in with cozy items | Residence student s | Reinforce boundaries and support mental health in a familiar space. | SV, P | Build Connecti on | Wellnes s & Coping |
| Nov <i>Men's Mental Health Awarene ss Month</i> | Healthy Masculin ity | Mask of Masculin ity & Movemb er | Tabling, reflecti on walls, art displays | Men, male- identifi ng student s | Encoura ge men to reflect, express, and engage with preventi on work. | S | Build Understa nding | Identity & belongi ng |
| Nov (Mid) | Male Allyship | "Nailed It, Bro" | Nail paintin g & casual conversa tion | Men | Break gender norms and invite men into the conversa tion. | S | Build Connecti on | Interper sonal Skills |
| Nov 20 <i>Trans Day of Rememb rance</i> | Trans Awarene ss | Trans Day of Rememb rance Vigil & Panel | Evening panel + ceremo ny | Trans and gender- diverse student s | Center and uplift trans voices in gender- based violence work. | SV | Build Understa nding | Cultural Humility |

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| Dec 6 <i>National Day of Remembrance and Action on Violence Against Women</i> | GBV Remembrance | National Day of Remembrance Vigil | Ceremony + engineering recognition | Campus community | Honour lives lost and recommit to prevention and advocacy. | P, SV | Build Understanding | Community Engagement |
| Jan | Relationship Wellness | Boundaries & Intimacy Workshop | Storytelling + role-play activities | Residence Outreach | Explore the links between emotional health and relational safety. | | | |
| Feb 3–7 <i>Sexual and Reproductive Health Awareness Week - Canada</i> | Sexual Wellness | Sexual Health Week | Residence visits, tabling, Jeopardy Game | Residence outreach, Games, competitions among residences | Demystify STIs, contraception, and pleasure-focused health education. | T, S | Build Capacity | Wellness & Coping |
| Feb 14 <i>Valentine's Day</i> | Relationship Literacy | Love Me or Love Me Not | Interactive red/green flag game | All students | Encourage critical thinking about relationship patterns. | T | Build Understanding | Interpersonal Skills |
| March 8 <i>International Women's Day</i> | Women's Empowerment | Ladies & Leaves | Potting and reflection session | Women - identifying students | Celebrate care, growth, and connection. | O | Build Connection | Wellness & Coping |

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| March <i>Sexual Assault Awareness Month (SAAM)</i> | Creative Survivor Voice | Stories of Strength Zine + Coffee House | Call for stories + reading launch | Survivors, Creative writers | Celebrate creative resistance and student storytelling. | SV | Build Connection | Identity & Belonging |
| March–April | Peer Engagement | Mic On Campus – SAAM | Reels + social media Q&A | All students | Normalize conversations on consent, dating, and SV prevention. | S | Build Connection | Community Engagement |