

RSAC

IS A MONTHLY NEWSLETTER THAT DISCUSSES A VARIETY OF TOPICS DEALING WITH SEXUAL ASSAULT AND ABUSE AND HOW TO SUPPORT SURVIVORS.

March 2019



RSAC

Issue: How to Ask for Consent?

Kristin Kozakavich

Here's to hoping March comes in like a lamb.

We hope you (and your cars) have all had a chance to defrost from this polar vortex we have been experiencing!

What We Have Been Up To

February 6th and 7th - Sexual Assault Services Saskatchewan (SASS) Annual Leadership Forum

February 7th- Our counsellors Kate and Sarah presented at the SASS Leadership Forum on maternal mental health and survivors of sexual violence

February 12th- Kate, Brennan, and Sarah presented to Campbell Collegiate about consent and sexual assault.

February 14th - Valentines Day

February 18th- Family Day , Stat Holiday

February 27th - Pink Day, anti-bullying awareness

March 1st- Brennan, one of our counsellors, leaves for paternity leave

March 2/3 - First Responder to Sexual Assault and Abuse Training

March 5/6 - First Responder to Sexual Assault and Abuse Training

March 8th- International Women's Day

Upcoming Dates

March through June- the Centre will be providing psycho-educational workshops, which are open to anyone who has experienced sexual and/or intimate partner violence. Topics will include: understanding trauma, navigating the justice system, parenting traumatized children and self-care/grounding techniques. [Interested individuals should contact the Centre for more information about times and dates.](#)

Starting in April, our counsellors will be pairing up with SASS to provide a monthly skills workshop at MACSI (for program attendees).

Starting in the spring, no official dates yet, the Complex Trauma group will also be implemented.

May 2/3- First Responder to Sexual Assault and Abuse Training (Moose Jaw)

September 14/15- First Responder to Sexual Assault and Abuse Training- [Open to the public and new volunteers. Contact to register.](#)

SASS First Annual Leadership Forum

SASS launched their first ever annual leadership forum early in February that allowed a diverse panel to speak to audiences from all over Saskatchewan including Saskatoon, North Battleford and rural areas.

“This forum [was] driven by [a] vision to connect organizations, communities, sexual violence survivors, in order to build a comprehensive network of services and supports in the area of sexual violence. We purposely structured the forum around Saskatchewan based organizations and individuals who have an immeasurable amount of knowledge and expertise.” -SASS

The program spoke for itself with speakers:

Wednesday February 6, 2019

**Norm Jakubowski (Canadian Red Cross Respect ED)
Craig Reynolds (Saskatchewan Roughriders)
Jorgen Hus (Saskatchewan Roughriders)
Scott McHenry (Saskatchewan Roughriders)**

**Connie McArthur (SIGN) “Integrating Mainstream
Counselling Practices with First Nation Practices”**

Stephanie Carlson (RQHR)- Forensic Examinations

Don Meikle (EGADZ) - “I am not 4 sale”

Taryn Wahl (PPR) - Everyday Consent

**Jenna Tickell (SASS) and Lisa Miller (RSAC) - First
Responder to Sexual Assault and Abuse Training**

Anna Obey (FSR) - Art for the Heart

**Regina Immigrant Women Organization- The additional
barriers women immigrants endure.**

TJ Roy - empowering our youth

Thursday February 7, 2019

Shana Pasapa Power our Women (POW)

**Mark Olver (U of S) - Assessment of change in Sex
Offenders**

Roz Kelsey (U of R) - Healthy masculinity

**Kate McEvenue and Sarah Sempsrott-Ridley (RSAC) - The
potential link between sexual violence and perinatal
mood disorders, and promising interventions.**

Sharon Peterson and Jocelyn Gagne - The Listen Project

Tara Molson (YWCA) - Bystander training for bartenders

**Shawn Fenwick (RPS) - Vice Unit and the investigation of
Sexual Assault and Human Trafficking.**

**Darlene Juschka - Connection between sexual violence
and interpersonal violence.**

**Corey O’Soup - Child and Youth Advocate Office- The
importance of advocating for our youth**

The forum was both educational and empowering. Bringing together individuals from all over, specializing in a broad range of areas within the field gave a powerful message that through collaboration, we really can change the story for Saskatchewan. Cheers to the first annual leadership forum, and to the many more to come.

Yes, consent is important, but how do you ask for it?

Many channels on social media take the issue of consent to the streets of their community. While everyone that they interview can agree that consent is important, they struggle to answer the question "how do you ask for consent?" Recent studies show that most people believe education at all levels concerning how to give, and get, consent should be the next course of action in addressing sexual violence and consent (C).

So how do we ask for consent? When imagining this process, your mind takes you to a hot and steamy moment, soon to be wrecked by asking the words "do you consent to sexual activity with me" and ruining the mood.

Whether you're in a relationship or single ready to mingle communication around sexual activity is vital.

Engaging in a conversation about consent may be easier for a couple because there is a level of trust and communication already established. This can generate a safe space to talk about sexual activity without fear of judgement.

However, this isn't the case for many circumstances. It is important to check in during times of sexual activity. Sex is supposed to be fun and pleasurable, not scary and painful.

Eva is a sexual education Youtuber that shares with her viewers many different elements of sexual health and relationship. She has devoted an entire video on her channel to discussing how to ask for consent without being awkward. Here are some of her recommendations:

"Before:

- I've been thinking a lot about doing this, how would you feel about that?
- I have been fantasizing a lot about this, would you want to try it with me?
- Do you like it more assertive, or submissive?
- Have you ever tried this, want to try it with me?
- Should I grab a condom? Or Do you have a condom?
- Would you enjoy it if I did this?
- I would really like to kiss you, would you be okay with that?
- Is it okay if I take off my shirt?
- What would feel really good right now?
- Do you wanna try this?
- Would it be good for you if I did this?
- Would you want it gentler or firmer?
- How are you doing?

After

- I loved it when we did that, would you want to do that again?
- Would you want more or less of that?
- Do you want sleepy snuggles or sexy snuggles" (W)?

Resources

W. (n.d.). 20 Ways to Ask for Consent! [Video blog post]. Retrieved March 13, 2019, from <https://www.youtube.com/watch?v=0EW0GakXlwM>

C. (2018, May 16). Survey finds drop in Canadians' understanding of consent. Retrieved March 13, 2019, from <https://www.canadianwomen.org/survey-finds-drop-in-canadians-understanding-of-consent/>



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