

THE RED ZONE

The Red Zone is the time between Orientation week and Halloween when students, especially first year students, are more likely to experience sexual violence.

WHY DOES THE RED ZONE OCCUR?

- › Consent is not fully understood, practiced, or modelled
- › We live in a rape culture. Social practices, cultural ideologies, and institutions condone, trivialize, and normalize sexual violence
- › Pressure to fit in, meet new people and try new things
- › Pressure to drink alcohol and/or use drugs
- › Limited social supports and close friends as many students are away from home for the first time
- › Limited knowledge of on and off campus services and resources
- › Incomplete or incorrect knowledge of sexual violence
- › Belief in myths about sexual violence such as the belief that strangers are the ones who cause harm (also known as 'stranger danger') when it is usually someone we know



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HOW TO PREVENT THE RED ZONE

- › Use consent in your day-to-day interactions, and your sexual interactions
- › Disrupt and challenge social norms and language that promote and/or uphold rape culture
- › Take no for an answer the first time you hear it
- › Practice accepting rejection
- › Set clear boundaries and ask others about their boundaries
- › Be an Active Bystander – intervene directly or indirectly when you see harm, if you feel safe doing so
- › Learn about on and off campus supports – share this information with others
- › Support people who have experienced harm – listen, believe them, let them know it was not their fault, share resources
- › Take a SVPRO training about Active Bystander Intervention and/or How to Respond to a Disclosure of Sexual Violence
- › Share this resource!



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**HAVE QUESTIONS? NEED SUPPORT?
WANT TO GET INVOLVED?**

CONTACT US TODAY!

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