

# VIGILANT GUARDIAN

See Something, Do Something:  
Tips For Bystander Intervention



**Seneca**



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



# Who are we

We are a group of Seneca students who are committed to the end of campus sexual violence. On these next pages you will find information to help you become a Vigilant Guardian, someone who is actively prepared to intervene and bring about the end of campus sexual violence.

We are proudly supported by Seneca and Yellow Brick House. We thank them for their endless support.

# 4 Steps to Becoming a Vigilant Guardian



## Awareness

Step one is building Awareness — truly understanding what you know and what you don't know.

## Education

Step two is Education, which is an on going process. This is just the beginning of a lifelong journey of growth.

## The 4 D's of Intervention

Step three is building your toolbox with the skills on how to safely intervene.

## Resources

Step 4 is gathering resources, now that you have educated yourself to be a Vigilant Guardian. These will help you in your daily fight against campus sexual violence.

# AWARENESS

## What is it?

[Dispelling the Myths About Sexual Assault](#)  
[Government of Ontario](#)

[The Facts About Sexual Assault and Harassment](#)  
[Canadian Women's Foundation](#)

## Consent

[What is Consent?](#)  
[A quiz to test the level of your knowledge](#)

[What is Consent YouTube Video](#)

[CBC News Article on Consent](#)

It's time to increase your awareness of campus sexual violence. Learn what it means to be an active participant in decreasing sexual violence on campus.

To help you navigate this topic, we have curated some resources for you. Start wherever you feel comfortable. Once you have come to a better understanding of what comprises sexual violence on campus, head on over to our Education page for Step 2 in becoming a Vigilant Guardian.

## True Stories

[I was raped at university. Here's why I never reported it. \(September 2021\)](#)  
[By Meghan Simard](#)

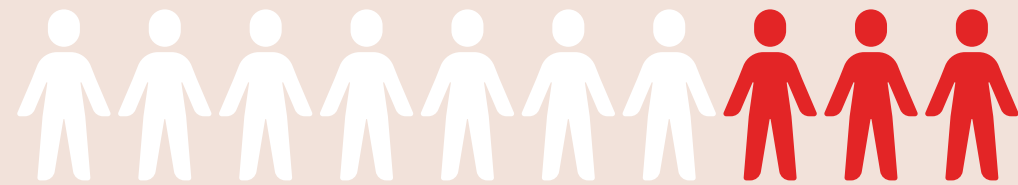
['I believe you': Students learn how to respond to sexual assault disclosures \(January 2019\)](#)  
[By Hadeel Ibrahim](#)

# AWARENESS

## Sexual Violence on Campus Statistics



"One in ten (11%) women students experienced a sexual assault in a postsecondary setting during the previous year" (Burczycka, 2019, para. 2)



"71% of students at Canadian postsecondary schools witnessed or experienced unwanted sexualized behaviours in a postsecondary setting in 2019" (Burczycka, 2019, para. 1)



"Most students chose not to intervene, seek help or take other action...including 91% of women and 92% of men who witnessed such behaviours" (Burczycka, 2019, para. 7)



"One in six (16%) indicated that at least one sexual assault had happened as a result of them being unable to consent because they were intoxicated, drugged, manipulated or forced in other non-physical ways..." (Burczycka, 2019, para. 42)

**For further information about statistics, read Marta Burczycka's full article at Statistics Canada by [CLICKING HERE](#).**

# EDUCATION

## Violence Prevention



In the sexual violence field, we use the term “primary prevention,” which means stopping sexual violence before it even has a chance to happen. Primary prevention challenges out-of-date and victim-blaming attitudes that place the onus on potential victims to protect themselves and frames sexual violence as a public health issue.

Primary prevention requires that we make the connection between all forms of oppression (including racism, sexism, homophobia, ableism, adultism, ageism, and others) and how these create a culture in which inequality thrives and violence is seen as normal. Effective prevention efforts utilize prevention theories to change communities, shift social norms, end oppression, and promote norms of equity, consent, and safety for all.

(National Sexual Violence Resource Center, n.d.)

Before stepping in, try the ABC approach:

**Assess for safety:** If you see someone in trouble, ask yourself if you can help safely in any way. Remember, your personal safety is a priority – never put yourself at risk.

**Be in a group:** It’s safer to call out behaviour or intervene in a group. If this is not an option, report it to others who can act.

**Care for the victim.** Talk to the person who you think may need help. Ask them if they are OK.

(University of Cambridge, n.d.)

# EDUCATION

There are many ways to identify sexual violence and sometimes all you need is a simple question. Below is a list of questions that you can ask to help assess whether or not someone may be experiencing violence. If they answer yes to any of these questions, they may be suffering from abuse.

Abuse happens in every culture, age, race, nationality and socio-economic level. It happens in both heterosexual and 2SLGBTQ+ relationships, and among family members.

## Identifying Violence



- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you have to justify everything you do, every place you go, or every person you see to avoid someone's anger?
- Does your partner put you down and then tell you that they love you?
- Do you stay away from friends or family because your partner will be jealous?
- Have you been forced into having sex when you didn't want to?
- Are you afraid to break up because others have threatened to hurt you or themselves?
- Does your partner hurt you?
- Do you feel intimidated or controlled by your partner's or your own extended family?
- Does someone withhold medication that you need to stay healthy?

(Esperanza United, n.d.)



# INTERVENTION



## Direct Action

Call out negative behaviour, tell the person to stop or ask the victim if they are OK. Do this as a group if you can. Be polite. Don't aggravate the situation – remain calm and state why something has offended you. Stick to exactly what has happened, don't exaggerate.

## Distract

Interrupt, start a conversation with the perpetrator to allow their potential target to move away, or have friends intervene. Or come up with an idea to get the victim out of the situation – tell them they need to take a call, or you need to speak to them; any excuse to get them away to safety. Alternatively, try distracting or redirecting the situation.

## Delegate

If you are too embarrassed or shy to speak out, or you don't feel safe to do so, get someone else to step in. Any decent venue has a zero tolerance policy on harassment, so the staff there will act.

## Delay

If the situation is too dangerous to challenge then and there (if there is the threat of violence or you are outnumbered) just walk away. Wait for the situation to pass then ask the victim later if they are OK. Or report it when it's safe to do so – it's never too late to act.



# INTERVENTION Your Action Matters



<https://www.youtube.com/watch?v=NNDZfZ7KYNs>

# RESOURCES

Never put yourself in danger.  
Intervene only when it is safe to do so.

## Helplines

Yellow Brick House: 1.800.263.3247

Assaulted Women's Helpline: 1.866.863.0511

LGBTQ Youthline: 1.800.268.9688, text 647.694.4275

Support for Male Survivors of Sexual Abuse: 1.866.887.0015

Toronto Rape Crisis Centre: 416.597.8808

## Websites & Trainings

[www.good2talk.ca](http://www.good2talk.ca)

[Yellow Brick House Community Resources](#)

[Women's Support Network Resource Library](#)

[Right To Be Bystander Intervention Training](#)

## Seneca Resources

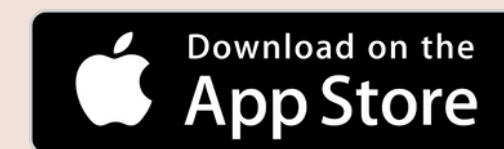
Seneca Counselling  
416-491-5050 ext. 22900  
[senecacnas@senecacollege.ca](mailto:senecacnas@senecacollege.ca)

Seneca Student Conduct Office:  
416-491-5050 ext. 22078  
[student.conduct@senecacollege.ca](mailto:student.conduct@senecacollege.ca)

Campus Security (Emergency Line)  
416-491-5050 ext. 88

[Seneca Sexual Violence Policy: CLICK HERE](#)

Seneca Safe APP  
Available on Google Play and the Apple App Store



# REFERENCES

## Awareness (Consent Quiz)

National Sexual Violence Resource Center: <https://www.nsvrc.org/saam/consent-quiz>

## Awareness (Statistics)

Government of Canada, Marta Burczykca: <https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00005-eng.htm>

## Education (Identification)

Esperanza United: <https://esperanzaunited.org/en/is-this-abuse/>

## Education (Prevention)

National Sexual Violence Resource Center: <https://www.nsvrc.org/prevention>

## Education (Prevention - ABC's)

University of Cambridge: <https://www.breakingthesilence.cam.ac.uk/prevention-support/be-active-bystander>

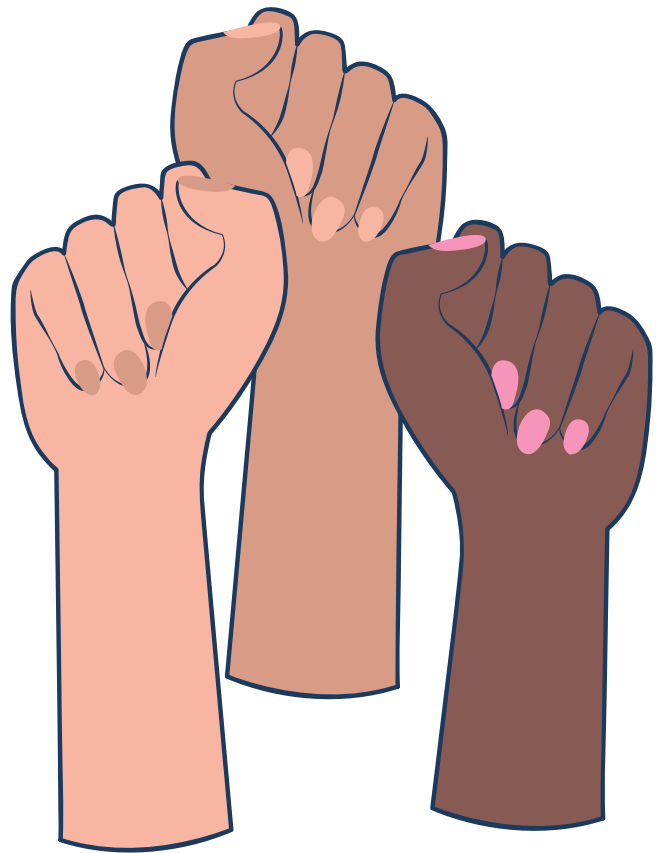
## Intervention (4 D's)

University of Cambridge: <https://www.breakingthesilence.cam.ac.uk/prevention-support/be-active-bystander>



# Seneca

RIGHT  
TO  
BE Bisexual



Right To Be Training