

**NIPISSING**  
U N I V E R S I T Y

# Lakers Athletics

**Sexual Violence Prevention and  
Education Support Handbook**

**2024-2025**

## Introduction

This handbook was developed alongside the Sexual Violence Prevention and Education module created for Lakers Athletics. Included here are resources and supports that can be found both within the University and the wider North Bay community. Short blurbs are provided to summarize what sort of care to expect from specific services.

## Campus Services

### Sexual Violence Prevention and Education

The sexual violence prevention and education office can help you in many ways. This office is specifically focused on addressing and preventing sexual violence, as well as providing support to survivors.

Supports available include:

- Listening and provide support
- Helping you find on and off campus resources
- Helping you decide if you want to report an experience of sexual violence
- Outline reporting processes and what each step might look like
- Assist you in finding and accessing accommodations you may need

### Reporting Sexual Violence

SVPE can also help you understand what reporting an incident of sexual violence will look like depending on how you choose to report. Reporting through the university, the police, and through the REES program can all look different. To find more information about reporting sexual violence specifically, you can access the SVPE webpage [here](#).

Survivors have the right to choose whether they wish to report sexual violence or not. Services and supports will be provided regardless of where or when an incident occurred and regardless of if you choose to report or not.

Essentially, SVPE is a great starting place to find your bearings when it comes to accessing services, finding support, and reporting. SVPE runs many programs throughout the school year to promote their services, so keep an eye out for the Consent Belongs Here logo.

### Campus Security

Campus Security is available 24/7 when you call either 705-498-7244 or 705-471-2488. Visit the webpage [here](#).

Campus security can:

- Assist with reporting / documenting incidents that happened on campus
- Access security cameras
- Provide first-aid

## Mental Health and Wellbeing

The Mental Health and Wellbeing department offers a wide range of mental health supports and resources for all students. You can:

- Participate in Peer Support
- Participate in individual or group therapy appointments
- Access [Dibaadan Indigenous wellness supports](#)
- Access the [online wellness resource library](#)
- Access BIPOC students supports
- Receive case management & service coordination
- ...And much more!

You can book an appointment with the Mental Health and Wellbeing team online or attend a drop-in session. The NU Mental Health and Wellbeing webpage is [here](#). You can also find the Mental Health and Wellbeing page on the Nipissing University website under the Student Development Services section.

Outlined next are some of the support services that Mental Health and Wellbeing provides.

### Peer Support

Peer Support is a program at Nipissing University that allows students to connect with peers in a fun and engaging wellness space with other students who are trained to listen and provide non-judgemental support. Peer Support is offered in several formats, including:

- In person, at drop in sessions
- One-on-one peer support
- Virtual support options

The Peer Support program is a great way to discuss mental health matters in an informal setting with those who have lived experiences. You can find out more about Peer Support on their webpage [here](#).

### REAL TALK

REAL TALK is a support initiative created in collaboration between Lakers Athletics and the Mental Health and Wellbeing department on campus. This initiative aims to increase the awareness of mental health issues on Lakers' sports teams as well as provide individuals with support that they can readily access on their team. Each sports team has a REAL TALK point person available to discuss mental health matters and guide individuals on where to find other supports on campus. To find out more about REAL TALK, and who the point person is on each team, you can find the website [here](#).

### The Equity Centre

The Equity Centre is a student-run curated space on campus that advocates for equity seeking groups on campus and provides sexual health and wellness resources in an inclusive and supportive environment. 2-Spirit Queer and Trans Pride (2QT Pride) and Students Of Colour United (SOCU), two branches of The Equity Centre, can help you in finding supports that cater to specific queer and BIPOC needs both on and off-campus. To find more information about The Equity Centre, visit their Linktree [here](#).

## Community Services

### Amelia Rising

Amelia Rising is a Sexual Violence Support Centre located in downtown North Bay. Amelia Rising offers both group and individual counselling, education programs, advocacy programs, and more. To learn more about Amelia Rising, visit their website [here](#); or you can call their 24/7 crisis line at 705-476-3355.

### Community Counselling Centre of Nipissing

The Community Counselling Centre of Nipissing hosts services for various needs surrounding mental health, sexual violence, and addictions. There are many different pathways to receiving services through the Community Counselling Centre:

- Dropping in to the walk-in clinic on Tuesdays from 1-8pm
- Participating in a single session counselling appointment
- Registering to receive counselling services

At the Community Counselling Centre, you will be asked to fill in an intake form. This provides the workers with the information they need to support you best. The Community Counselling Centre is located at 361 McIntyre Street East. You can find their website [here](#) or call them at 705-472-6515.

### Sexual Assault Treatment Centre

The Sexual Assault Treatment Centre in North Bay is located at the North Bay Regional Health Centre. At the Sexual Assault Treatment Centre, you can expect to be registered before meeting with a nurse examiner who will inform you about different options for care.

At the Sexual Assault Treatment Centre, you may:

- Have injuries treated
- Access testing and treatment for Sexually Transmitted Infections (STIs)
- Receive referrals to individualized counselling
- Access treatment to prevent pregnancy
- And many more other survivor focused health care options.

The Sexual Assault Treatment Centre uses informed consent to work with survivors of sexual violence. When you receive aid from the Centre, it is with your consent. To find out more about the Sexual Assault Treatment Centre, visit their webpage [here](#). The Sexual Assault Treatment Centre is open 24/7.

## Helplines

Helplines are there to support you when you're feeling overwhelmed or isolated. Helplines offer quick and convenient ways to find trained support. Many of these helplines are available 24 hours a day and have online chat or text options. Here are a few:

- Good2Talk (Postsecondary Student Helpline): 1-866-925-5454 text: GOOD2TALKON to 686868
- LGBT Youthline - 1-800-268-9688 text: 647-694-4275
- Victim Support Line: 1-888-579-2888

- Mental Health Helpline (Health Services Information): 1-866-531-2600
- Support Services for Male Survivors of Sexual Abuse: 1-866-887-0015
- Assaulted Women's Helpline: 1-866-863-0511
- Talk4Healing (Indigenous Women's Helpline): 1-855-554-HEAL (4325)

## Available Workshops

Nipissing University runs several workshops throughout the year to promote sexual violence education on campus. Brief descriptions of each workshop can be found below. All Consent Belongs Here workshops are Record of Student Development (RSD) approved!

### Consent+

Did you know, less than half of Canadians know what sexual consent means?

In this workshop, we will explore the concept of sexual consent and its significance in the lives of post-secondary students. We'll delve into how power imbalances can affect one's ability to give or receive consent and examine the impact of unwanted sexual behaviour on individuals. Lastly, we'll brainstorm ways to build a consent culture in our personal lives and communities.

### Gender 101

The Gender 101 workshop introduces participants to concepts about gender roles, identity, and expression. Workshop facilitators will connect participants' understanding of gender to gender-based violence and harassment issues in our communities. Students will also gain knowledge about resources on campus and in the community.

### Bringing in the Bystander

The Bringing in the Bystander workshop focuses on building awareness, responsibility, and action towards preventing interpersonal violence. This workshop prepares participants to recognize the continuum of sexual violence and introduces strategies for safe and appropriate bystander interventions. Bringing in the Bystander will include discussions of sexual violence and rape culture, as well as allow individuals the space to reflect on their own experience and behaviour as bystanders. This workshop may evoke strong emotions in some participants. If you would like more information about Bringing in the Bystander, please email

[svsupport@nipissingu.ca](mailto:svsupport@nipissingu.ca).

### Intro to Allyship

Intro to allyship is a one-hour condensed workshop that combines crucial information from Gender 101, Consent+, and Bringing in the Bystander. The workshop facilitator will connect the material to inform the participants about gender-based and sexual violence, effective ways of intervening, and ways to support survivors. In addition to this material, this workshop will introduce the concept of allyship and provide concrete strategies for being an effective ally.

## **Online Safety & Digital Consent**

Interested in learning how you can create a consent culture online? Join us for a free session hosted by Amelia Rising on online violence prevention and digital safety. This jam-packed session will introduce topics related to sexting, revenge porn, social media, online trafficking/ luring, grooming, legal options, your online/ digital rights and responsibilities, and much more! Discussions, participation, and questions encouraged.

## **Sexual Violence Prevention and Male Allyship**

This one-hour workshop is in conjunction with the White Ribbon campaign. In this workshop, participants will unpack the impact of sexual violence in their campus community and the importance of male allyship in preventing and eradicating this form of violence. Attendees will learn skills and knowledge to take action if they witness acts of sexualized violence.

## **Sexual Violence Response Training - Students**

This workshop provides participants with interactive and practice-based training on how to respond to a disclosure of sexual violence. This workshop touches on the link between systemic oppression and sexual violence that can impact and create barriers for those impacted by sexual violence. Participants will gain supportive language, resources, and intervention techniques when acting as a prosocial bystander or receiving a disclosure. By the end, participants are equipped with the knowledge, resources, and skills to support survivors when disclosing sexual violence.

## **Masculinity Mini-Series**

There is no better time than the present to engage in facilitated conversations about masculinity and its place in current society. This series invites participants to learn, reflect, and take positive action to build an inclusive society. By engaging in a diverse range of conversations, this series will allow all participants to redefine masculinity in meaningful ways.

