



# What is Consent? – Consent 101

## Workshop Description:

The BC Government recently passed Bill 23, mandating that every post-secondary institution in the province have a policy on sexual violence and misconduct. As a response to the implementation of this policy, and the rise of the international student population, What is Consent is a one-hour workshop introduced to help create a community of respectful and educated individuals. The workshop takes a group up approach to educating individuals about sexual assault and consent, and the responsibilities that come with being a student in Canada and at CapU.

## Who should attend?

What is Consent is aimed at students who are new to Canada, or have limited knowledge of consent and consent culture. It is recommended that if you identify with this group, that you first complete the What is Consent workshop before moving on to the Let's Get Consensual workshop. What is Consent can also be requested as a stand-alone workshop for short sessions about the basics of consent, as it is shorter in length than Let's Get Consensual.

## Learning Outcomes:

Through the training, participants will:

1. Become familiar with terms and definitions used to describe sexual violence in Canada
2. Begin to use critical thinking to discuss myths and truths about sexual assault
3. Learn about the laws of consent in Canada
4. Discuss what your options in Canada are if you believe you have been the victim of a sexual assault

## The role of Let's Get Consensual in the Capilano University community:

What is Consent was added as an additional consent workshop after a gap was identified on campus for many students having had limited education in Canada, about the current culture of consent in this country. The workshop is now offered as part of every new international student orientation, and is available upon request regardless of the population. This workshop serves as a prong alongside Let's Get Consensual, Sexual Violence Disclosure Training, and safeTALK in the implementation of the Sexual Violence & Misconduct Policy at CapU.

