



What Can I Do?

All of us have a role in creating safe communities, free from sexualized violence. Our everyday actions make a difference!

1. Support Survivors:

When someone tells you they have been sexually assaulted:

- Believe them.
- Tell them it wasn't their fault.
- Offer them your support.
- Respect their choices and boundaries.
- Don't think you have to have all the answers.
- Reach out to the Harmony Project at any time. We are here to help.

2. Be an Active Bystander

- 'Speak Up' when you hear jokes or comments that minimize/underplay sexual assault or harassment. Silence can be viewed as agreement. These interactions can be powerful ways to point out how this behavior 'normalizes' sexualized violence. Your voice might influence the way this person (and any present bystander) thinks. If survivors are present, this is also a way to express empathy and support.

- If you see someone experiencing sexual harassment, ask them if they need help. If the situation is physically dangerous, call 911.

3. Ask for Consent in Everyday Life and in Intimate Relationships

- Promote consent culture by always asking for consent before you do something to someone else. This includes your children, and it also applies to situations when you assume the person will say yes.
- If you want to hug someone or send them a sexy photo, ask first.
- Stop when you are told to stop. Respect their decision.
- Do not insist that someone try a bite of food if they do not want to.
- Do not tickle someone who does not want to be tickled.



Why is Consent Important?

Consent is central to the topic of sexualized violence because it occurs when consent is absent. Disturbingly, only 33% of Canadians know what sexual consent means. Here are some examples:¹

- Consent is an enthusiastic "yes".
- Silence, avoiding eye contact, and responses like, "Maybe later", "Not tonight", "Let's go to sleep instead" and "Ummmmm..." All mean NO!
- Sexual consent can't exist if someone is incapacitated by substances, if power or authority are used to influence sexual activity, or if someone is experiencing pressure or coercion.
- It is the responsibility of the person initiating sexual activity to seek consent.
- Consent can be revoked at any time, for any reason.

Support for Survivors, Family and Friends

The Harmony Project offers specialized services to survivors and those that support them through information, referrals, and emotional advocacy. We support survivors by:

- Believing them.
- Providing emotional support.
- Outlining their options.
- Assisting in reporting to RCMP.
- Assisting in reporting workplace sexual harassment.
- Assisting in accessing medical care.
- Assisting in any other way needed.

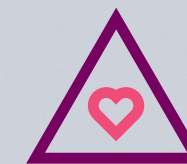
¹<https://www.canadianwomen.org/wp-content/uploads/2017/09/Facts-About-Sexual-Assault-and-Harassment.pdf> p.4

Training for Schools and Youth Groups

- If you are part of a community group, organization or school in the Bow Valley area and are interested in topics such as consent, healthy relationships, or prevention and how we can customize a workshop for your group, please contact us at 403 760-3200.

Workplace Sexualized Harassment and Assault Training

- **Creating Cultures of Consent** is a training program that helps workplaces create healthy and safe environments, free from sexualized violence. This two-hour presentation provides employees with information on sexualized violence, consent, and workplace sexual harassment. It educates on how to shift workplace culture, options if sexual harassment is experienced and ways to support colleagues.
- **Leading Cultures of Consent** is designed for management teams and helps managers and supervisors learn how they can support employees who have been impacted by sexualized violence, ways to respond to incidents of sexualized violence, and strategies to create a safe and supportive workplace. This presentation is a pre-requisite for the Creating Cultures of Consent training and allows management teams to be prepared to support their staff following the Creating Cultures of Consent workshop.



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Sexualized Violence Prevention & Response

The Harmony Project brings community service providers together to help put an end to sexualized assault and harassment



Who We Are



Based in Bow Valley, the Harmony Project

brings community service providers together to help put an end to sexualized assault and harassment. Through our collaborative and community-minded approach, we are working to improve the response and services that survivors of sexualized assault receive. Through awareness and training initiatives, we are mobilizing to advance real and sustainable social change.

We Are Made Up of These Partners



- YWCA Banff
- Bow Valley Addictions and Mental Health- Alberta Health Services
- Bow Valley Victims Services Association
- Bow Valley Primary Care Network
- Banff Mineral Springs Hospital
- Canmore General Hospital
- Canmore Young Adult Network
- Calgary Sexual Assault Response Team
- Family and Community Support Services, Canmore
- Family and Community Support Services, Banff
- RCMP for both Canmore and Banff
- Canmore Royal Canadian Mounted Police
- Right From the Start – Canadian Rockies Public Schools

What Do We Do?



The Harmony Project offers streamlined services to survivors of sexualized violence and those supporting them. This includes emotional advocacy and assistance navigating legal, medical and therapeutic services. To proactively advance a culture of consent, we offer awareness and prevention programming, including professional training for emergency responders and community members.

What Are Our Core Beliefs?



- It is a basic human right for all individuals to live their lives without violence or fear of violence.
- Anyone can be a victim of sexual assault.
- Sexual assault is about power and control, not intimacy.
- Anyone impacted by sexual assault has the right to sensitive, immediate and appropriate care.
- Everyone has the capacity and resiliency to recover from sexual assault.
- Victims of sexual assault are not to blame, and perpetrators must be held accountable.
- Services addressing sexual assault need to be delivered in an inclusive, respectful, and equitable manner regardless of ethnicity, religion, sex, gender, sexual orientation, mental health or ability.

² https://aasas-media-library.s3.us-west-2.amazonaws.com/AASAS/wp-content/uploads/2020/01/Prevalence-of-Sexual-Assault-Childhood-Sexual-Abuse-Summary-of-Key-Findings_FINAL.pdf

What Is Sexualized Violence?



Sexualized Violence is a broad term referring to the spectrum of sexual offences, including sexual assault and harassment.

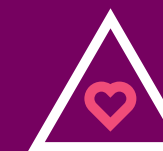
- **Sexual Assault** is any unwanted sexual act done by one person to another, or sexual activity without one person's consent. Some examples would be unwanted kissing, butt slapping, sexual activity had under pressure, and forced oral sex.
- **Sexual Harassment** is any unwanted conduct, comment, gesture, or contact of a sexual nature that is likely to cause offence or humiliation. Sexual harassment can and does occur in many contexts like workplaces, on the street, and in schools. Some examples would include unwanted flirting, jokes about sexual orientation or identity, and sharing sexual images without consent.

Sexualized Violence Is More Common Than You Think



- Just under one in two girls² (44%) and one in four boys (24%) in Alberta have experienced child sexual abuse.
- Forty-five (45%) percent of adult Albertans have experienced some type of sexual abuse in their lifetime. That's almost one in every two.³

³ https://aasas-media-library.s3.us-west-2.amazonaws.com/AASAS/wp-content/uploads/2020/01/Prevalence-of-Sexual-Assault-Childhood-Sexual-Abuse-Summary-of-Key-Findings_FINAL.pdf p.6



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