

PEER CREATING AWARENESS TO FACILITATE EDUCATION & SUPPORT:

INTERNATIONAL STUDENT SAFETY GUIDE



About PEER CAFES



“PEER CAFES - Peer Creating Awareness to Facilitate Education and Support,” is an initiative created to address the issue of sexual assault and its impact on international students. This initiative works towards increasing awareness of sexual assault and knowledge for international students to implement tools to keep themselves safe; support their peer’s victims/survivors of sexual assault and to increase their capacity to prevent and respond to the crime. If you are an international student who wants to learn about immigration policies, sexual assault and consent, how to support your peers, police/hospital protocols, reporting and disclosing, and what resources are accessible, this guide is for you.

PEER CAFES is a project of MOSAIC

About MOSAIC



MOSAIC is a non-profit organization founded in 1976 to provide wrap around services to immigrants, newcomers and refugees settling in Canada. MOSAIC provides employment services, settlement services, language services, intercultural competence training, counselling services, and interpretation and translation services. Over the years, MOSAIC has developed several specialized and innovative projects that not only address client needs, but also inform the community and government about best practices to improve policy for newcomers and visible minorities. MOSAIC’s projects educate and raise awareness in the diverse communities they are delivered to, while also providing service providers with the tools and capacity to better serve the diverse population with cultural humility.

Acknowledgements



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**INTERNATIONAL
STUDENTS &
IMMIGRATION
POLICIES**

Who are International Students?



International Students are foreign nationals, who may be temporary residents, refugee claimants, or individuals without immigration status.

International Students require a study permit to study at a designated learning institution (a school approved by a provincial/territorial government) for a program 6 months or longer.



- In 2018, a total of 721, 205 international students at all level studied in Canada (largest number recorded)
- 72% of International Students are studying in either Ontario or B.C.



Study permit = status document

Student visa = the travel document that allows one to board a plane back to Canada if from a visa-requiring country

Per subsection 220.1(1) of the **Immigration and Refugee Protection Regulations (IRPR)**, study permit holders in Canada are subject to **both** of the following conditions:

- They shall enroll at a designated learning institution (DLI) and remain enrolled at a DLI until they complete their studies.
- They shall actively pursue their course or program of study

From 2014-2018, the number of **International Students in Canada** increased by 68%

Study permit holders must:

- Be enrolled at a **DLI**
- Show they are **actively** pursuing their studies by:
 - Being **enrolled full-time or part-time** during each academic semester (*excluding regularly scheduled breaks*)
 - Making **progress** towards completing their program's courses
 - Not taking authorized leaves longer than 150 days from their study program
 - Advise Immigration, Refugees & Citizenship Canada (IRCC) if they change post-secondary schools
 - End their studies if they no longer meet the requirements of being a student, and leave Canada when their permit expires



Requests for Leaves 2019



January
2019



Duration of an allowable leave from studies or deferred enrollment was changed from 90 days to 150 days.

Students can request a leave from a program/studies and still fulfill the requirement of actively pursuing their studies, if the leave does NOT exceed 150 days from the date the leave starts and if the designated learning institute authorizes the leave. Students do not have to advise IRCC that they are taking a leave but, if requested, they must be prepared to provide proof that the leave was authorized by the DLI and that the leave did not exceed 150 days. While on leave, students CANNOT work on or off campus even if their study permit allows them to work. If students do not resume their studies within 150 days, they must either change their status to visitor status or working status, or leave Canada.



Examples of reasons for an authorized leave include but are not limited to the following:

1. Medical illness or injury
2. Pregnancy
3. Family emergency
4. Death or serious illness of a family member
5. Change in program of study within the same institution, outside a regularly scheduled break
6. Dismissals or suspensions - dependent on degree of severity
7. Postponed program start date - deferred enrollment



Sexual assault - and trauma caused by it - can have many short and long term impacts, including impacts on mental and physical health. While not explicitly stated, sexual assault may be covered under "medical illness or injury" but given that the provisions are very new, it is still not clear how IRCC will address leave in the context of sexual assault.



Challenges Faced by International Students

Financial/Work Challenges:



Ability to work dependent on full time enrollment in all semesters (except the last semester) and limited legal work hours



Limited post-grad work permits don't give sufficient time for relevant work experience to satisfy PR requirements

Work exploitation by employer (illegal work hours, unpaid overtime, low wages)

Harassment or sexual assault in the workplace



Financial manipulation by family, peers, and/or partner

High tuition fees, cost of living, and pressure to send money back home

Legal Challenges:



Unclear leave provisions around sexual assault

General lack of knowledge of rights and laws



Increase in refusals of post-graduation work permits

Fear of deportation or police



Lack of awareness of enrolling into a designated learning institute, rather than a learning institute

Shorter post-graduation work permit

Challenges Faced by International Students

Social Challenges:



Racism, homophobia, transphobia, and racial profiling

Social exclusion from mainstream Canadian society, campus community, and own ethnic communities



Isolation and homesickness/
Struggling with independency

Process of acculturation/
Language/cultural barriers



Lack of friends or a support network

Stress/mental health associated with migration and potentially pre-migration trauma

Other Challenges:



Exploitation by immigration or educational advisors/agents (Canada & abroad)

Pressure to participate in fake marriage schemes (spouse's family pays for tuition costs in exchange for faster process to citizenship and full-time work in Canada)



Sexual assault or exploitation by landlord

Lack of knowledge of reporting options



Barriers to reporting/disclosing incidents of sexual violence or accessing available services

Lack of knowledge of available medical services/community resources



**Sexual Violence
& Rape Culture**

Sexual Violence

Sexual violence is an umbrella term for any non-consensual sexual behaviour, actions, or threats that are unwanted.



LEAKING NUDES
STALKING
TRAFFICKING
INCEST
SEXUAL ABUSE
CYBER HARASSMENT
SEXUAL HARASSMENT
INDECENT EXPOSURE
RAPE
SEXUAL EXPLOITATION
VOYEURISM
REVENGE PORN

More than 80% of rapes that occur on campuses are committed by someone known to the victim/survivor, such as an intimate partner.

Girls and young women between the ages of 15-24 are especially vulnerable to sexual assault.

As many as 85% of victims/survivors will disclose sexual victimization to a peer.

Sexual Assault: any non-consensual sexual contact/activity, including the threat of such activity. It can involve the use of physical force, intimidation, coercion, or the abuse of a position of trust or authority.

CYBERSTALKING

- It is criminal harassment when someone is contacting you constantly and making you feel worried or afraid
- Cyberstalking encompasses getting excessive and unwanted messages, emails, texts, calls, and other online contact
- If you feel afraid for your safety, whether it be physical, psychological or emotional, you can report it to the police or get help



Impacts of Sexual Violence on International Students

International students are particularly vulnerable to sexual assault, both on- and off- campus, and are more likely to be targeted because they may have limited knowledge of Canadian criminal laws, less confidence in their English language skills, trouble identifying sexual violence and/or limited local support systems, especially at the start of the academic year.



Physical/Sexual Health Impacts

- Physical injuries
- Fatigue/exhaustion
- Trouble sleeping
- Migraines/nausea
- STIs
- Stomach/intestinal problems
- Sexual Dysfunction
- High risk sexual behaviour
- Unplanned pregnancy



Psychological

- Fear and Aggressiveness
- Anxiety/Depression
- Confusion/amnesia
- Difficulty concentrating
- Feelings of grief, guilt, and shame
- Flashbacks/phobias
- Obsessive/compulsive behaviours
- PTSD
- Self-harm/suicidal thoughts
- Substance Abuse



Financial

- Disrupting the ability to earn an income (both short and long term) due to time off
- Changes in performance at work/school
- Job loss
- Inability to work



Social

- Fear of intimacy
- Isolation/loneliness
- Dependence on others for support
- Discomfort of being touched



Rape Culture

Rape culture is a culture that normalizes and excuses sexual violence through its values, beliefs and behaviours.

"It was just a joke!"

Rape Culture begins here when behaviours, attitudes and words are normalized.

If we tolerate the behaviours at the bottom of the triangle, we are allowing for the behaviours/acts at the top to occur.



By addressing behaviours and attitudes at the base of the pyramid, behaviours at the top of the pyramid are less likely to manifest.



Myths & Facts about Sexual Violence

Myth:

Women provoke sexual assault by how they dress or act. They're inviting sexual violence and are increasing their chances of being sexually assaulted.



Some victims of dating violence or sexual assault provoke violence committed by their dates by making them jealous, acting mean, or teasing them into thinking they want to have sex.

Only strangers can commit rape. They attack in dark alleys and in parks.



People who drink or use drugs are "asking" to be sexually assaulted.



If two people are married, living together, dating, or on a date, consent is implied. Romantic partners cannot sexually assault one another.

Fact:

The offender alone makes the choice to commit sexual assault. No one is ever "asking" for sexual violence. How she acts or dresses is not an invitation for sexual activity against her will.

Violence is NEVER the victim/survivor's fault. There is no such thing as victim precipitated violence. Victims/survivors are not responsible for the actions of their attackers. Only people who use violence are responsible.

The majority of sexual assaults are committed by someone the victim/survivor knows (a date, acquaintance, partner, friends, co-worker, spouses). Victims/survivors are often assaulted in private residences.



A person cannot consent if they are drugged, intoxicated, or unconscious. Being vulnerable isn't the same as giving consent. The perpetrator alone is responsible for their actions. Many perpetrators use alcohol and drugs to make their victims more compliant. This myth is victim blaming.



Being in any kind of relationship does not give someone the right to force sex without consent. Sexual assault can occur in intimate partner relationships. Friendliness, flirtation, or paying for dinner are not invitations to sexual activity. Regardless of the relationship, sexual activity cannot be assumed.

Sources:

<https://saskatoonsexualassaultcentre.com/learn/rape-myths/>
http://www.betweenfriendschicago.org/teentalk_factmyth.html
<https://www.tru.ca/sexual-violence/rape-myths.html>
http://www.betweenfriendschicago.org/teentalk_factmyth.html

CONSENT



WHAT IS CONSENT?



Consent is an enthusiastic, voluntary agreement to engage in sexual activity.



What Does Consent look like?



- Consent should never be assumed or implied, and can be withdrawn at any time.
- Silence or the absence of a verbal 'no' does not constitute consent.
- Consent to one form of sexual contact does not mean consent to all or other forms of sexual contact.
- Having consented on a previous occasion does not constitute consent to all future sexual contact.
- Consent cannot be given by anyone other than the person participating in the sexual activity.

- Consent must be given freely. It is not consent if there are threats, fraud, manipulation, or coercion.

- Consent cannot be legally given if a person is impaired by alcohol or drugs, unconscious, or asleep.

- Consent cannot be given where the perpetrator induces the victim to engage in sexual activity by abusing a position of trust, power, or authority.



How To Ask for Consent:

"May I kiss you?"



"Do you like it when I ...?"

"Is this okay?"



The Law & Consent:

The legal age of consent for sexual activity in Canada is

16



Individuals under 18 years old cannot consent to sex where:

- The other consenting party is in a position of trust, authority or there is a dependency on that person.
- There is an activity of exploitation (such as, pornography and sex work/prostitution).

Exceptions:

A **14/15** year old can consent to sexual activity with a partner as long as the partner is less than five years older and if the older person is NOT in a position of authority or trust and there is no exploitation or dependency.

A **12/13** year old can consent to sexual activity when the partner is no more than 2 years older than them, and if the older person is NOT in a position of authority or trust and there is no exploitation or dependency.



DISCLOSURES & REPORTS



Disclosure & Report

A disclosure is the informal sharing of information about the sexual violence with someone else (family, friends, classmate).

A report is a formal statement about the sexual violence that occurred that can lead to an investigation (report to police and post-secondary institution).

You are able to disclose a sexual violence incident without reporting. You do not have to report to get help and support. Reporting is only an option. However, certain people within an institution may be required to report if someone discloses to them.

Reasons Why International Students May Not Disclose/Report:

Misperception of consent and sexual assault

Language and cultural barriers



Lack of cultural and social support



Fear of deportation, student permit restrictions, and administrative obstacles



Unfamiliar with legal rights, justice system and policies in host country



Reporting Options:



No Report:

A victim/survivor may wish to disclose but not report to the police. Disclosure may help the victim/survivor access various support services such as emotional support, counselling, medical treatment, and financial aid.



Report to Institution:

The student may wish to make a formal report to the institution to start a student misconduct process.



Report to Police:

A victim/survivor may wish to report to police, ideally accompanied by a support worker from the institution or a community-based victim services. They can also choose to bring a friend (or someone else) for support.



Medical Assistance:

For international students without medical insurance, nurse practitioners can still provide free medical care and provide appropriate medications and antibiotics to victims of sexual assault.

Civil Claim:

A victim/survivor may wish to contact a civil lawyer about taking the perpetrator to court for damages suffered. A victim/survivor may sue the perpetrator in civil court regardless of whether or not the sexual assault was reported to the police.

Forensic Medical Exam:

A forensic medical exam should be done ideally within 72 hours, but forensic samples can be collected up to 1 week after a sexual assault. A victim/survivor may choose to report to police at the time of the forensic exam, and have the forensic samples transferred to the police as evidence. If the victim/survivor is not sure whether or not to report to police, the forensic samples can be collected and stored at the hospital up to 1 year, so the victim/survivor has some time to decide.



Police Procedures



A victim/survivor may be uncertain whether or not they want to report to police. Having more information about the police procedures can help the victim/survivor make an informed decision on reporting. The decision to report and how to report must be of the victim/survivor's. A victim/survivor can report sexual assault at any time, regardless of how much time has passed since the assault. However, early reporting may increase the chances of collecting evidence and apprehending the accused.

Emergency - 911

If there is an immediate risk to someone's safety or health, call 911. If the sexual assault is in progress or it has just occurred, call 911. Tell the 911 dispatcher if you want police and/or an ambulance. Multiple languages are available via interpreters. State the English word for the language needed.



Non-Emergency

If sexual assault had occurred some time ago and there is no immediate safety risk to the victim/survivor or the general public, the victim/survivor can attend or call the non-emergency line for the police in the city where the sexual assault occurred.



Full Report to Police

A victim/survivor may wish to report to police, ideally accompanied by a support worker from the institution/college or a community-based victim services. Police will take a statement from the victim/survivor, as well as from any witnesses and/or those who are also aware of the incident. The police will gather as much evidence as possible, including physical evidence from the scene of the assault as well as the medical forensic evidence from the victim/survivor if applicable.

To collect evidence, the police may advise that the victim/survivors DO NOT:

- Shower or bathe
- Wash or comb through hair
- Change or throw away the clothes that were worn at the time of the sexual assault
- Disturb the scene of the sexual assault
- Brush teeth or use mouth wash

However, the victim should not be discouraged from reporting sexual assault even if they have done one or even all of the above actions. Police can still collect evidence and conduct an investigation regardless.

Third Party Report to Police via Community-Based Victim Service

A victim/survivor may make an anonymous report to police without making an official statement via Third Party Reporting (TPR). TPR can be submitted through a community-based victim services worker, and it provides detailed information about the crime and the perpetrator without the victim/survivor's name or information. It does not lead to a police investigation, but it is an option for victims to notify the police of a sexual predator in the area. TPR cannot be used to report sexual assault from violence in relationship/intimate partner violence, against child victims, or where a police officer is the suspect.



Medical Procedures



It is recommended for a sexual assault survivor to seek medical attention after the assault. Not all signs/symptoms requiring medical attention are immediately visible. Injuries could also be internal and not immediately obvious, for example strangulation injury. If the survivor experienced strangulation during the assault, it is critical to receive medical attention, even if several days have passed. Also, some women may not have considered the possibilities of sexually transmitted infections (STIs) or pregnancy.



Medical Options:

Medical Exam

- Medical exam and care is provided
- Forensic evidence is not collected and forensic documentation is not done
- You can return to the Forensic Nursing Service within 7 days of the incident if you decide you would like a forensic exam



A survivor may also not consider the possibility of the need for medical forensic evidence if they are contemplating criminal charges now or at later date. If there is no need for urgent emergency medical care, and the survivor has not yet decided whether to seek medical care or have medical forensic (legal) evidence collected, your role is to inform the survivor about their medical options in order to help them make important and informed decision. If there is a medical emergency, call 911.

Medical Exam and Forensic Exam - Reported to Police

- Forensic evidence is collected and submitted to police
- The forensic documentation will be given to police
- Any forensic samples that are collected will be given to police
- The hospital does not test forensic samples - police are responsible for the testing of forensic samples



Medical Exam and Forensic Exam - Stored Evidence (No Report)

- A medical exam and forensic exam is done
- Any forensic samples that are collected will be stored up to 1 year
- The forensic documentation will be stored indefinitely. It can be given to police if you later decide to report the incident



***PEER SUPPORT
&
BYSTANDER
INTERVENTION***



Disclosures & Peer Support

"I believe you."

Listen:

- Listen to what they are saying without any judgment and try to mirror their language
- Do not press for unnecessary information (this includes whether they were intoxicated or what they were wearing)
- Let them express themselves in their own way and at their own pace



Believe:

- Validate their feelings by normalizing their reactions, emotions and feelings
- Tell them you believe them and assure them that what happened was not their fault
- Say things like:
 - "Thank you for sharing this with me."
 - "I believe you."
 - "I'm sorry this happened to you."



Empower:

- Ask them what they need
- Be open and honest about your skills and knowledge.
- Encourage them to seek support but do not insist on it
- Connect them with the support resources of their choice
- Say things like:
 - "What can I do to help you?"
 - "Here are some resources if you need them."



Active Bystander Intervention

An active bystander is someone who safely and appropriately intervenes and supports those impacted by threatening/inappropriate behaviour and comments

How to be an Active Bystander?

Use the 4 Ds:

(Be) Direct:

- Approach the situation directly
- Ask them if they are okay

Delegate:

- Find another person to intervene
- If you're concerned with your own safety and the safety of others, call 911

Delay:

- Check in with the person after the incident and ask if they need help

Distract:

- Break the flow! Spill a drink, ask for directions, start talking to the person as if you know them to break potential violence

Bystander Scenario:

Scenario: You're at your friend's graduation party and you're on your way to the washroom. On your way there you notice a woman intoxicated on the couch and a man hovering over her trying to kiss her. The woman is too intoxicated to be able to stop the man, although she keeps trying to push him away. What do you do?

Direct: Approach the woman and ask her if she is okay. Approach the man and tell him an intoxicated person cannot give consent.

Delegate: Find another person to approach the situation with you. If you are worried about your safety and the safety of others call 911.

Distract: Go up to the woman and ask her how she has been or spill a drink near her to break the man away.

Delay: Since the situation needs immediate intervention, it is best to not delay. You can go up to the woman and ask if she needs any help.



DATING & PARTYING



DATING

HEALTHY RELATIONSHIP:



- Mutual respect
- Trust
- Honest & open communication
- Problem solving & active listening
- Self-confidence
- Individuality & independency
- Respecting boundaries
- Healthy sexual relationship where neither partners feels pressured or forced to engage in sexual activity without consent

TIP:
Be an Active Listener by paying attention to your partner while withholding judgement. Understand them and communicate with them in a healthy manner.



UNHEALTHY RELATIONSHIP:

- Gaslighting (making you question your own memory or perceptions)
- Lack of communication
- Hostility
- Dishonesty & disrespect
- Dependency
- Jealousy & manipulation
- Isolation & control
- Physical & sexual violence
- Intimidation & criticism
- Taking advantage of finances



PARTYING SAFELY WITH YOUR PEERS

THINGS PARTY HOSTS CAN DO TO INCREASE SAFETY FOR THEIR GUESTS:

- Collect keys at the door
- Provide food and non-alcoholic beverages
- Avoid open-source alcohol
- Keep emergency phone numbers handy
- Discourage guests from drinking and driving



THINGS PARTY-GOERS CAN DO TO INCREASE SAFETY FOR GUESTS:

- Make a plan for the night
 - Who are you going with?
 - How are you getting there?
 - How will you get home?
- Drink lots of water
- Eat Carbs!
- Pace yourself
- Avoid accepting drinks from others
- Look out for each other
- Do not drink and drive
- Ask for consent ALWAYS!



SELF CARE



EMERGENCY SELF CARE



When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it is there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress.



Emergency
Self-Care
Tools



Helpful
(What To
Do)



Harmful
(What To
Avoid)



Relaxation/Staying
Calm:

Which activities
help you relax?
Which activities
make you more
agitated/
frustrated?



If you are experiencing an emergency, please call 911. If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE). You can call Fraser Health crisis line: 604-951-8855 or 1-877-820-7444 (toll-free). Trained volunteers provide emotional crisis support, 24 hours a day, 7 days a week. You can also call VictimLinkBC's 24-hour multilingual, confidential support line for victims of crime: 1-800-563-0808 (toll-free). OR Access and Assessment Centre - Vancouver Coastal Health (604) 675-3700 between 7:30am to 11:00 pm.

Emergency Self-Care Tools



Self-Talk:

Helpful self-talk may include, "I am safe/I can do this." Harmful self-talk may include, "I can't handle this/I knew this would happen/I deserve this."



Helpful (What To Do)



Harmful (What To Avoid)



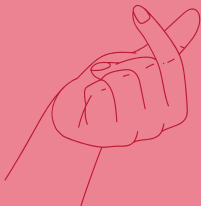
Emergency Self-Care Tools



Social Support:

Which family members/friends can you reach out to for help/support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.

Helpful (What To Do)



Harmful (What To Avoid)



Emergency
Self-Care
Tools



Mood:

Which activities support a positive mood? What should you avoid when times get tough?



Helpful
(What To
Do)



Harmful
(What To
Avoid)

Emergency
Self-Care
Tools

Resilience:

What, or who, helps you to get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?



Helpful
(What To
Do)



Harmful
(What To
Avoid)



RESOURCES



Community Resources



Crisis Lines/Emergency Numbers

Agency	Phone Number
Police/RCMP Emergency	9-1-1
VictimLinkBC	1- 800-563-0808
Vancouver Crisis Line	604-872-3311

Victim Services

Agency	Phone Number
WAVAW Rape Crisis Centre	604-255-6344
MOSAIC Multicultural Victim Services (Vancouver)	604-254-9626

Stopping the Violence Counselling Programs

Location	Agency	Phone Number
Burnaby	Burnaby Family Life	604-659-2200
New Westminster	Family Services of Greater Vancouver	604-731-4951
Vancouver	MOSAIC	604-254-9626
	Atira Women's Resource Society	604-331-1407
	Battered Women's Support Services	604-687-1868
Coquitlam	Family Services of Greater Vancouver	604-279-4951
	Tri-City Transitions	604-941-7111
Delta	Deltassist Family & Community Services Society	604-594-3455
Richmond	Chimo Crisis Services	604-279-7077
		Crisis Line: 604-279-7070
Surrey	Surrey Women's Centre Society	604-583-1295
	OPTIONS Community Services Society (Surrey)	604-584-5811
	DIVERSITY Community Resources Society	604-547-1202
	Atira Women's Resource Society	604-584-2971

Legal Resources



Legal Resources

Agency	Phone Number
Lawyer Referral Services	604-687-3221
Access Pro Bono Society of BC	604-878-7400 / 1-877-762-6664
Rise Legal Clinic	604-451-7447
Atria Women's Resource Society	604-331-1407 Ext. 114 or 108
YWCA Metro Vancouver - Legal Educator	604-734-5517
Sources Community Resource Centre (Surrey/Newton)	778-565-5638
Battered Women's Support Services	604-687-1868 Ext. 307



Medical Resources



Medical Support for Greater Vancouver

Agency	Phone Number
HealthLink BC	811
Forensic Nursing Service - Fraser Health	604-953-4723 (Surrey) 604-851-4700 (Abbotsford)
Victim Link BC	1-800-563-0808
Vancouver Crisis Line	604-872-3311
EMBRACE Clinic	1-855-775-7223
Surrey Mobile Assault Response Team	604-583-1295
BC Women's Hospital + Health Centre	604-875-2022 (Abortion & Contraception)



Educational Institution Resources



Arbutus College

Agency	Phone Number
Victim Link BC	1- 800-563-0808
Vancouver Crisis Line	604-872-3311

Emily Carr University of Art & Design

Agency	Phone Number
Campus Security	604-844-3838
Counselling/ Student Disclosure	604-630-4555

British Columbia Institute of Technology

Agency	Phone Number
BCIT Security	604-451-6856
Student Health Services	604-432-8608
Counselling	604-432-8608 SE16-128
Harassment & Discrimination	604-432-8409

University of Northern BC

Agency	Phone Number
Safety & Security	Phone: 250-960-5535 Cell: 250-614-9633
Student Affairs	778-349-3550
Human Resources	Phone: 250-960-5576 Cell: 250-613-1764

Langara College

Agency	Phone Number
Counselling	604-323-5221 Room B111
Health Services	604-323-5256 Room B101
Student Conduct Affairs	Phone: 604-323-5817 Fax: 604-323-5590 Room T206
International Education Office	604-323-5023 Room A107

Capilano University (North Vancouver)

Agency	Phone Number
Campus Counselling	604-984-1744 Birch Building RM 267
Student Affairs & Services	604-983-7531 Birch Building RM 260
Human Resources	604-986-1911, local 3521 Birch Building RM 473
Campus Security	604-984-1763 Arbutus Building RM 017

Simon Fraser University

Agency	Phone Number
Sexual Violence Support & Prevention Office	778-782-7233
Student Association Advocate	604-456-1161
Campus Security	778-782-3111 (Burnaby)



Kwantlen Polytechnic University

Agency	Phone Number
Counselling	604-599-2828
Campus Security	604-599-3276 (Langley) 604-599-2676 (Richmond) 604-599-2076 (Surrey) 604-598-6076 (Tech) 604-598-5276 or 604-360-4357 (Civic Plaza)
Student Rights & Responsibilities	604-599-2218 and/ or 604-599-2960

University of the Fraser Valley

Agency	Phone Number
Crisis & Counselling	604-854-4528 (Abbotsford) 604-795-2808 (Chilliwack) 604-951-8855 (Crisis)

Vancouver Community College

Agency	Phone Number
Counselling	604-871-7000
Security	778-783-5020 (Broadway) 604-443-8361 (Downtown)

Douglas College

Agency	Phone Number
Campus Support & Assistance	NW: 604-527-5404 COO: 604-777-6255
Campus Counselling	NW: 604-527-5486 Room S4600 COO: 604-777-6185 Room: A1050

Columbia College

Agency	Phone Number
Counselling	Student Services (Room 211)
First Aid & Nurse	Room 223 (Main Campus) Room 403 (North Campus)

University of British Columbia

Agency	Phone Number
Sexual Violence Support & Prevention Office	604-822-1588
Campus Security	604-822-2222
Counselling Services	604-822-3811
AMS Sexual Assault Support Centre (SASC)	604-827-5180





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