

Communication, Healthy Relationships, and Consent

Communication, Healthy Relationships, and Consent

A Resource for B.C. Post-Secondary Institutions

*Intersectional Sexualized Violence – International Student
Resource Development Team*

BCcampus
Victoria, B.C.



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Contents

Accessibility Statement	vii
<i>Accessibility of This Resource</i>	vii
<i>Known Accessibility Issues and Areas for Improvement</i>	viii
<i>Let Us Know if You are Having Problems Accessing This Book</i>	viii
Acknowledgements	x
Translations	xii
Intersectional Sexualized Violence Project	
Nine Key Principles	3
Open Education Resources	4
The Modules	
Introduction	6
<i>Content Warning</i>	6
Module 1: Understanding and Communicating Our Boundaries	7
Module 2: Boundaries and Healthy Relationships	9
Module 3: Talking About Consent	11
Complete Set of Modules	13
Complete Set of Handouts	14
Complete Set of Videos	15
Using and Adapting the Modules	
Valuing International Students' Knowledge	17
<i>References</i>	18
Resource Overview	19

Using the Modules	20
<i>Adapting the Modules</i>	20
<i>Opportunities for Extended Learning</i>	21
<i>Attributions</i>	21
Obtaining, Installing, and Editing the Modules	
Obtaining a Copy of the Content	23
<i>Learning Management Systems</i>	24
<i>Web Content</i>	33
<i>Editing or Adapting an H5P Activity</i>	39
Authors and Contributors	41
<i>Intersectional Sexualized Violence Advisory Group</i>	41
<i>International Student Resource Working Group</i>	42
<i>International Student Resource Development Team</i>	42
Versioning History	43

Accessibility Statement

BCcampus Open Education believes that education must be available to everyone. This means supporting the creation of free, open, and accessible educational resources. We are actively committed to increasing the accessibility and usability of the resources we produce.

Accessibility of This Resource

The web version of this resource *Communication, Healthy Relationships & Consent: A Resource for B.C. Post-Secondary Institutions* has been designed to meet Web Content Accessibility Guidelines 2.0 (<https://www.w3.org/TR/WCAG20/>), level AA. In addition, it follows all guidelines in Appendix A: Checklist for Accessibility of the *Accessibility Toolkit – 2nd Edition* (<https://opentextbc.ca/accessibilitytoolkit/>). It includes:

- **Easy navigation.** This resource has a linked table of contents and uses headings in each chapter to make navigation easy.
- **Accessible videos.** All videos in this resource have captions.
- **Accessible images.** All images in this resource that convey information have alternative text. Images that are decorative have empty alternative text.
- **Accessible links.** All links use descriptive link text.

Accessibility Checklist

Element	Requirements	Pass?
Headings	Content is organized under headings and subheadings that are used sequentially.	Yes
Images	Images that convey information include alternative text descriptions. These descriptions are provided in the alt text field, in the surrounding text, or linked to as a long description.	Yes
Images	Images and text do not rely on colour to convey information.	Yes
Images	Images that are purely decorative or are already described in the surrounding text contain empty alternative text descriptions. (Descriptive text is unnecessary if the image doesn't convey contextual content information.)	Yes
Tables	Tables include row and/or column headers that have the correct scope assigned.	Yes
Tables	Tables include a title or caption.	Yes
Tables	Tables do not have merged or split cells.	Yes
Tables	Tables have adequate cell padding.	Yes
Links	The link text describes the destination of the link.	Yes
Links	Links do not open new windows or tabs. If they do, a textual reference is included in the link text.	Yes
Links	Links to files include the file type in the link text.	Yes
Video	All videos include high-quality (i.e., not machine generated) captions of all speech content and relevant non-speech content.	Yes
Video	All videos with contextual visuals (graphs, charts, etc.) are described audibly in the video.	Yes
H5P	All H5P activities have been tested for accessibility by the H5P team and have passed their testing.	Yes
H5P	All H5P activities that include images, videos, and/or audio content meet the accessibility requirements for those media types.	Yes
Font	Font size is 12 point or higher for body text.	Yes
Font	Font size is 9 point for footnotes or endnotes.	Yes
Font	Font size can be zoomed to 200% in the webbook or eBook formats.	Yes

Known Accessibility Issues and Areas for Improvement

There are currently no known accessibility issues.

Let Us Know if You are Having Problems Accessing This Book

We are always looking for ways to make our resources more accessible. If you have problems accessing this resource, please contact us to let us know so we can fix the issue.

Please include the following information:

- The name of the resource
- The location of the problem by providing a web address or page description.
- A description of the problem
- The computer, software, browser, and any assistive technology you are using that can help us diagnose and solve your issue (e.g., Windows 10, Google Chrome (Version 65.0.3325.181), NVDA screen reader)

You can contact us one of the following ways:

- Web form: BCcampus Open Ed Help (<https://collection.bccampus.ca/contact/>)
- Web form: Report an Error (<https://collection.bccampus.ca/report-error>)

This statement was last updated on March 1, 2024.

The Accessibility Checklist table was adapted from one originally created by the Rebus Community and shared under a CC BY 4.0 licence (<https://creativecommons.org/licenses/by/4.0/>).

Acknowledgements

The authors and contributors who worked on the Intersectional Sexualized Violence project are grateful to live, work, and be in relation with people from across many traditional and unceded territories, covering all regions of British Columbia. We are honoured to live on this land and are committed to reconciliation, decolonization, and building relationships in our communities and schools.

Communication, Healthy Relationships, and Consent: A Resource for B.C. Post-Secondary Institutions was a collaboration between the public post-secondary institutions of British Columbia, BCcampus, the Ministry of Post-Secondary Education and Future Skills, and WAGE as part of the Intersectional Sexualized Violence Project.

We would like to thank the Intersectional Sexualized Violence Advisory Group and the International Student Resource Working Group for their leadership, dedication, and passion for this project.

We would like to thank all members of the International Student Resource Development Team, who worked hard to create content and enhance this resource to ensure that it reflects the guiding principles of the Intersectional Sexualized Violence Project.

We would also like to thank Simon Fraser University (SFU) for giving BCcampus access to its *Interrobang* game (<https://www.sfu.ca/sexual-violence/education-prevention/new-blog-/support-and-care/interrobang--a-new-game-to-get-to-know-yourself-and-others.html>), which inspired the approach taken for the *Communication, Healthy Relationships, and Consent* resource.

Interrobang grew out of the question, “How might we better support students from International pathways to learn more about relationships and boundaries in an intercultural Canadian context?” Inspired by the card game *We’re Not Really Strangers*, staff at SFU’s Student Services created a prototype called *Brave Hearts* that would answer this question. Later, through meaningful conversations between SFU staff and international students on how culture and family shape our relationships, *Brave Hearts* was transformed into *Interrobang*, which is a fun learning adventure to get to know yourself and the people in your circle better.

Lastly, we would like to extend our thanks to Simon Fraser University and College of the Rockies for working with BCcampus on the piloting of this resource.

Translations

Communication, Healthy Relationships, and Consent is available in seven languages:

- Chinese Simplified: 沟通、健康关系与同意 (<https://opentextbc.ca/ismvinternationalzh/>)
- English: *Communication, Healthy Relationships, and Consent* (<https://opentextbc.ca/ismvinternational/>)
- Hindi: कम्युनिकेशन, हैल्दी रिलेशनशिप्स, एंड कंसेंट (<https://opentextbc.ca/ismvinternationalhi/>)
- Portuguese: *Comunicação, relacionamentos saudáveis e consentimento* (<https://opentextbc.ca/ismvinternationalpt/>)
- Punjabi: ਗੱਲਬਾਤ, ਸਿਹਤਮੰਦ ਸੰਬੰਧ, ਅਤੇ ਸਹਿਮਤੀ (<https://opentextbc.ca/ismvinternationalpa/>)
- Spanish: *Comunicación, relaciones sanas y consentimiento* (<https://opentextbc.ca/ismvinternationales/>)
- Vietnamese: *Truyền Thông, Những Mối Liên Hệ Lành Mạnh, và Ưng Thuận* (<https://opentextbc.ca/ismvinternationalvi/>)

INTERSECTIONAL SEXUALIZED VIOLENCE PROJECT

Communication, Healthy Relationships, and Consent: A Resource for B.C. Post-Secondary Institutions was developed as part of the BCcampus Intersectional Sexualized Violence Project and funded by Women and Gender Equality (WAGE) in partnership with the Ministry of Post-Secondary Education and Future Skills. BCcampus worked closely with many staff, faculty, administrators, students, and subject matter experts across the B.C. post-secondary system to develop open education resources addressing intersectional sexualized violence at post-secondary institutions.

Intersectional Sexualized Violence Resources

Resource	Description
<i>Technology Facilitated Sexualized Violence: An Introductory Training for B.C. Post-Secondary Institutions</i> (https://opentextbc.ca/isvtechnology/)	A 45–60-minute, self-paced online course exploring technology-facilitated sexualized violence (TFSV) and its impacts, how to address it as a bystander, and how to support survivors of TFSV.
<i>Power Dynamics and Boundaries: A Sexualized Violence Prevention Workshop for Graduate Students</i> (https://opentextbc.ca/isvgraduate/)	A facilitator guide and PowerPoint slides to help B.C. post-secondary institutions offer training on power dynamics and sexualized violence in the graduate student context.
<i>The Medicine of the Berry Patch: A Guide for B.C. Post-Secondary Institutions to Support Indigenous Students</i> (https://opentextbc.ca/isvindigenous/)	A call to action and self-paced online resource with videos, readings, and reflection questions for B.C. post-secondary institutions wanting to build support for First Nations, Métis, and Inuit students and survivors of sexualized violence.
<i>Communication, Healthy Relationships, and Consent: A Resource for B.C. Post-Secondary Institutions</i> (https://opentextbc.ca/isvinternational/)	An interactive, self-paced online resource, developed in H5P, providing foundational training in healthy communication and relationships, setting boundaries, and establishing consent.

BCcampus has developed five other resources on sexualized violence:

- *Consent and Sexual Violence: Training and Facilitation Guide* (<https://opentextbc.ca/svmconsent/>) explores different understandings of consent, how to ask for and give consent, and how to create a “culture of consent” in campus communities.
- *Supporting Survivors: Training and Facilitation Guide* (<https://opentextbc.ca/svmsurvivors/>) explores how to respond supportively and effectively to disclosures of sexual violence. The guide uses a Listen, Believe, Support model.
- *Accountability and Repairing Relationships: Training and Facilitation Guide* (<https://opentextbc.ca/svmaccountability/>) explores how to hold individuals and institutions accountable for sexual violence and how to repair relationships.

bc.ca/svmaccandrep/) focuses on individuals who have been informed that they have caused harm in the context of sexual violence. The training includes reflection activities to help people be accountable and build better relationships.

- Active Bystander Intervention: Training and Facilitation Guide (<https://opentextbc.ca/svmbystander/>) helps learners acquire the knowledge and skills needed to recognize and intervene in an incident of sexual violence as well as discuss strategies for creating a safer campus community.
- Safer Campuses for Everyone (<https://bccampus.ca/safer-campuses-for-everyone/>) is a 75-minute online, self-paced, non-facilitated training on sexualized violence that can be adapted and shared through different learning management systems.

Nine Key Principles

The Intersectional Sexualized Violence Advisory Group identified nine key principles that are essential to sexualized violence prevention, intervention, and responses in post-secondary institutions

- Accessibility
- Cultural safety
- Decolonial approach
- Experience-informed
- Gender inclusivity
- Intersectionality
- Survivor-centred
- Violence-informed and trauma-informed practice
- Healing-centred and transformative justice approaches

Communication, Healthy Relationships, and Consent was developed using these principles. Any changes that are made to the resource should align with them.

Open Education Resources

The BCcampus Intersectional Sexualized Violence resources are open education resources (OERs): either they have an open-copyright licence (such as one from Creative Commons) or they are part of the public domain and have no copyright. Depending on the licence used, OERs can be freely accessed, used, re-mixed, improved, and shared. For example, institutions may want to:

- Provide information and contacts for specific services available on campus and in the community
- Use images from the institution's campuses and local community
- Use the institution's logo
- Support Indigenization by incorporating additional Indigenous content and approaches
- Translate resources into different languages

Ideas for adapting this resource are provided in *Using and Adapting the Modules*. Technical advice for putting this resource into a learning management system or on a website is provided in *Installing and Editing the Modules*.

THE MODULES

Introduction

In this section, you'll find the three modules that make up the resource *Communication, Healthy Relationships, and Consent*. Each module includes a video, questions and opportunities for reflection, key takeaways, and handouts. It will take you 7 to 10 minutes to complete each module.

You can complete each module separately or work through the Complete Set of Modules in one session. Keep in mind that if at any point you leave either an individual module or the complete set, you will need to start over from the beginning.

If you want to access all of the resource's handouts later, you can do that in the Complete Set of Handouts.

To get started, select each module title or the complete set of modules.

Content Warning

This resource discusses communication, boundaries, and consent. These discussions may be difficult for people who have experienced boundary violations and/or sexualized violence. We encourage you to practise self-care, including reaching out to trusted friends and colleagues. You can also access support services as needed, whether at your institution or in the community.

If you need immediate support, reach out:

- VictimLinkBC (<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>): 1-800-563-0808 or VictimLinkBC@bc211.ca (<mailto:VictimLinkBC@bc211.ca>) – information and referral for survivors of sexualized violence
- HelpStartsHere (<https://helpstartshere.gov.bc.ca/>): mental health and substance use supports, articles, and information

Module 1: Understanding and Communicating Our Boundaries

Welcome to Module 1 of Communication, Healthy Relationships, and Consent.

To expand the slides, click on the arrows in the bottom right-hand corner. Navigate between slides by:

- Clicking on the arrows at the bottom of each slide, in the centre
- Clicking on the blue/grey progress bar at the bottom of the slide
- Using the arrow keys on your keyboard

To start the videos, click on the playback icon in the centre of the screen.

Module 1 explores how people understand and talk about boundaries. You'll consider how your communication style plays a role in building and maintaining safe and healthy relationships where your boundaries are respected.

After completing this module, you'll be able to:

- Explore the role of communication in establishing boundaries and in safe and healthy relationships
- Consider ways to engage in conversations about safe and healthy relationships





An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://opentextbc.ca/isvinternational/?p=31#h5p-1> (<https://opentextbc.ca/isvinternational/?p=31#h5p-1>)

Download transcript: Module 1: Understanding and Communicating Our Boundaries [Word doc] (https://opentextbc.ca/isvinternational/wp-content/uploads/sites/459/2023/10/Module-1_Understanding-and-Communicating-Our-Boundaries.docx)

Handout: Module 1: Understanding and Communicating Our Boundaries [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_01.pdf)

Handout: Additional Questions [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_04.pdf)

Module 2: Boundaries and Healthy Relationships

Welcome to Module 2 of Communication, Healthy Relationships, and Consent.

To expand the slides, click on the arrows in the bottom right-hand corner. Navigate between slides by:

- Clicking on the arrows at the bottom of each slide, in the centre
- Clicking on the blue/grey progress bar at the bottom of the slide
- Using the arrow keys on your keyboard

To start the videos, click on the playback icon in the centre of the screen.

Module 2 explores what qualities contribute to safe and healthy relationships. You'll consider how to communicate your needs and boundaries in a relationship and how to listen when someone expresses theirs in turn.

After completing this module, you'll be able to:

- Reflect on what constitutes safe and healthy relationships
- Explore how to engage in conversations about safe and healthy relationships



An interactive H5P element has been excluded from this version of the

text. You can view it online here:

<https://opentextbc.ca/isvinternational/?p=35#h5p-2> (<https://opentextbc.ca/isvinternational/?p=35#h5p-2>)

Download transcript: Module 2: Boundaries and Healthy Relationships [Word doc] (https://opentextbc.ca/isvinternational/wp-content/uploads/sites/459/2023/10/Module-2_Boundaries-and-Healthy-Relationships.docx)

Handout: Module 2: Boundaries and Healthy Relationships [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_02.pdf)

Handout: Additional Questions [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_04.pdf)

Module 3: Talking About Consent

Welcome to Module 3 of Communication, Healthy Relationships, and Consent.

To expand the slides, click on the arrows in the bottom right-hand corner. Navigate between slides by:

- Clicking on the arrows at the bottom of each slide, in the centre
- Clicking on the blue/grey progress bar at the bottom of the slide
- Using the arrow keys on your keyboard

To start the videos, click on the playback icon in the centre of the screen.

Module 3 explores consent, including the importance of communication for navigating the complexities and nuances of consent. This module serves as a foundation for further training on sexualized violence by providing essential information about consent in the Canadian context.

After completing this module, you'll be able to:

- Reflect on how your cultural contexts influence your understanding of consent
- Explore different ways to express consent (verbal, non-verbal, direct, indirect)



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://opentextbc.ca/isvinternational/?p=39#h5p-3> (<https://opentextbc.ca/isvinternational/?p=39#h5p-3>)

Download transcript: Module 3: Talking About Consent [Word doc] (https://opentextbc.ca/isvinternational/wp-content/uploads/sites/459/2023/10/Module-3_Talking-About-Consent.docx)

Handout: Module 3: Talking About Consent [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_03.pdf)

Handout: Additional Questions [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_04.pdf)

Complete Set of Modules

Welcome to Communication, Healthy Relationships, and Consent.

To expand the slides, click on the arrows in the bottom right-hand corner. Navigate between slides by:

- Clicking on the arrows at the bottom of each slide, in the centre
- Clicking on the blue/grey progress bar at the bottom of the slide
- Using the arrow keys on your keyboard

To start the videos, click on the playback icon in the centre of the screen.

Here you can access the complete set of modules that make up this resource. Finishing the complete set will take 15 to 30 minutes. Remember: If you leave before reaching the end, you'll need to start over from the beginning when you return.

The complete set includes:

- Module 1: Understanding and Communicating Our Boundaries
- Module 2: Boundaries and Healthy Relationships
- Module 3: Talking About Consent



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://opentextbc.ca/isvinternational/?p=41#h5p-4> (<https://opentextbc.ca/isvinternational/?p=41#h5p-4>)

Complete Set of Handouts

Use the links below to access and download the handouts from each of the modules.

- Module 1: Understanding and Communicating Our Boundaries [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_01.pdf)
- Module 2: Boundaries and Healthy Relationships [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_02.pdf)
- Module 3: Talking About Consent [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_03.pdf)
- Additional Questions [PDF] (https://opentextbc.ca/wp-content/uploads/sites/459/2024/05/ISV-Resource-Handouts-v2_04.pdf)

Complete Set of Videos

Use the links below to access and download the videos from each of the modules.

- Module 1: Communications and Boundaries (https://media.bccampus.ca/media/Module1A+Communications+and+Boundaries/0_z2tvsh80)
- Module 2: Boundaries and Healthy Relationships (https://media.bccampus.ca/media/Module2A+Boundaries+and+Healthy+Relationships/0_9zkewqa6)
- Module 3: Let's Talk About Consent (https://media.bccampus.ca/media/Module3A+Let%27s+Talk+About+Consent/0_2621nan6)

USING AND ADAPTING THE MODULES

This section provides information on using the modules or adapting them to better meet the needs of an institution's students. It also provides background information on the development of the resource, including the considerations given to creating a resource for international students. Finally, this section provides ways to extend the learning in these modules, including through activities like small group discussions or additional training on sexualized violence.

Valuing International Students' Knowledge

Communication, Healthy Relationships, and Consent was originally intended to address the lack of dedicated sexualized violence response/training for international students. As the environmental scan (<https://bccampus.ca/wp-content/uploads/2023/05/BCcampus-Environmental-Scan-Myra-Kohler-FINAL.pptx>) for the resource stated, “International students have different understandings of what constitutes sexualized violence, consent, respect for boundaries, and gender norms.”

However, as the curriculum writers began their work, they pointed to research suggesting that sexualized violence education on Canadian university campuses may fail to meet the needs of international students by treating them as “non-Western people and therefore, culturally inferior visitors in need of special instruction regarding sexuality and violence” (Todorova et al., 2022). While international students in British Columbia share the experience of no longer living in their countries of origin, minimizing their extremely diverse experiences to identify them as one audience re-enacts the complex and troubling dynamics that inherently other international students.

Therefore, with the support of the International Student Resource Working Group, the resource was developed with a commitment to expanding beyond a solely Western value-led perspective, through honouring and recognizing international students' existing knowledge, experiences, and strengths in relation to engaging in discussions about sexualized violence.

The resource acknowledges that international students may encounter a higher risk of sexual victimization than domestic students because of unique challenges associated with living in new environments, such as:

- Isolation and lack of strong networks in their new country
- Lack of information about community resources available to them
- Limited funds and employment opportunities because of visa status
- Barriers to reporting or disclosing incidents of sexualized violence or accessing available support services (Mosaic, 2019)

The approach taken also sought to elevate international students' “agency and active negotiation of the social, educational and institutional realities related to violence in both their countries of origin and in Canada, [... their] capacity for individual and collective action, resourcefulness, and ability to find and interpret critically information related to sexuality, intimacy, and gender relations” (Todorova et al., 2022).

The resource therefore takes into account the complexity of recognizing and valuing international students' existing knowledge, while aiming to expand on that knowledge to better equip them as they engage with the topic of sexualized violence in the Canadian context. As a result, *Communication, Healthy Relationships, and Consent* is foundational and preliminary for any future sexualized violence educational opportunities, not just for international students but for all students in the B.C. post-secondary sector.

References

- MOSAIC. (2019). *Peer Creating Awareness to Facilitate Education and Support (PEER CAFES): International Student Safety Guide*. <https://www.mosaicbc.org/wp-content/uploads/2020/03/International-Student-Safety-Guide.pdf>
- Todorova, M. S., Brooks, H. H., Persaud, R. S., & Moorhouse, E. A. (2022). Sexual violence prevention and international students in Canadian universities: Misalignments, gaps and ways forward. *Comparative and International Education*, 50(2), 33–50 (quoted from p. 34). <https://doi.org/10.5206/cieeci.v50i2.14250>

Resource Overview

The *Communication, Healthy Relationships, and Consent* resource includes three online, self-paced, and non-facilitated modules. Each module takes seven to ten minutes to complete. Learners will explore what it means for them to establish healthy communication practices, build healthy relationships, and discuss consent, by engaging in activities that will give them an opportunity to use self-reflection and apply their learning. The modules provide foundational knowledge that supports future learning about sexualized violence.

After completing the modules, learners will be able to:

- Explore and reflect on the role of communication in establishing boundaries as well as safe and healthy relationships
- Explore ways to engage in conversations about safe and healthy relationships
- Reflect on how our cultural contexts influence our understanding of consent
- Explore different ways to express consent (verbal, non-verbal, direct, indirect)

Using the Modules

The modules are ready to use, and learners can be directed to complete them in this Pressbooks site. Institutions can share the modules individually by copying and sharing the following links:

- Module 1: Understanding and Communicating Our Boundaries
- Module 2: Boundaries and Healthy Relationships
- Module 3: Talking About Consent

The complete set of modules can also be shared with this link:

- Complete Set of Modules

Institutions also have the option to install the modules in a learning management system or on a website. Information on how to do that is provided in *Obtaining, Installing and Editing the Modules*.

These modules are open education resources, so any of the included materials can be edited or adapted in H5P or another medium. Suggestions for possible adaptations are provided below.

If new H5P activities are added, the H5P information on accessibility (Content types recommendations (<https://help.h5p.com/hc/en-us/articles/7505649072797-Content-types-recommendations>)) should be reviewed. Any additional graphics or images should have alt text available for anyone using a screen reader.

Note: The training does not include graded assessments, such as a final quiz. Institutions may add formal assessments using H5P and incorporate them into the modules if desired.

Adapting the Modules

The modules can be adapted to reflect the needs of an institution. Areas that lend themselves to change include the following:

- **Land acknowledgement:** Each module starts with a land acknowledgement, which is a first step toward reconciliation and an important way to encourage learners to think about their own next steps for reconciliation. Institutions with approved territory acknowledgements are welcome to use them in the modules.
- **Videos:** Each module includes a video in which people discuss key ideas and themes. The questions and reflections that follow each video are closely tied to that material, so changing

the video will require modifications to the entire module. However, the videos can be incorporated into other training, such as a workshop on boundaries and consent.

- **Questions and reflections:** Each module contains questions and reflection prompts to help learners deepen their knowledge. The questions focus less on right or wrong answers, and more on helping learners consider multiple viewpoints around healthy communication, relationships, and boundaries, as well as different strategies for giving and asking for consent. Institutions can edit or change any of the questions to better meet the needs of their learners.
- **Handouts:** Each module has two handouts, available for download, that provide guiding questions and prompts to help learners think about boundaries and consent. The second handout in each module provides additional questions and scenarios drawn from the *Interrobang* game. Institutions may edit the handouts, replace them with their own handouts, or add further handouts.

Opportunities for Extended Learning

The *Communication, Healthy Relationships, and Consent* modules include materials, such as scenarios and reflection questions, that could be used in small-group discussions, either in person or online. Institutions could offer peer-discussion sessions in which learners complete the modules and then gather to share their reflections and learnings. The modules can also be used as “pre-learning” for other training – for example, on setting boundaries or on consent.

In addition, since the training is designed to provide foundational information on healthy relationships, communication, boundaries, and consent, institutions may want to follow up with additional training on these topics or with training on sexualized violence, building on the topics found in this resource.

Attributions

Communication, Healthy Relationships, and Consent by Intersectional Sexualized Violence – International Student Resource Development Team is © 2024 Government of British Columbia and licensed under a Creative Commons Attribution 4.0 International License (<https://creativecommons.org/licenses/by/4.0/>), except where otherwise noted.

The Creative Commons licence permits you to retain, reuse, copy, redistribute, and revise the course – in whole or in part – for free, providing the creators are attributed. These attributions can be found in the References and Attributions section of the course. If you add to the content, you will need to update these attributions. If you use components of the course, please check the attribution carefully to ensure that you credit the correct creator.

OBTAINING, INSTALLING, AND EDITING THE MODULES

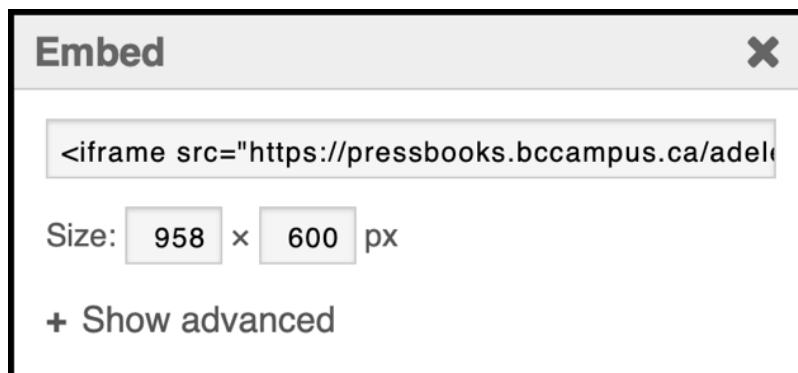
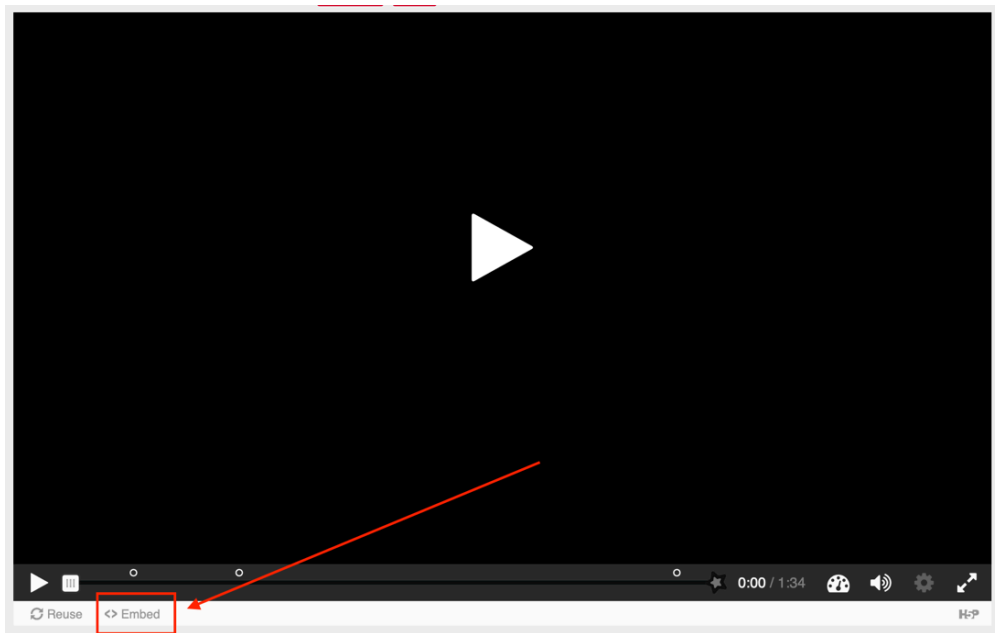
This section provides information on how post-secondary institutions can obtain the resource and edit it in HTML5 Package (H5P) to adapt or customize the modules. H5P enables educators to create content such as interactive videos, quizzes, and presentations.

This section also shows how to share the resource through a learning management system, including Moodle, Blackboard, Canvas, and D2L Brightspace; or embed it in HTML pages in WordPress, Pressbooks or Drupal. It's important to keep in mind that learning management systems change over time; the instructions provided below were accurate at the time of publication, but institutions should consult with their technical support team if problems arise in integrating the resource.

Obtaining a Copy of the Content

This H5P content has been created using the Pressbooks H5P plugin. It can be embedded in any website that allows for the use of an iFrame.

Use the **Embed** button below the content and copy the code to your institution's site.

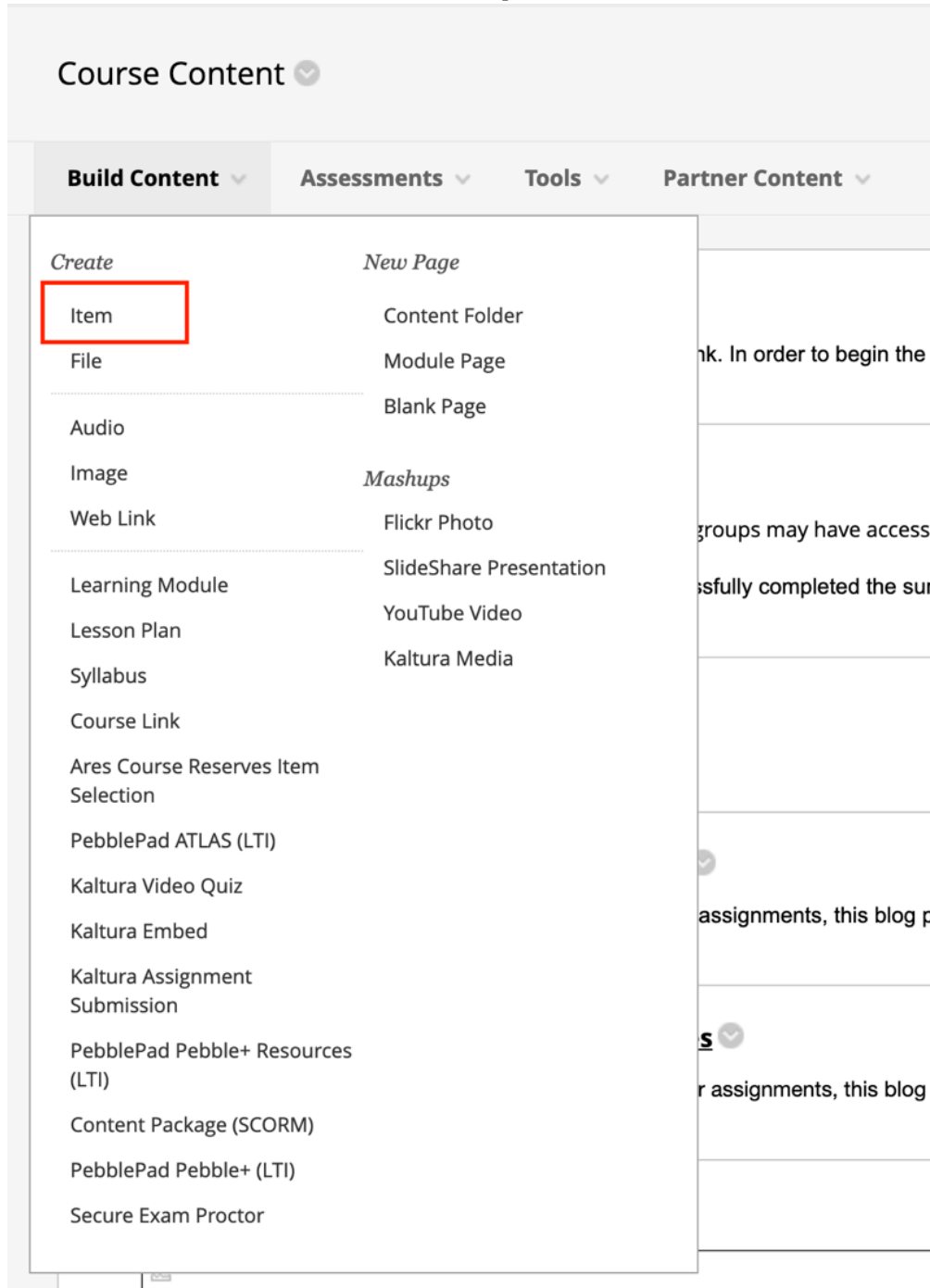


Below are instructions for embedding the content in several common formats for your institution's use.

Learning Management Systems

Blackboard

1. Navigate to the content area in the course where you'd like to add this content. Click on **Build Content** and choose **Create Item** in the dropdown menu:



2. In the Content Information section, add in the Name/Title for your content Item. Then, in the text box editor, click on the **Source Code** icon [`<>`] to switch to the HTML editor. A pop-

up window should appear with the HTML editor.

Create Item

A content item is any type of file, text, image, or link that appears to users in a Content Area, Learning Module, Lesson Plan, or content folder. [More Help](#)

* Indicates a required field.

CONTENT INFORMATION

* Name

Color of Name

Black

Text

For the toolbar, press ALT+F10 (PC) or ALT+FN+F10 (Mac).

0 WORDS POWERED BY TINY

ATTACHMENTS

You can drag files from your computer to the Attach Files area or use the browse functions. Files are saved in the top-level folder in your course's file repository. Select **Do Not Attach** to remove a selected file.

Attach Files

Browse Local Files Browse Content Collection Browse Cloud Service

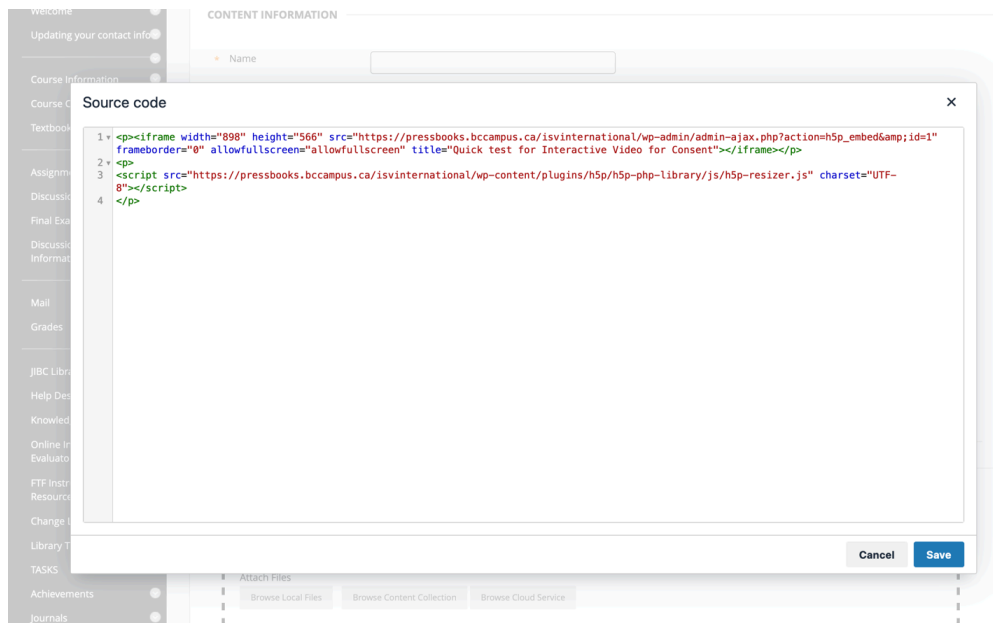
STANDARD OPTIONS

Permit Users to View this Content

Click **Submit** to proceed.

Cancel Submit

3. In the Source code pop-up window, paste in your iFrame embed code.
4. Click on the **Save** button in the bottom right-hand corner of the window.



5. Choose the settings for your new item.
6. Click on the **Submit** button at the bottom right-hand side of the screen to add the changes to your course content.

Canvas

There are two ways to embed H5P into a Canvas course: use the embed code tool or insert the code in HTML view.

Using the Embed Code Tool

1. Navigate to where you want to insert your embed code and place your cursor in the text box.
2. To get to the embed code tool, you can either:
 - Click on the **Insert** menu and select **Embed**.

Page Title

Course content

Edit View Insert Format Tools Table

12pt



Link



Image



Media



Document



Icon Maker Icons



Equation



Table



Embed

Embed



Horizontal line

p

- Or click on the **Embed** icon in the toolbar [2]. **Note:** If your browser window is too narrow, you may need to click on the **More Tools (3 dots)** icon [1] first and then click on the **Embed** icon [2].

Page Title

Course content

Edit View Insert Format Tools Table

12pt

Paragraph

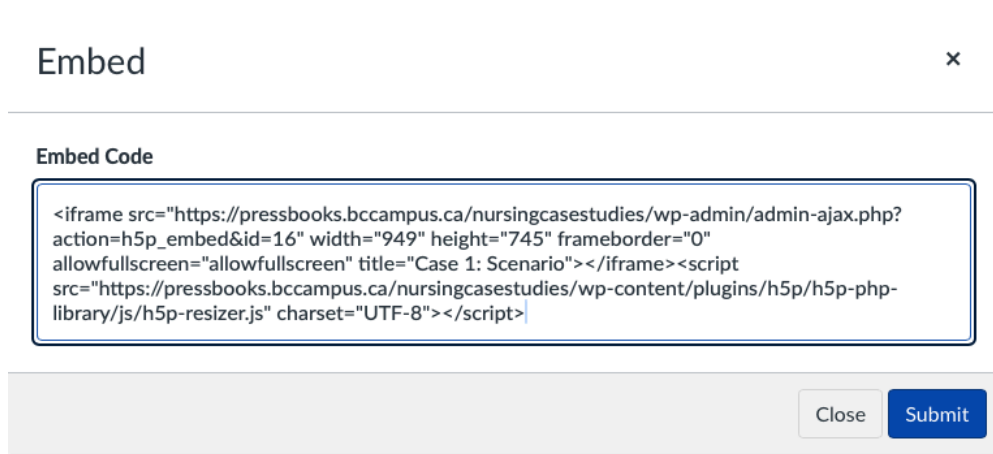


Embed

2.

1.

- When the Embed pop-up appears, paste the code in the **Embed Code** box, and then click on **Submit**.



4. Once you have submitted, the embedded content should appear in the text box.
5. When you are returned to the main page, click on **Save** or **Save and Publish** to finalize your changes.



Inserting Embed Code in HTML View

1. Navigate to where you want to insert your embed code and place your cursor in the text box.
2. **Either** click on the **View** menu and select **</> HTML Editor**

Page Title

Course content

Edit View Insert Format Tools Table

12pt



Fullscreen

B

I

U

A v



Exit Fullscreen



HTML Editor

HTML Editor

Or click on the `</>` icon in the toolbar located just below the text box.

Page Title

Course content

Edit View Insert Format Tools Table

12pt v

Paragraph v

B

I

U

A v



Empty text area for pasting embed code.

p



0 words



Options

Users allowed to edit this page

Only teachers

Add to student to-do

Publish At

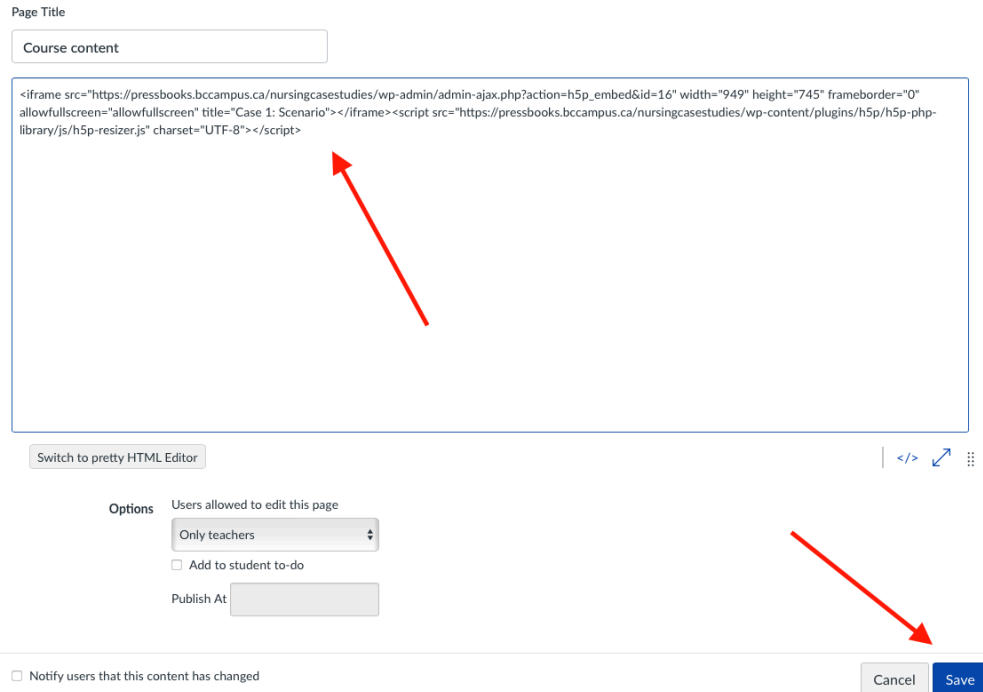
Empty date field

Notify users that this content has changed

Cancel

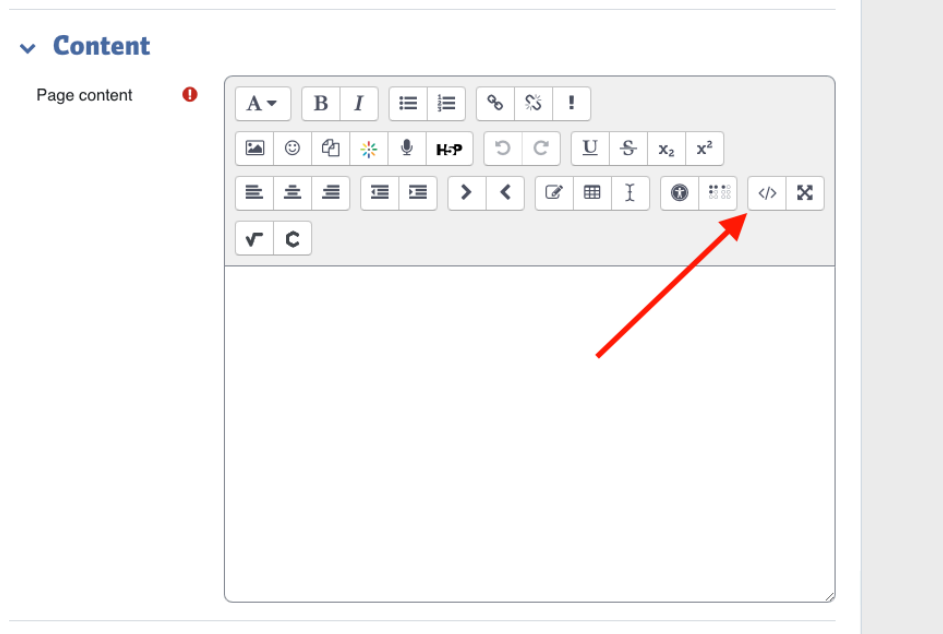
Save

3. Paste your embed code in the text area provided, and then click on **Save**.



Moodle

1. Navigate to the content area where you want to add your embed code.
2. Click on the </> icon in the tool bar to switch to HTML view.



3. Paste your embed code in the text box.
4. Click on **Save and return to course** or **Save and display** to apply your changes.

Content

Page content



```
1 <iframe
  src="https://pressbooks.bccampus.ca/nursingcasestudies/
  wp-admin/admin-ajax.php?action=h5p_embed&id=16"
  width="949" height="745" frameborder="0"
  allowfullscreen="allowfullscreen" title="Case 1:
  Scenario" style="width: 100%; height: 746px;"></iframe>
2 <script
  src="https://pressbooks.bccampus.ca/nursingcasestudies/
  wp-content/plugins/h5p/h5p-php-library/js/h5p-
  resizer.js" charset="UTF-8"></script>
```

Send content change notification

Save and return to course

Save and display

Cancel




Brightspace by D2L

(See Brightspace by D2L: Embedding objects into content (<https://elearn.ucalgary.ca/embedding-objects-into-content/>))

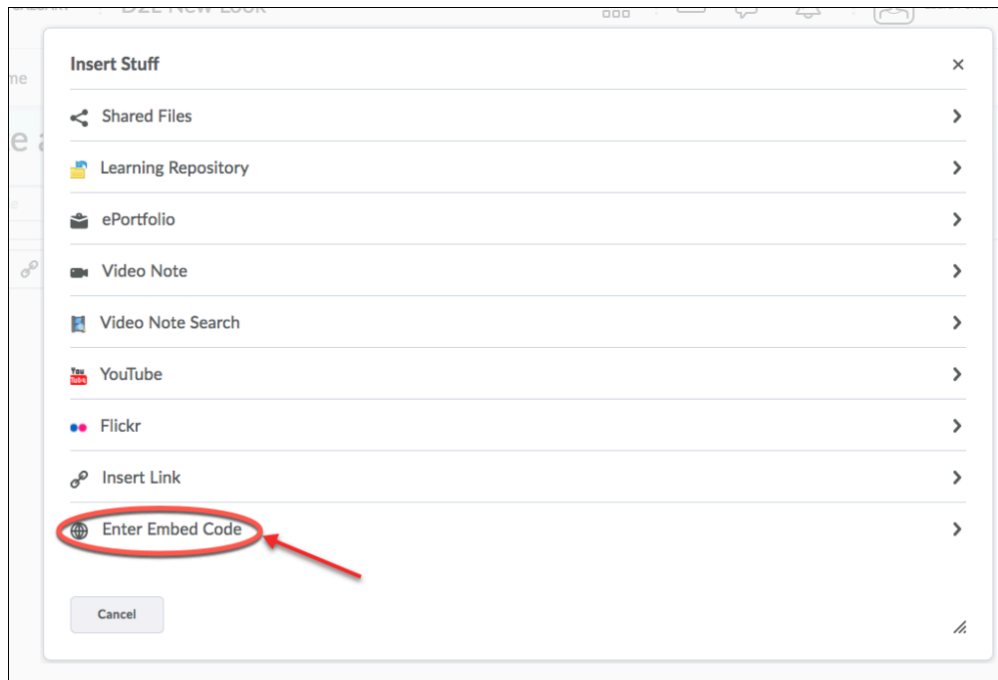
1. Navigate to the content area where you want to add your embed code.
2. Click on **Insert Stuff**, then scroll down to the bottom and select **Enter Embed Code**.

Create a File in "Test Forms"

Enter a Title Select a Document Template

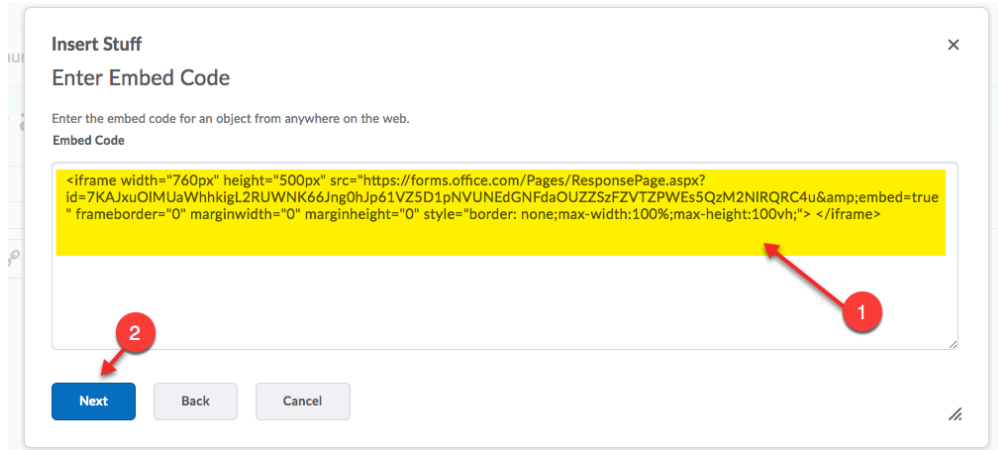
   Paragraph **B** *I* U Font Family Size

Insert Stuff



```
<iframe src="https://pressbooks.bccampus.ca/nursingcasestudies/wp-admin/admin-ajax.php?action=h5p_embed&id=16" width="949" height="745" frameborder="0" allowfullscreen="allowfullscreen" title="Case 1: Scenario"></iframe><script src="https://pressbooks.bccampus.ca/nursingcasestudies/wp-content/plugins/h5p/h5p-php-library/js/h5p-resizer.js" ></script></pre>
```

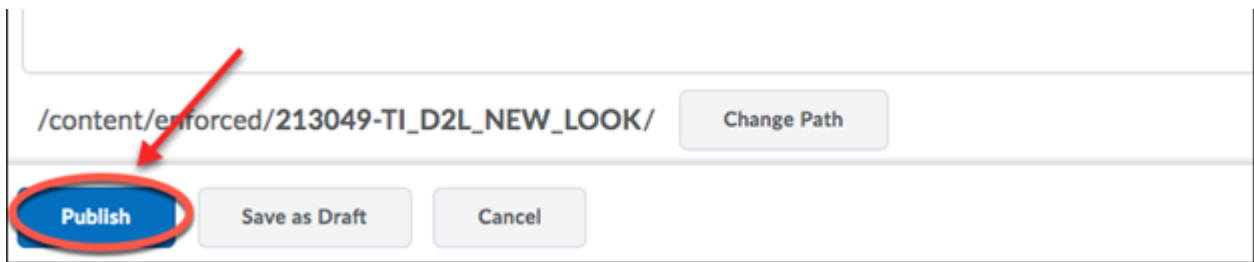
3. In the text box, paste your embed code. Then click on the **Next** button to preview your content.



4. Click on **Insert** to add the code to your content.



5. Click on **Publish** to complete your changes.



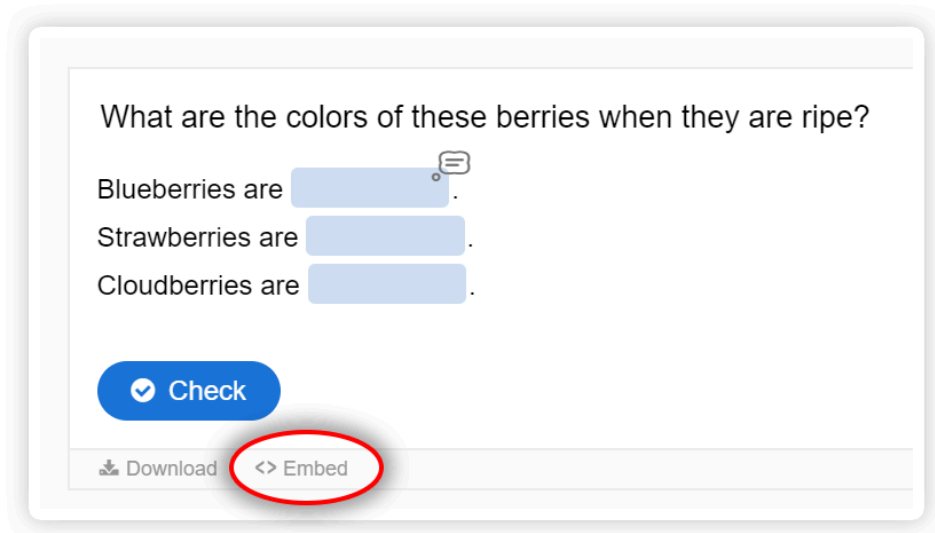
Web Content

H5P content can also be used on websites and HTML pages.

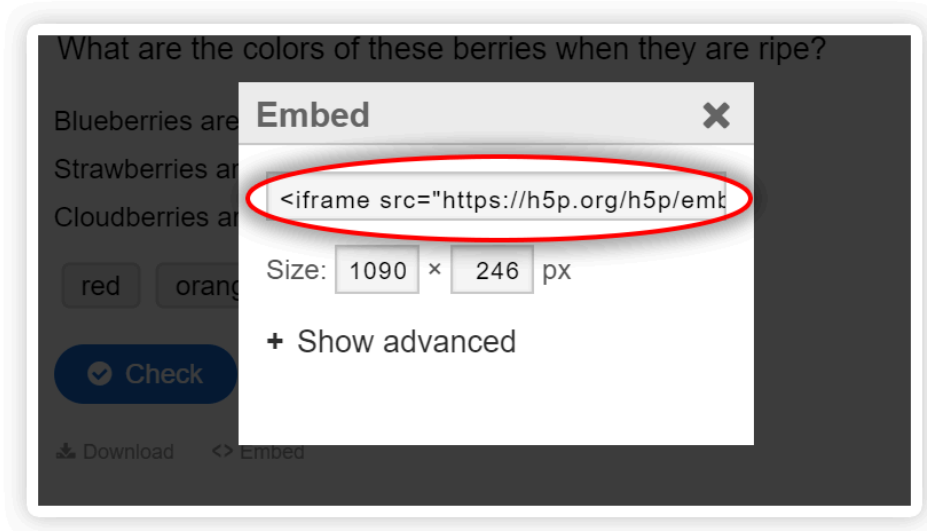
WordPress

To embed H5P content in a WordPress blog post:

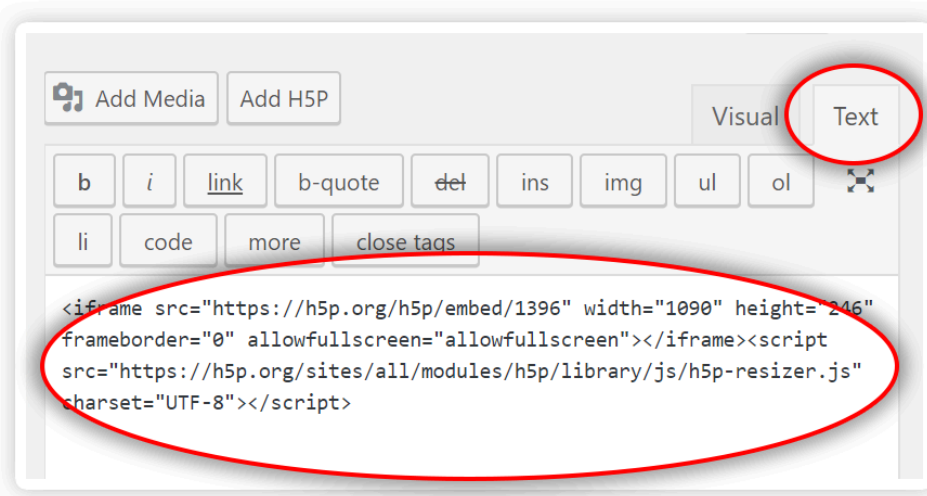
1. Click on the **Embed** link below the content you want to embed.



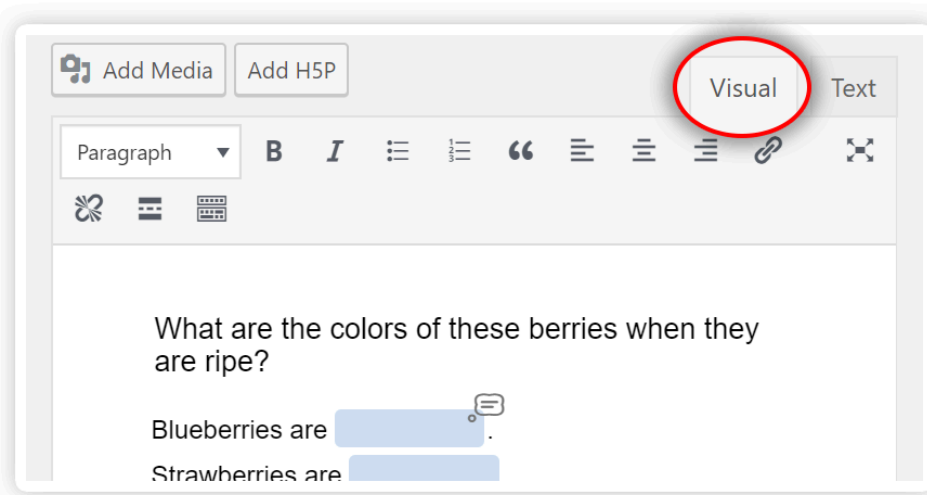
2. Copy the code.



3. In the WordPress blog post editor, switch to **Text** editor and paste in the code.



4. Switch back to **Visual** editor to see the content you just embedded.

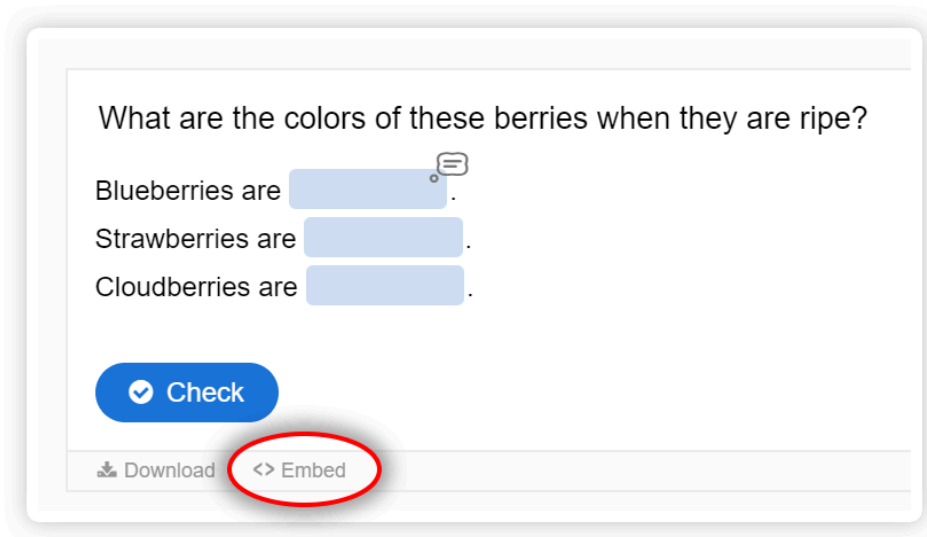


5. Continue editing the blog post, and save as usual.

Pressbooks

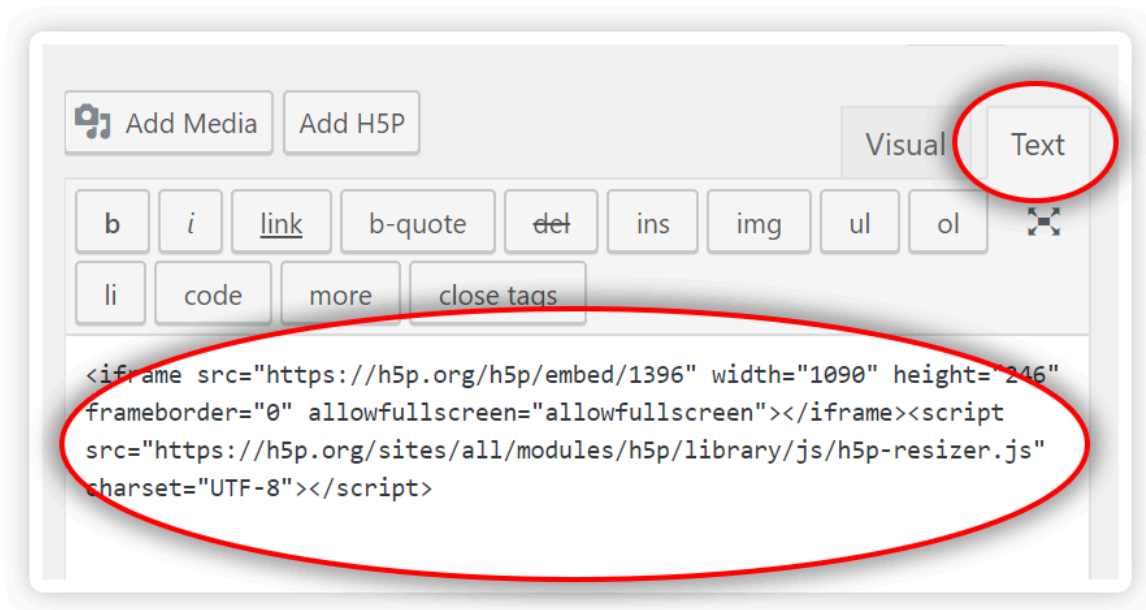
To embed H5P content on a Pressbooks page:

1. Click on **Embed** below the content you want to embed.

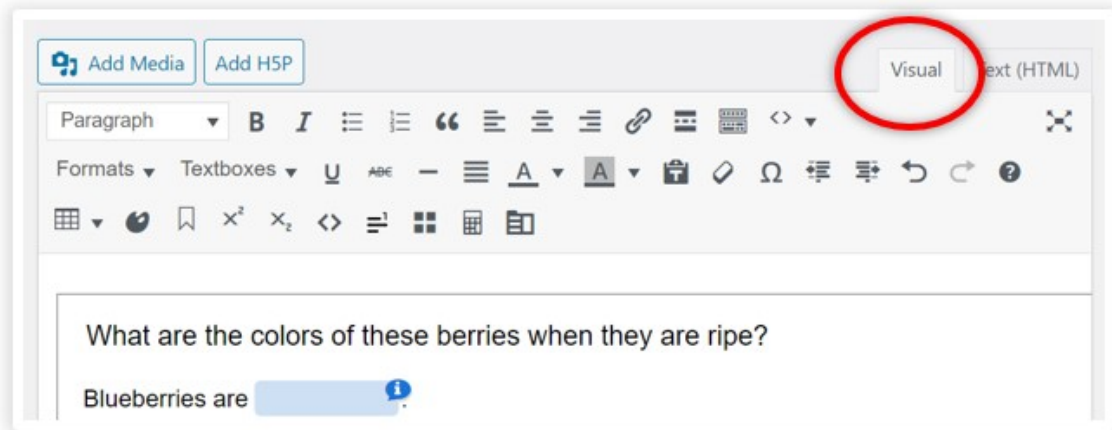


2. Copy the code.

3. In the Pressbooks editor, switch to **Text** editor, and paste in the code.



4. Switch back to **Visual** editor to see the content you just embedded.

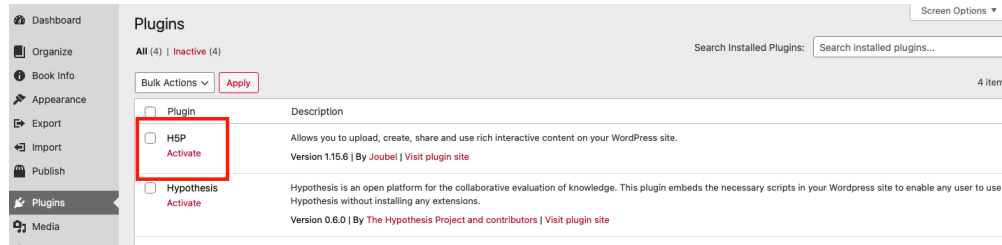


5. Continue editing the content, and save as usual.

Pressbooks Using the H5P Plugin

Alternatively, you can also add the H5P activity to your library of activities to share from there. Please ensure that the H5P plugin is activated in your Pressbook.

1. From the Admin panel, choose **Plugins**.
2. Click on **Activate** under H5P.

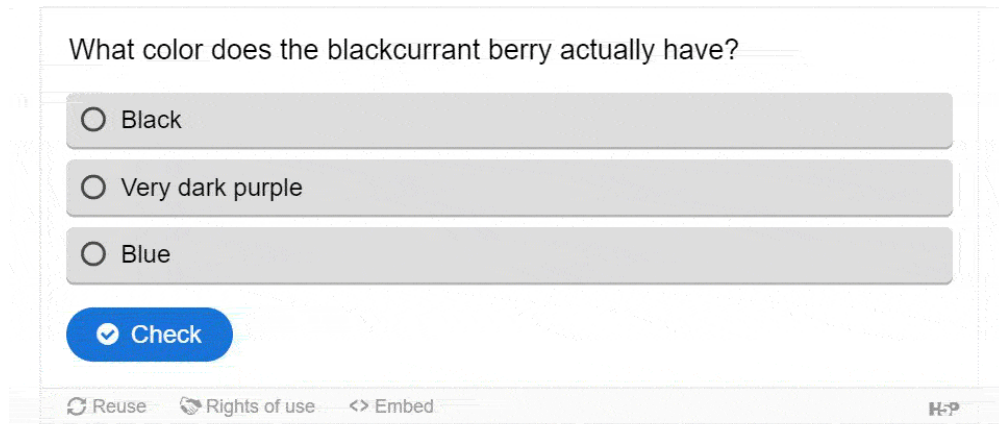


Adding the H5P Activity to Your Library

Once you have activated the H5P plugin, you can follow the steps below to download the H5P content, upload to your library, and add the activity to your Pressbook.

Downloading the H5P File

You can save your H5P file to your local machine with two simple steps:

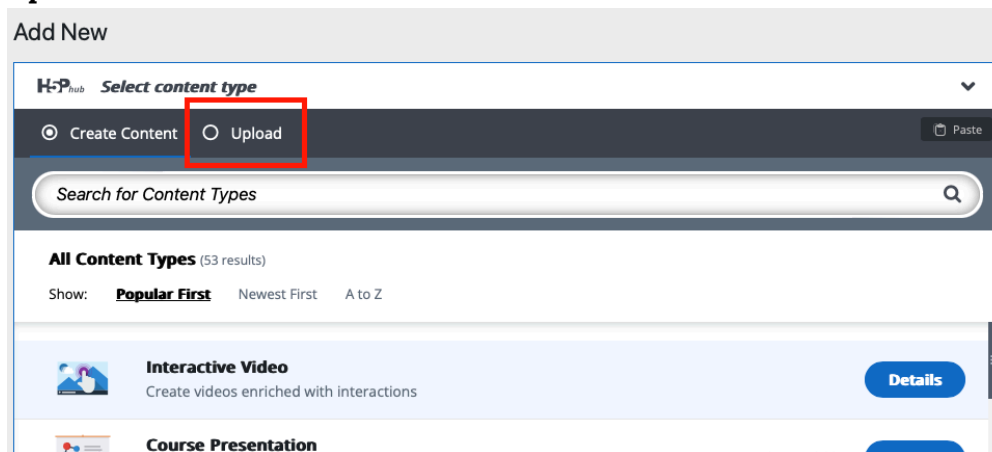


1. Click on the **Reuse** button at the bottom of the activity.
2. Click on **Download**.

The file is now saved on your local machine.

Uploading the H5P File to Your Content Library

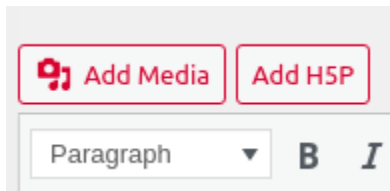
1. Open the H5P plugin in the Admin tab of the Pressbook you want to install it in.
2. Click on **Add New**.
3. Open the **Upload** tab.



4. Find the file and upload it.
5. Click on **Save**.

Adding the H5P activity to your Pressbook

The visual editor will have an **Add H5P** button next to the **Add Media** button.



You can use this button to add the shortcodes for H5P activities. To add an H5P activity you've created:

1. Navigate to the location on the page where you would like add the activity.
2. Click on the **Add H5P** button.
3. Find the activity you'd like to add to your book and click on **Insert**.

Insert interactive content ✕

Title	Content type	Author	Tags	Last modified ▼	
CMAPP Model	Image Hotspots	rick	—	3 mins ago	Insert

4. Save the chapter and view the web version to see your embedded activity.

Drupal

1. Navigate to the content page/area where you want to add your embed code.
2. Click on the **Source** icon in the tool area to open the HTML view.
3. Paste your embed code in the text area.
4. Click on the **Source** icon again to switch back to Rich Editor view.

Upcoming Event Remove

Heading

A description heading that appears above the content for this block.

Content

The content that appears below the heading.

Upcoming Event

The event node you want to link the user to.

Editing or Adapting an H5P Activity

Important: H5P can only be edited if you have your own instance of H5P or if you edit within Pressbooks using the H5P plugin.

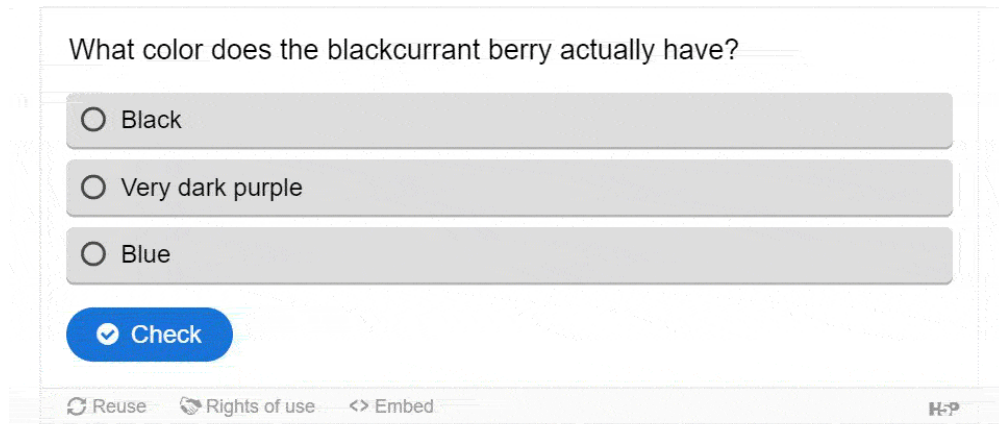
This H5P content is adaptable and editable for reuse. You may wish to customize or change any of the content to fit your context.

To obtain an editable version of the H5P content:

1. Save the H5P file to your local machine by clicking the **Reuse** button below the content.
2. Click on **Download**.

The file is now saved on your local machine.

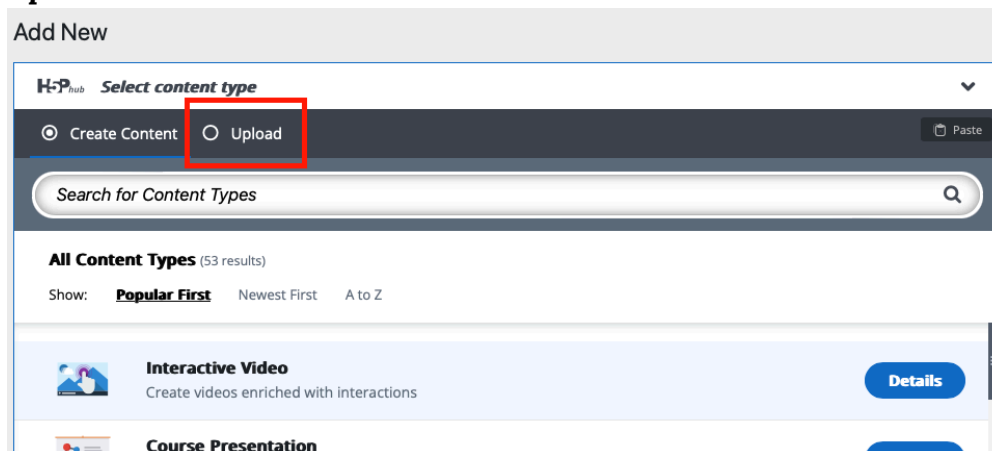
Note: You can't open the H5P file on your machine. It must first be uploaded to a site supporting H5P.



Uploading the H5P file

Now that you have downloaded the H5P content, you can upload it to your instance of H5P or to the H5P plugin in a Pressbook.

1. Open your H5P plugin or instance.
2. Click on **Add New**.
3. Open the **Upload** tab.



4. Find the file and upload it.
5. Click on **Save**.
6. **Edit** the H5P activity.

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Versioning History

This page provides a record of edits and changes made to this book since its initial publication. Whenever edits or updates are made in the text, we provide a record and description of those changes here. If the change is minor, the version number increases by 0.01. If the edits involve substantial updates, the version number increases to the next full number.

The files posted by this book always reflect the most recent version. If you find an error in this book, please fill out the Report an Error (<https://collection.bccampus.ca/report-error>) form.

Version	Date	Change	Details
1.00	June 4, 2024	Book published.	