



REPORT

From the office of the...
MSU SHEC Director

TO: Members of the Executive Board
FROM: Anika Anand
SUBJECT: MSU SHEC Report 5
DATE: December 1st 2021

Year plan Update

Since submitting our last MSU SHEC Executive board report in early November, our team has been hard at work on managing the logistics of the warmline, creating PODs, Period Equity Day, Collective care, and Cum One Cum All.

Events, Projects, & Activities

General Service Usage

Our official operating hours have not changed since our last EB report. The warmline via Tawk.to is still operating at full capacity. This will change as exam period approaches. We plan to create and release a reduced warmline schedule to accommodate our volunteers.

| Day(s) of the Week | Hours of Operation (EST) |
|--------------------|--------------------------|
| Monday - Thursday | 9:25 AM– 7:25 PM |
| Friday | 9:25 AM– 4:25 PM |

As the Winter semester quickly approaches with little to no communication about a transition to in person service operations, we plan to keep our warmline virtual for the added layer of anonymity and accessibility that it provides.

Projects & Events: Period Equity Day (Complete)

On November 7th SHEC posted our mini-campaign in honor of Period Equity Day. This campaign addressed topics pertaining to period poverty, period equity, inclusivity, fast facts, and steps for improvement. This mini-campaign is directly relevant to MSU SHEC's operating policy, and helps to strengthen our partnerships with local organizations, including Bleed the North. This was an awesome opportunity for our RAE execs to get acquainted with the campaign research process. We plan to follow up this campaign with a template letter that will be shared via our socials, and can be sent off to local officials to urge them to incorporate gender inclusivity and period equity in policies and practices. We are hoping to further build on our partnership with Bleed the North in the upcoming

months by working collaboratively with their team to create a policy paper that addresses the issue and prevalence of period poverty in Canada.

Projects & Events: Cum One Cum All (On-Going/Complete)

Our extremely popular “Cum One Cum All” event with Eva Bloom is happening on November 24th at 6 PM EST. Our promotional materials were shared on November 17th. This event is occurring in the form of a live Zoom webinar to be hosted by a Canadian sexual health educator/researcher about how to have tenderness, empathy, and respect in casual sex encounters. Captioning will be available. The event is open to students of all programs, levels, and identities! Attendance will be maxed out at 500 participants, although we are not expecting this number of students. Registration is being facilitated through Eventbrite and interested students will be emailed the link, toll-free number, and passcode to join the Zoom Webinar on the date of the event. Participants will be able to privately message the panelist, but they will not be able to send general messages to other attendees — instead, the Q&A function will be censored by one of the Events and Outreach executives during the webinar for safety purposes.

We purchased zoom webinar functions for the purpose of this event, however, in the future (once Microsoft Teams has been updated appropriately with anonymity functions), we plan on utilizing Teams for similarly structured events.

Projects & Events: Exam Care Programming x Maccess (Upcoming)

Exam Care programming is a long-standing event run twice annually during fall and winter exams to promote service usage, as well as to promote the difficulty of the exam season and encourage folks to ask for help and rely on their communities. As mentioned in the previous EB report, we will be running this event with Maccess this year! We have also received \$450 worth of funding from the Student Wellness Centre for this program! This year, the event will be taking place as a virtual exam giveaway/raffle due to COVID-19 restrictions and accessibility issues. The P.Os for prizes have already been submitted, and the promotional materials are being edited by the UG. We are hoping to release promotional materials a week before exam break begins to allow for enough engagement with the materials.

Projects & Events: Collective Care x WGEN (On-Going)

Collective Care is a remote free-resource-distribution program run by the MSU's Student Health and Education Centre (SHEC), and Women and Gender Equity Network (WGEN). So far we have received over 44 order requests related to menstrual, safe(r) sex, childcare, gender-affirming, and other products.

Thus far we have secured \$500 of funding from the MSU Special Projects fund, \$500 from PACBIC, and \$2000 from OPRIG. We are working closely with OPRIG to evaluate the need for future funds and a possible working partnership to aid with the workload.

So far we have yet to receive the \$2000 from OPRIG, and plan on closing the form until we can secure this external funding and provide students with these much needed health supplies. We anticipate having to seek out much more external funding and are open to any suggestions the board may have as usual.

Projects & Events: Lockers Of Love x FCC (On-Going)

We have been in conversations with the MSU Food Collective Centre about partnering with them for the Lockers Of Love Program. More specifically, so that individuals can anonymously order health supplies online, and pick them up in person at the FCC lockers. After sorting out the issue related to our missing package containing 100 pregnancy tests, we have been sent a new package. We are hoping to begin this partnership as soon as we have secured the pregnancy tests and prepared the care packages. These packages will include: a pamphlet/brochure detailing how to use the pregnancy test, the pregnancy test, gloves, and a urine cup. Based on the engagement levels and interest expressed by the student population, it is likely that we will expand this collaboration and include menstrual products, safe sex products and harm reduction supplies.

Projects & Events: Resources Campaign (On-Going)

We are working to revamp and release an old campaign that was never shared. This campaign outlines resources that are available in various regions outside of and including Hamilton for when people return home from school for the break. We are hoping to release this campaign just before the exam break so that folks are able to locate any necessary resources outside of the university campus. The campaign is currently being worked on by the RAE team and executive members.

Outreach & Promotions

Summary

Thus far we have created and released the following on our social media accounts:

- X-posing Xenophobia: COVID-19 & Communicable diseases

- Wellness 1A03: A First Year Guide to Navigating Party Culture and Stress Management
- Meet The Peer Support Services
- SHEC Us Out
- MSU SHEC Warmline
- Period Equity Day
- Cum One Cum All Compassionate Casual Sex
- Collective Care Promotional Materials

Promotional Materials

Period Equity Day

Period Poverty

Inadequate access to menstrual products, menstrual care education, and appropriate facilities.

Stigmatization of menstruation and deep-rooted **social norms** limit support to menstruators. This requires **policy change** and advocacy on a multitude of levels including sexual and reproductive health, education, and **advocacy**. It is important to note that menstrual products and safe and private spaces are **not uniformly accessible** across the socioeconomic gradient.

Period Equity

Access to safe and affordable menstrual products, menstrual and reproductive information and care, and private, clean facilities.

- Ensuring people have the **support, means, and ability** to choose how they take care of their menstrual health.
- Reducing the use of terminology such as “hygiene” or “cleanliness” when discussing menstruation to **reduce the association** between menstruation and notions of uncleanness.

Inclusivity

Who

- Not all menstruators are women and not all women menstruate!
- Many trans men, non-binary, gender non-conforming, and other gender-diverse folk, are menstruators and should be included in conversations surrounding period equity.

Why

- Gendered language can exclude certain menstruators, further reducing their access to resources.
- Creates false idea that periods = womanhood, and can promote gender dysphoria

What

- Use the term(s): “people who menstruate/have periods,” “menstruators”
- Teaching everyone (regardless of gender) about menstruation
- Refer to period products as just that, rather than associating the terms “feminine”, “hygiene”, etc.

Fast Facts

- Every day, throughout the globe, there are 800 million people menstruating.
- In Canada, on average, menstruators will spend \$6000 in their lifetime on products
- Worldwide, 2.3 billion people live without basic sanitation services
- In rural communities, there are higher prices, a box of tampons/pads cost:
 - \$15-\$18 – in Nunavut
 - \$3-\$11 – in Vancouver

CUM ONE, CUM ALL!

COMPASSIONATE CASUAL SEX

NOVEMBER 24, 2021
6:00-7:00 PM (EST)
<https://bit.ly/3x8SE2B>

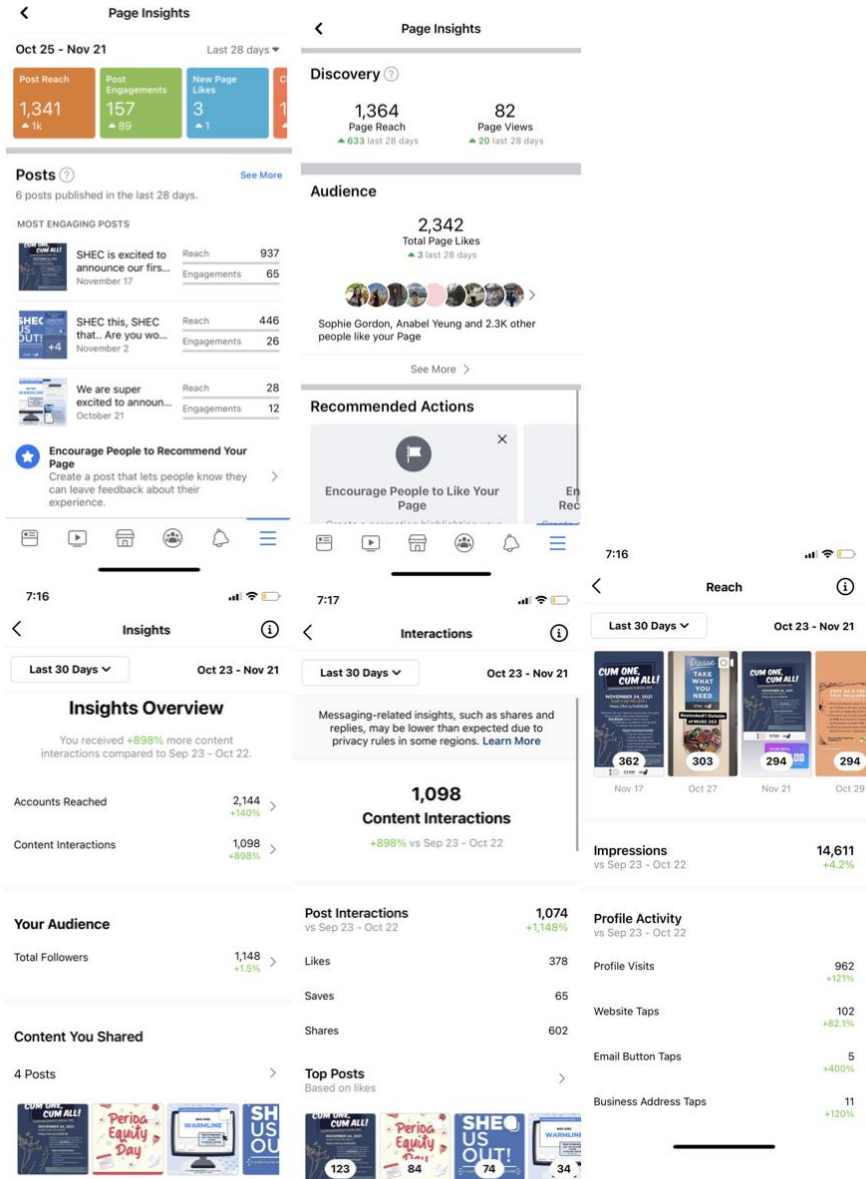
Register for our webinar hosted by Canadian sexual health educator/researcher **Eve Bloom** about how to have tenderness, empathy, and respect in casual sex encounters!

Topics covered include:

- How to attract kind casual sex partners
- How to identify and communicate boundaries
- How to have amazing, kind casual sex!

Trigger Warning: Moments of sexual harassment live dating apps.
Accessibility Information: This event is open to students of all programs, levels, and identities. Closed captioning will be provided.

Social Media Engagement since the Previous Report



Finances

Budget Summary

Thus far, we have spent a total of \$2,378.94. Thus far, we have received \$500 of funding from the MSU Services Special Projects fund, and \$500 worth of funding from PACBIC for our Collective Care Program. We have also recently been approved for \$2,000 from OPRIG relating to additional Collective Care support.

In addition, we have received \$200 from MSU special projects funding for Exam Care Programming, a signature SHEC event being run in collaboration with Maccess. We have also received \$450 from SWC for this program.

As usual, our largest financial partnership is with Public Health Hamilton, who provides SHEC with various free safe(r) sex and harm reduction items including oral barriers, lubricants and condoms.

| ACCOUNT CODE | ITEM | BUDGET / COST |
|--|-----------------------------------|----------------------|
| 5003-0116 | Office Supplies | \$54.24 |
| Office Supplies | TOTAL SPENT IN LINE | \$54.24 |
| | REMAINING IN LINE | \$45.76 |
| | | |
| | BTNX hCG Strips (Pregnancy tests) | \$127.80 |
| | Flavored condoms | \$218.03 |
| | Amazon Pads + Tampons | \$126.49 |
| 6101-0116 | Collective Care (PACBIC reimb) | \$300.00 |
| Health Supplies | TOTAL SPENT IN LINE | \$772.32 |
| | REMAINING IN LINE | \$727.68 |
| | | |
| | Condom Dispenser Sign | \$5.00 |
| | Wellness 1A03 Incentive Card | \$25.00 |
| | SHEC Us Out | \$220.00 |
| | Period Equity Day | \$275.00 |
| 6501-0116 | Winter Wonder Care | \$220.00 |
| SHEC Advertising and Promo | TOTAL SPENT IN LINE | \$745.00 |
| | REMAINING IN LINE | \$2,055.00 |
| | | |
| | Cum One Cum All Speakers Fee | To come \$600 |
| | Zoom Pro (Cum One Cum all) | \$142.38 |
| 6102-0116 | Pregnancy brochures | To come \$65.00 |
| SHEC Annual Campaigns | TOTAL SPENT IN LINE | \$807.38 |
| | REMAINING IN LINE | \$1692.62 |
| TOTALS | | |
| TOTAL BUDGETED DISCRETIONARY SPENDING | | \$8,450 |
| TOTAL ACTUAL DISCRETIONARY SPENDING | | \$2,378.94 |
| REMAINING DISCRETIONARY SPENDING | | \$6,071.06 |

Executives & Volunteers

Our team has finally created PODs! PODS consist of a Microsoft Teams group chat composed of a handful of volunteers and a POD leader or executive member. We are hoping that these PODs will help to build a sense of community amongst our volunteer team and help to facilitate any SHEC related questions including shift coverage. Each pod will hold a short “meet the pod” meeting/social sometime before the exam break to help boost morale as the semester progresses.

Successes

MSU SHEC has received a huge number of requests for collaboration and interviews over the past couple of months. This is awesome, because it means that the student population is curious about the services we offer, and more importantly we are reaching a larger audience.

Current Challenges

I have already reached out to HR and Victoria about an issue we are having with one of our executive members. Due to a prolonged absence of one of our executive members, we are currently in the process of contacting applicants about hiring a 3rd RAE executive to help with the workload and capacity.

Thus far, I have had only 1 executive member actively contributing to the RAE team, running committee meetings, acting as EOC, and creating/planning campaigns. This has been an extremely heavy workload, and we are working our very hardest to hire assistance ASAP.