



# REPORT

From the office of the...  
MSU SHEC Director

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TO: Members of the Executive Board  
FROM: Anika Anand  
SUBJECT: MSU SHEC Report 7  
DATE: March 15<sup>th</sup>

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## Yearplan Update

Since submitting our last EB report, our team has been working on a plethora of things. As per usual we continue to manage lockers of love and collective care. We officially completed SHEC specific winter training, and are working to plan and implement many events and campaigns as seen below.

## Events, Projects, & Activities

### *General Service Usage*

Our official warmline operating hours remain unchanged. This shift schedule will last for the remainder of the semester until exam period, at which point we will re-evaluate hours and operate at a reduced capacity.

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

### *Projects & Events: Lockers Of Love (On-Going)*

Not much has changed with this collaboration since the last EB report was submitted. We are still partnered with the MSU Food Collective Centre on their Lockers Of Love Program. This program gives students and community members a confidential method for receiving essential supplies such as non-perishable food items and now health supplies. Supplies can be accessed by filling out a confidential form, the link can be found in our link tree, once the forms filled out you can expect a confirmation on your order within five business days and orders can be picked up within 10 days. Requests are confidential and open to all McMasters students. SHEC created and provided FCC with 25 pregnancy test packages including: a brochure detailing how to use the pregnancy tests + helpful resources, a glove, urine cup, and an HCG pregnancy testing strip. We have also provided 10 internal condoms to date. We plan to provide FCC with any additional health supplies needed as stick piles get low. I am in the process of trying to secure us naloxone kits which may also make as a great addition to the Lockers Of Love program. Our services should think about re-releasing promotional materials once again to boost engagement.

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

Again, not much has changed in terms of operation management with the Collective Care program. 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 120 requests related to menstrual, safe(r) sex, childcare, gender-affirming, and other products. Thus far we have received \$500 of funding from the MSU Special Projects fund, \$1000 from PACBIC, and \$3000 from OPRIG. MSU SHEC has also contributed \$200 from our health supplies budget line. Once again, we are nearing the end of our funding. One challenge related to this initiative is utilizing the company card via our GiftOfChoice Vendor (the most popularly requested vendor). The card no longer works on this site, and we have many orders that have already been approved for purchase, that we are now unable to purchase. I would greatly appreciate any/all support in terms of navigating this issue moving forwards. We also must meet and discuss program closure protocols as the end of the year is approaching.

### *Projects & Events: Harm Reduction Week x PCC (Complete)*

MSU SHEC worked along PCC to plan and host a week full of Harm reduction themed events and activities. This occurred from February 9<sup>th</sup>-February 15<sup>th</sup>. This event replaced our historical Harm Reduction Fair that was receiving low engagement in previous years. We collectively covered topics related to substance use and harm reduction, queer/gender-diverse sex-ed and sexual health harm reduction, and queer relationships/dating. The two events that SHEC was primarily responsible for running included: The Queer and Trans Sex-Ed you should have gotten in high school with Eva Bloom and Party Culture Trivia night. The event was a hit, and I strongly encourage next year's PTM's to consider running a similar event with Eva bloom.

### *Projects & Events: Sorry To Burst Your Bubble Campaign (Complete)*

Our RAE team finally released the Sorry To Burst Your Bubble campaign! This campaign was originally intended to be posted at the beginning of the winter semester. However, due to time restraints and the large amount of editing that needed to be done this timeline was pushed back. Instead we were able to post it following the Winter reading week upon students return to campus. This 5 day campaign covers topics including: spaces to eat and drink on campus, campus guidelines, MSAF extensions, commuting and housing, managing stress surrounding in-person activities, and social self-care.

### *Projects & Events: MSU SHEC Specific Training (Complete)*

*Winter training for SHEC PSVs occurred both synchronously on February 5<sup>th</sup>, and asynchronously.*

Asynchronous content was released prior to synchronous training for volunteers to review over a two-week period. This content took the form of a module covering the topic of peer support for bereavement and grief (i.e., providing peer support to someone coping with the end of a relationship, the loss of a loved one, as well as other forms of loss).

### *Projects & Events: Simple Self-Care Campaign (On-going)*

The RAE team has been working for quite some time to put together a campaign that we originally planned to release in early February. Unfortunately, one of the executives had to take a step back in the month of February and this timeline was pushed. We plan to release it this month after edits and feedback have been provided and discussed adequately. This campaign will cover topics including: social self-care, sleep, a reminder that you are not JUST a student, mindfulness, and how to practice mindfulness. In particular, we want to be incredibly careful about the mindfulness section to ensure that we are not approaching this from an ethnocentric perspective, we are currently in the process of revising the section once again to ensure that it is done with high-quality and non-mainstream perspectives in mind.

### *Projects & Events: Can I Narcan Campaign (On-Going)*

The RAE team is currently working to put together research and a general rough draft/outline of an upcoming Campaign called Can I Narcan? This campaign will likely span over a 4 day period and address the following sub-topics: spreading awareness about overdose basics, what is Narcan and how does it work, where to access naloxone kits and how to use them, and lastly a little bit on the harm reduction approach as well as local harm reduction groups/programs. I am hoping to have secured the naloxone kits by the time we share this campaign so that we can refer students to our own service for easy access, this all depends on the vendor I have been communicating with.

### *Projects & Events: Body Neutrality, Fatphobia, and Healthism Campaign (On-Going)*

The RAE team is currently working to put together research and a general rough draft/outline of an upcoming Campaign called Body Neutrality, Fatphobia and Healthism. Some possible subtopics include defining important terms and talking about these issues and alternative practices, information about where fatphobia stems from in Eurocentric standards of health, alternate approaches to Eurocentric standards, and how to practice body neutrality.

### *Projects & Events: Body Neutrality Event x Maccess (Up-Coming)*

The EOE team is currently working with the Maccess team to organize and plan event focused on body neutrality and body positivity in individuals with disabilities. We plan to run this event during the last week of March. We are hoping to secure a speaker who can run a workshop that is either movement or art spaced. We have sent off the general details to promo so that we can get a skeleton graphic created as soon as possible. Execs are currently in the process of contacting potential speakers, and planning event hosting details.

### *Projects & Events: Non-Eurocentric Ways Of Healing (Up-Coming)*

This event is very much in the beginning stages of planning. Our teams have just met to start discussing event ideas and goals. Thus far we are thinking about a seminar or seminar series with guests and speakers from different schools of thought to discuss divergent perspectives from health models, social models. Next steps include a group meeting in which we define our goals and expectations for the initiative so we can move forward with the planning process.

## **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
- Winter Wonder Care
- Lockers Of Love Promotional Materials
- Winter Resources
- PTM hiring
- Collective Care Promotional Materials
- Sex Queer-ies Promotional Materials
- Sorry To Burst Your Bubble Campaign

We also recently ordered Warmline posters to be put up across campus to aid in boosted engagement and awareness.

### Promotional Materials



SORRY TO BURST YOUR BUBBLE!

### GENERAL GUIDELINES FOR EATING ON CAMPUS



- Wear your mask whenever you are not actively eating or drinking
- Always physical distance when eating and/or drinking
- If possible, individuals should take turns eating (so that only one person is unmasked at a time)



SORRY TO BURST YOUR BUBBLE!

### WHAT YOU WILL NEED TO DO BEFORE COMING TO CAMPUS

- If you've already been attending campus in the Fall: continue completing your **MacCheck** daily
- If you have not accessed campus since pre-COVID-19: <https://covid19.mcmaster.ca/maccheck/>
- complete the "Back to Mac COVID-19" training
- upload your proof of vaccination to **MacCheck** (unless exempt)
- complete **MacCheck** daily
- Continue wearing your mask in all indoor spaces
- Practicing physical distancing
- Keep up with proper hand hygiene



SORRY TO BURST YOUR BUBBLE!

### NEED TO SELF-ISOLATE? HOW TO EFFECTIVELY REPORT!

- In the case where you **test positive** for COVID-19 on a PCR or rapid test **and** have attended a McMaster location in the past 14 days, you will need to report on Mosaic. (Only if you meet both of these conditions)
- If you are isolating or have symptoms but have not tested positive on a test, no need to report
- The reporting tile is on the **home page** of Mosaic.
- After you have reported through the **Mosaic COVID-19 Positive Case Reporting Tool**, you will receive an email confirmation that also contains supporting information providing recommendations from Public Health.



SORRY TO BURST YOUR BUBBLE!

- If you **live on residence**: contact your Residence Life Area Coordinator and follow all instructions as per your Residence Agreement.
- If you **do not live on residence**: you are required to stay home and self-isolate as per the Ontario COVID-19 self-assessment tool.

#### FURTHER INSTRUCTIONS:

<https://hr.mcmaster.ca/app/uploads/2020/08/Step-by-Step-Guide-for-Students-COVID-19.pdf>



SORRY TO BURST YOUR BUBBLE!

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## MSAF EXTENSIONS

- If you have been advised to self-isolate, you are encouraged to use the **McMaster Student Absence Form (MSAF)** on Mosaic.
- ◀ For the Winter 2022 semester, the MSAF covers work for a period **up to 5 days**.
- Additionally, MSAF forms can be accessed by contacting your **Faculty Academic Advising Office** if additional class time needs to be missed.

## RESOURCES

<https://covid19.mcmaster.ca/message-from-the-president-and-provost-regarding-the-winter-term/>

◀ <https://covid19.mcmaster.ca/your-back-to-mac-resource-guide-for-the-winter-semester/>

<https://hospitality.mcmaster.ca/locations/on-campus/>

<https://covid19.mcmaster.ca/winter-2022-study-spaces-eating-places/>



SORRY TO BURST YOUR BUBBLE!

SORRY TO BURST YOUR BUBBLE!

## TIPS FOR NAVIGATING COMMUTING & HOUSING DURING COVID-19



## HOW TO STAY SAFE(R) COMMUTING

Both HSR and GO Transit have reduced schedules due to the Omicron variant. This can result in an increased number of people per bus/train.

Here are some tips for staying safe(r) when commuting:

- ◀ **Commuting at non-peak times is a way to reduce your exposure to others. For example, this could include taking the GO bus home on a Thursday rather than a Friday. Or you can leave before/after rush hour times (typical times when school/work starts/ends).**



## SORRY TO BURST YOUR BUBBLE!

- The HSRnow application (available for mobile devices) can provide trip planning and real-time information regarding bus stops. Use this app to plan travel or alternative routes and avoid crowded buses.
- Always wear a mask when on the bus, ensure you are following physical distancing measures when possible, and sanitize and wash your hands when needed. Both HSR and GO Transit require masks to be worn.



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## SORRY TO BURST YOUR BUBBLE!

### HOW TO STAY SAFE(R) IN STUDENT HOUSING



Student housing can bring about many challenges, especially during a pandemic, and as we transition back to in-person learning. Here are some tips for staying safe(r) in student housing:

- Clearly communicate boundaries regarding COVID-19 with your housemates. Important topics include; whether guests are allowed (or how many), how to minimize exposure, contingency plans if someone gets sick, and rules for common areas.



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## SORRY TO BURST YOUR BUBBLE!

- Consider creating an emergency reserve of supplies, in case someone does get sick with COVID-19. These supplies could include basic medications (e.g. Advil/Tylenol), sanitizers, cleaning products, masks, and gloves. This can help protect everyone in the house.
- If COVID-19 has impacted the ability of you or your housemates to work, seeking out your landlord for a rent reduction may be possible. (Write a letter explaining your financial condition and how it has been exasperated because of the pandemic!)



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## SORRY TO BURST YOUR BUBBLE!

### MANAGING STRESS SURROUNDING COVID-19 AND IN-PERSON ACTIVITIES

Returning to in-person after over a year of online learning is a huge transition, so try your best to be patient and kind to yourself throughout this process!

Here are some tips for getting through this transition:

- **Expect a readjustment phase.** Everyone adjusts at their own pace, and it may take some time to get used to a new in-person routine again. That's okay! Give yourself some grace throughout this transition.
- **Familiarize yourself with the university's COVID-19 guidelines on campus.** Returning to in-person during COVID-19 can be overwhelming, but there are steps you can take to keep yourself and others safe.

Check out:  
<https://covid19.mcmaster.ca/>



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## SORRY TO BURST YOUR BUBBLE!

- **Seek support from friends or professional resources.** Talking about your concerns can be a great way to relieve stress. You will often find that you aren't alone, and that others may be experiencing similar feelings and challenges.
- **Start by taking small steps.** For example, start by going to campus only to attend classes. Then, as you feel more comfortable, you can start visiting the library/MUSC where it may be busier.
- **Prioritize self-care.** Try to get a good night's sleep, exercise, spend time with friends, or meditate. Most importantly, find what self-care looks like for you and what you need to feel safe and comfortable!



## SORRY TO BURST YOUR BUBBLE!

### WHAT TO EXPECT FOR IN-PERSON CLASSES AND HELPFUL TIPS

Whether or not you've had in-person classes before, the transition from online classes can be a challenge.

Here are some tips and what to expect for returning in-person lectures:

- Class and lecture hall sizes may vary depending on the course you're taking. Most tutorial sessions tend to be smaller and may take place in smaller classrooms.
- Your classes will often take place in different buildings. Take some time to walk around campus and familiarize yourself with it! Tip: Use Google Maps or download the MacQuest app to help find the buildings and orient yourself on campus.



## SORRY TO BURST YOUR BUBBLE!

- You may need to walk between buildings to get to your class. For back-to-back classes, you will have 10 minutes. This is generally enough time, but for further distances, you may need to speed walk. Tip: Go around MUSC rather than through during peak hours to avoid crowds.
- If you have a large time gap between your classes, you can go to the library or other places on campus (ex. MUSC, PGCLL main floor) to study or hang out.
- A lot of us will be experiencing in-person classes after a long time which can result in a mix of feelings, both exciting and overwhelming! Take your time adjusting to meeting people!



## SORRY TO BURST YOUR BUBBLE!

### STOP SETTING BOUNDARIES STOP

This transition will come with different comfort levels for everyone and it's important to reflect on your own boundaries and be respectful of others. Taking a moment to write down your comfort levels and boundaries by yourself can be helpful!

- Start by learning about current safety protocols (e.g., physical distancing) and reflecting on how that aligns with your own needs and priorities. It is okay to not feel comfortable with the pace of the transition timeline that is being set by institutions - these are guides that can be adjusted.
- Being direct about your boundaries. For instance, using phrases such as "I am personally not comfortable working at the library for this assignment, but I would be happy to join a Zoom call to work on it together." Do not feel obligated to explain your boundaries.

## SORRY TO BURST YOUR BUBBLE!

- If you require further assistance in maneuvering these conversations, you can reach out to others too. This includes talking to your course coordinators, professors, other peers or group members, club executives, etc.
- At the end of the day, it is most important to be kind to yourself. This includes understanding that your values and priorities are not the same as those around you at all times - do what will keep you safe(r) and keep your mind at ease.



## SORRY TO BURST YOUR BUBBLE!

- Leading with a positive note may also be helpful. For instance, you can say "I think it's a great idea to set up a social for club members, but I feel uncomfortable meeting a large group of people in person, can we look into some other options?"
- Practice empathy and active listening during these conversations - this will help both sides feel heard. Everyone will respond to these discussions differently and it's important to provide folks with space to reflect if they need it.



**SORRY TO BURST YOUR BUBBLE!**

**RESOURCES**

<https://weillcornell.org/news/post-pandemic-anxiety-life-is-returning-to-normal-so-why-do-you-feel-anxious>

<https://theconversation.com/why-you-might-feel-anxious-returning-to-normal-after-lockdown-and-how-to-cope-169089>

<https://www.nm.org/healthbeat/covid-19/emotional-health-covid-19/formalizing-your-covid-19-boundaries>

 @msu\_SHEC  
 @msu\_SHEC  
[https://www.facebook.com/msu\\_SHEC](https://www.facebook.com/msu_SHEC)  
 

## Social Media Engagement since the Previous Report

1:36 1:36

**Engagement**

Last 30 Days ▾ Feb 8 - Mar 9

**Content interactions** ⓘ

**272**  
Content Interactions  
-3.6% vs Jan 9 - Feb 7

**Post Interactions** **271**  
+1.4%  
vs Jan 9 - Feb 7

Likes	196
Comments	1
Saves	33
Shares	13

**Top Posts**  
Based on likes



1:36 1:36

**Reach**

Last 30 Days ▾ Feb 8 - Mar 9

**Followers and non-followers**  
Based on reach

**787** Followers • **420** Non-followers



**Content reach** ⓘ

Posts	<b>1,610</b>
Stories	<b>358</b>
Videos	<b>11</b>
Reels	<b>8</b>

• Followers • Non-Followers

**Top Posts**  
Based on reach





### Reach



### Engagement

Last 30 Days ▾

Feb 8 - Mar 9

Last 30 Days ▾

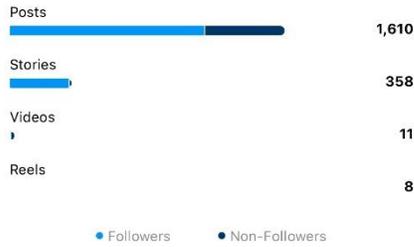
Feb 8 - Mar 9

#### Followers and non-followers

Based on reach



#### Content reach ⓘ



#### Top Posts

Based on reach



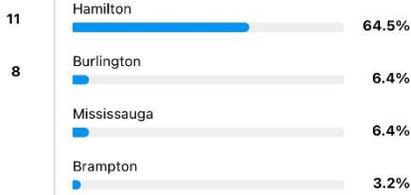
Messaging-related insights, such as shares and replies, may be lower than expected due to privacy rules in some regions. [Learn More](#)

#### 166 Accounts engaged

-14.5% vs Jan 9 - Feb 7

#### Engaged audience ⓘ

##### Top cities

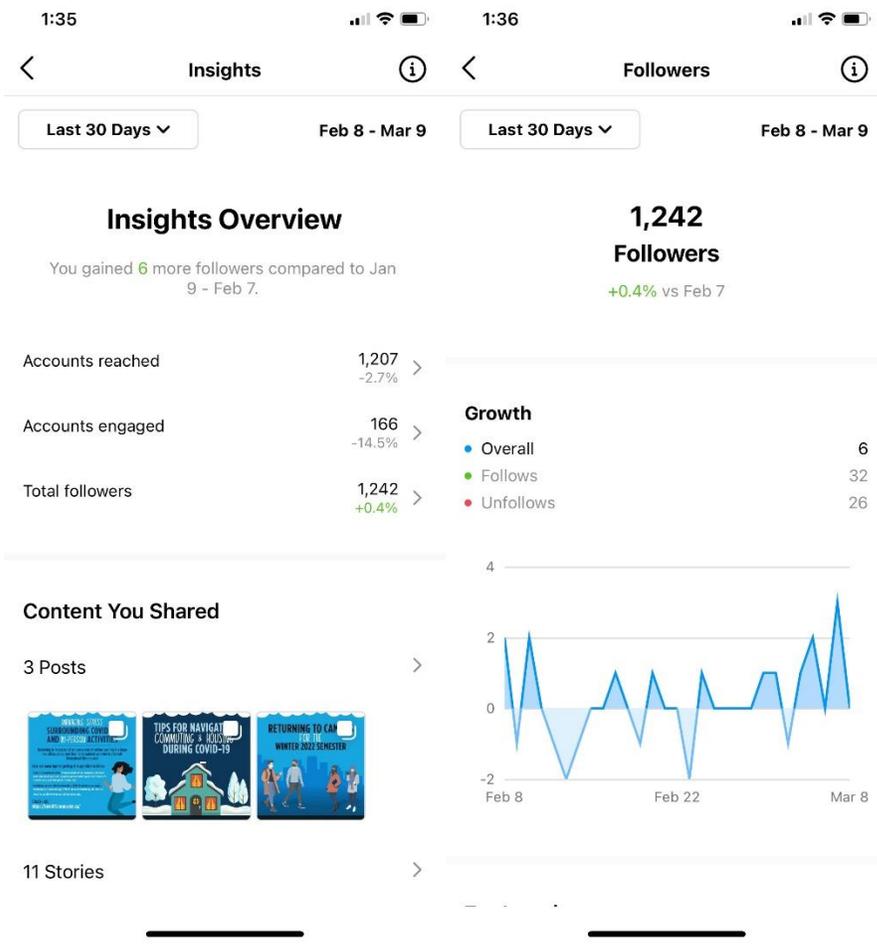


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#### Followers and non-followers

Based on accounts engaged



## Finances

### *Budget Summary*

Thus far we have spent \$6,183.59. 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.

See Budget Tracker For reference.

## **Executives & Volunteers**

Executive teams continue to meet weekly with the respective PTM. Assistant Director meets with internal every week this includes training and development coordinators, and volunteer coordinators. I myself meet with external every week, this includes event and outreach executive resource and advocacy executives and promotional executives. It is apparent that as the semester comes to an end folks are increasingly busy, it is my number one priority to ensure the well-being of everyone on my team while also ensuring that our goals are met and our service operates functionally and efficiently.

## **Successes**

I am extremely proud of our internal team for putting on phenomenal training for the winter semester. Our assistant Director, and training and development coordinators, as well as volunteer coordinators worked exceptionally hard to plan and implement training that was engaging and meaningful for the entire volunteer team.

Synchronous training was comprised of several presentations spanning a two-hour period and hosted via Zoom (with closed captioning). Topics for synchronous training included helpful resources to share during peer support sessions if a service user is seeking resources, reminders and logistical updates about the service for volunteers, 2STLGBQIA+-specific training, and sex positivity. We included guest speaker Eva Bloom, a queer sex educator, who discussed sexuality, gender, sex positivity, and sexual health.

## **Current Challenges**

My biggest concern at the moment is regarding PTM hiring and the changing of our JDs after we signed the contracts. I have already relayed these concerns to folks, however the response I received was not what I was expecting. More specifically in terms of changing our job descriptions after signing the contract. The response I received stated that this was because of the short transition period. However, it shouldn't matter how short the transition period is, if we are promised a salary/hours when we originally signed the contract, it is my understanding that this contract cannot be changed after it has been signed initially. In addition, this pushing of the already short transition it's not MSU SHECs fault, in fact we had completed hiring when we were instructed to do so, and reviewed applications when we were instructed to do so. Interviews were supposed to occur before reading week, my assistant Director and I have sent in our availabilities three times and have still yet to hear about the scheduling of interviews. I am very concerned about this turnaround time and my compensation during this time.