



for students by students

October 2016  
Vice-President External Monthly Report

Thanh Ma

**Vice President External: Thanh Ma**  
**Report to the Board of Directors**  
October 2016

**This Month in Review:**

October 1 <sup>st</sup> :	Changing the Conversation on Sexual Violence Conference (Day 2)
October 3 <sup>rd</sup> –7 <sup>th</sup> :	Mental Health Awareness Week (MHAW)
October 3 <sup>rd</sup> :	(MHAW) Bean Bag Toss/Atrium Tabling with StudentCare
October 4 <sup>th</sup> :	(MHAW) Saint John Ambulance (SJA) Therapy Dogs
October 5 <sup>th</sup> :	(MHAW) Paint Splatter & Dance Party
October 6 <sup>th</sup> :	(MHAW) Paint Night
October 7 <sup>th</sup> :	(MHAW) PokéWalk
October 11 <sup>th</sup> :	The Art of Coming Out Event
October 12 <sup>th</sup> :	Meeting with StudentCare
October 18 <sup>th</sup> :	Saint John Ambulance (SJA) Therapy Dogs
October 19 <sup>th</sup> :	Saint John Ambulance (SJA) Therapy Dogs
October 24 <sup>th</sup> :	Release of Culture/Costume Campaign
October 25 <sup>th</sup> :	Re-stock Food Bank
October 27 <sup>th</sup> :	SUS Board of Directors Meeting

**Mental Health Awareness Week (MHAW)**

Mental Health Awareness Week this year had an incredible turnout throughout the week despite many students having exams. A major thank you to the fantastic Advocacy Officer, Alyson Gher-White for all of her hard work! Without the advanced planning and dedication, the week couldn't have been anywhere near successful as it was!

Day 1 of MHAW consisted of tabling in front of the Student Union Society alongside StudentCare. We had questions with multiple difficulties for students to answer to win prizes that include colouring books, mood rings, and stress-releasing silly putty for students and enjoy. We estimate approximately a 200 student turnout over the period of time.

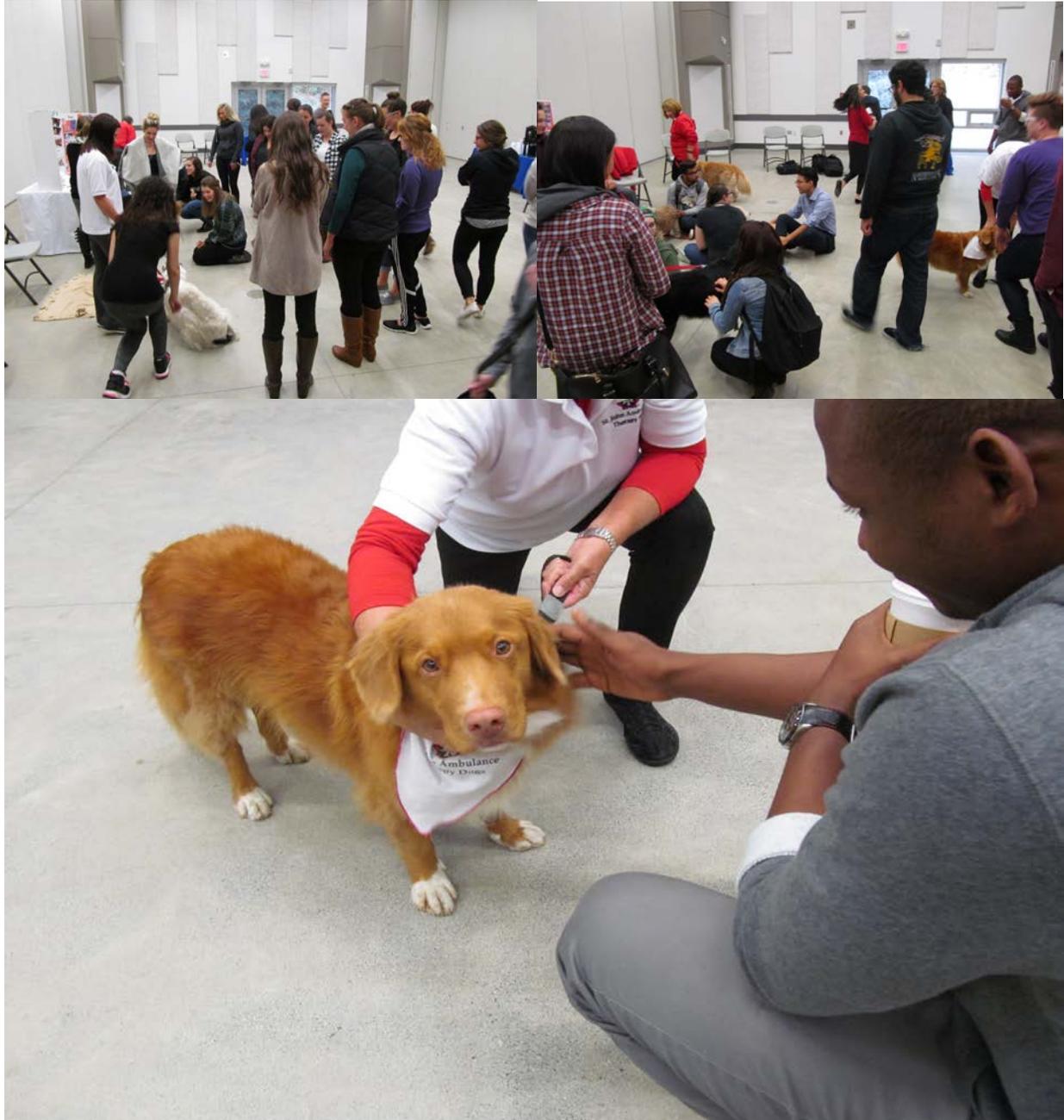


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Day 2 of MHAW was by the far the event with the highest turnout as the SJA Therapy Dogs were a huge hit! The recorded attendance was 406 students who came to visit during the afternoon! Students had a wonderful break with the furry friends along with healthy snacks and hot chocolate. The event was well attended and overall superb!



Day 3 was a day with two events, Paint Splatter and the Dance Party. For the paint splatter, students were encouraged to de-stress by writing down condescending comments that they've heard or that have been said to them on the fabric. Once written, they received a paint-filled sponge in order to "splatter" over the unkind comment as a method to release stress and any remaining anguish.



## The Art of Coming Out

The Art of Coming Out was a social speaker event that allowed students and external guests of a variety of backgrounds to collectively reduce the barriers contained with “coming out”. To clarify, “coming out” is the process in which a person will declare their sexual and/or gender preferences. Students and staff from UFV, members of the Fraser Valley Youth Society and Health Initiative for Men (HIM) came out to support one another and to hear a student’s struggles with self-disclosure. The Equalities Officer and their team, the Equalities Committee spend countless hours preparing their speeches and logistics for this event. The event was well attended and created a safe space for the members in the audience, speakers, and resource guides to chat and enjoy the evening.



## Midterm Stress Relief

The Saint John Ambulance Therapy Dogs came to visit for two days during midterms in order for students to de-stress! Within the two days and despite many students spending their time to study, there was an overall attendance of approximately 300 students!



## “We’re a Culture, Not a Costume” Campaign

A campaign to raise awareness about insensitive or culturally appropriative costumes that are being sold in stores, and will be eventually be worn to Halloween parties. These costumes mock, stigmatize, degrade, and sexualize minorities, who are subject to higher rates of sexual assault, violence, and institutionalized racism. This campaign seeks to educate people on what costumes are appropriate and non-triggering to any marginalized population. Through this campaign, we hope to reach out to students who may not think about the possible negative outcomes of their costumes. We believe that ethnic heterogeneity on our campus is meant to serve as a form of cultural-globalization, rather than a means to

belittle and take the power away from minorities.

