

# Understanding the Red Zone

## What is the red zone?

The 'red zone' refers to the time between orientation week and Halloween, when students, especially first-year students, are more likely to experience sexual violence on campus.



## Why does the red zone occur?

The beginning of the university school year marks many young people's first time away home.

This often brings about:

- Unfamiliarity with on- and off-campus environments
- Increased frequency of social gatherings with new people (orientation events, socials)
- Access to alcohol
- Limited peer supports
- Limited knowledge of supports and resources

## How to minimize the red zone:

- Be an active bystander - intervene in situations of harm if you can safely do so
- Disrupt and challenge social norms and language that promote a rape culture
- Learn about available supports and resources for those impacted by sexual violence (SVPRO, SASC)
- Understand and share with others that we all have a role to prevent sexual violence

We are here for you.  
connect with us at: [svpro@uwaterloo.ca](mailto:svpro@uwaterloo.ca)



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and Response Office