



University of Brighton



BRIGHTON
STUDENTS' UNION

SEXUAL VIOLENCE: INFORMATION, HELP AND SUPPORT FOR OUR STUDENTS

Creating a safe environment together

The University of Brighton is committed to providing a safe, respectful and supportive environment for everyone in our community.

We all have a role to play in creating this environment together. Think about the ways in which you act and talk. Know about consent and, where possible, challenge sexual harassment, abuse and violence.

If you have experienced any form of sexual violence, try to remember that this is not your fault and you don't have to go through this alone. Support is available from your University and from local specialist services.

Understanding sexual violence

Sexual violence is any behaviour of a sexual nature that is unwanted, without consent or understanding. This includes rape, sexual assault and sexual harassment.

Whether under the influence of drugs or alcohol, or not, groping someone without their consent is a form of sexual violence. It's also not OK to make indecent or suggestive remarks, make unwanted requests or demands for sex, or share private pictures or videos without consent.

Survivors of sexual violence may go on to experience numerous health problems including post-traumatic stress disorder (PTSD), anxiety and depression.

Unwanted sexual conduct can also create an intimidating, degrading and hostile environment.

Understanding consent

Sexual consent is agreeing by choice to have sex or to engage in any kind of sexual activity.

The law is clear: having any kind of sex without getting consent is illegal, and sexual activity without consent is rape or sexual assault.

Don't assume someone wants sex. If in doubt, stop and get confirmation. Be absolutely clear that consent has been given freely with no coercion and in a way that leaves no room for confusion or doubt.

It's OK to consent to one form of sexual activity but not to another. It's also OK to say no at any time.

Let's be clear

There are numerous myths around sexual violence that can lead to survivors being doubted and even blamed. Myths can also result in people thinking their behaviour is OK when it's not.

Here are some common myths and the subsequent facts:

MYTH

If you agree to do something sexual, you agree to do everything.

Consenting to one thing doesn't imply that you consent to everything. It's OK to say no at any time.

FACT

MYTH

If you are under the influence of drugs or alcohol, you're "asking for it".

It's a crime to target someone who can't consent to sex due to being under the influence of drugs or alcohol. Responsibility lies with the perpetrator.

FACT

MYTH

If you wear a particular type of clothing, you are partly to blame.

This wrongly shifts the blame for what happened from the perpetrator who chose to commit the crime to the victim.

FACT

MYTH

Men can't get raped and women are never the perpetrators.

Men can be raped by other men, and women can sexually assault men or other women. Non-binary people can be victims or perpetrators of rape and sexual assault. Anyone can experience sexual violence, regardless of gender, gender identity, age, ethnicity or sexual orientation.

FACT

How to get help if you need to

If you have been the victim of sexual violence, try to remember that this is not your fault, you are not to blame, and you are not alone.

If this has happened to you recently:

- Try to get to somewhere that feels safe, such as a trusted friend or family member's home
- Keep yourself warm, you may be in shock
- If you are considering reporting to the police, avoid showering or changing your clothes if you can. Don't worry if you're not able to - put your clothes in a clean bag as these can be examined
- Consider what you might like to do next. Even if you are not yet sure whether to report the incident to the police, we would advise seeking medical attention.

IN AN EMERGENCY

1

Call police
or ambulance
on **999**

2

If you are on campus and at
immediate risk or in need of
security, call our 24/7 Security
on **01273 642222**

Report an incident to the university and get support

Reporting an incident

You can report an incident to any member of staff. This could be your Personal Tutor or Student Support and Guidance Tutor (SSGT), or another member of staff you know and trust.

Or you can report an incident directly to Student Wellbeing Team by calling **01273 642895** (Mon-Thur, 8.30am-5pm, Fri 8.30am-4.30pm) or emailing studentservices@brighton.ac.uk

We will listen to you and take you seriously. You can speak to us even if you are not sure about what has happened to you or for help deciding what to do next.

In some cases, it may take years before an individual feels able to report an incident. If you are going through this, you can speak to us.

Confidentiality

The Student Wellbeing Team will normally keep the information you disclose confidential, but it is important for you to be aware that, if they consider you or any other person to be at risk of harm, they may be obliged to break confidentiality.

University support

Student Wellbeing Team

Student Wellbeing Team staff will listen and talk you through your options for specialist support if you have not sought it already. We are open on every campus Mon-Thurs, 8.30am-5pm, Fri 8.30am-4.30pm
Contact: **01273 642895**
studentservices@brighton.ac.uk

For support in Student Halls please contact:

Your Halls Manager between 9am-5pm, Mon-Fri (see your Living in Halls Guide for contact details) or
Your Residence Life Team
Contact: **07903 363861** or **01273 641064**
resilife@brighton.ac.uk

We may not always be able to respond immediately, so in an emergency please contact the Police or University Security.

Brighton Students' Union support

Brighton Students' Union is independent to the University of Brighton and can provide confidential anonymous support to our students.
BSUsupportservice@brighton.ac.uk

Reporting to the police

It is your decision whether or not to report the assault to the police. The exception would be if you have reported an incident to us and we think you or someone else is at risk of harm. We may then have a duty to report the assault to the police on your behalf.

With your permission, the police may take you to the Sexual Assault Referral Centre (SARC) for crisis support, medical care and forensic evidence collection.

You can also report an assault to the police months or years after it happened. You can withdraw your report from the police at any time. You can also report anonymously by calling 101, or via third party reporting at the Sexual Assault Referral Centre (SARC) or Survivors Network.

Time limits to be aware of

It is up to you to choose what kind of support you want to access and whether or not you want to report the assault to the Police. However, before you make a decision, there are a few time limits to be aware of:

- If you suspect you were given any type of drug, it's important to be tested as soon as possible (most drugs leave the body within 72 hours but the so-called "date rape drugs" leave the body within 12 hours).
- If you want emergency contraception, the sooner you take it, the more effective it will be. For specific information please refer to the treatment guidelines.
- If you would like HIV Post-exposure prophylaxis (PEP), the medication should be started within 72 hours.

Specialist support

Saturn Centre Sexual Assault Referral Centre (SARC)

Location: Crawley Hospital
Weekdays, 9am-5pm: **01293 600469**
24/7 Out of hours: **0800 033 7797**
www.saturncentre.org

You can go to the SARC for practical, emotional and medical support. They will not pressure you into reporting to the police and can store the results of a forensic examination until you decide.

If you would like forensic evidence to be collected, try and go to the SARC straight away, or at least within 72 hours. The police can take you there. Self-referral appointments are during normal opening hours and you can call their helpline for advice any time.

The SARC can also test you for Sexually Transmitted Infections (STIs) and pregnancy, and provide additional medical care and support.

Sexual health support

As well as SARC, the following services can also provide emergency contraception, HIV PEP, and STI testing:

Brighton

Solar Clinic @ SHAC East,
Royal Sussex Hospital
Telephone: **01273 523388**, option 2 (Monday to Friday 9am-1pm and 2pm-4:30pm)
<http://brightonsexualhealth.com/advice/sexual-assault/>

East Sussex

www.eastsussexsexualhealth.co.uk

Eastbourne

Avenue House
Telephone: **01323 416100** (option 1)
or freephone: **0808 1681282**

Hastings

Station Plaza Health Centre
Telephone: **01424 464750** or
freephone: **0808 1681282**

Other specialist support

Independent Sexual Violence Advisors (ISVA), Survivors Network - advocacy and advice for anyone who has experienced sexual violence and is considering reporting to the police.
Mon-Fri, 9am-5pm: **01273 203380**
www.survivorsnetwork.org.uk/content/isva-service

Trans Survivors Switchboard - provides support and information for survivors of sexual abuse who are trans and/or non-binary or who are questioning.
Helpline - Sundays, 3-5pm:
01273 204050. Drop-in - last Wednesday of the month 7-9pm.
www.switchboard.org.uk/projects/trans-survivors-switchboard/

Survivors Network, Rape Crisis Centre for Sussex - advocacy for all genders 14+ in Sussex. Drop-in and counselling in Brighton for self-identifying women who are survivors of sexual violence.
Mon-Fri, 9am-5pm: **01273 203380**
Wed, 7-9pm: **01273 7720110**
www.survivorsnetwork.org.uk

Mankind - counselling and facilitated peer-support groups in Brighton for male survivors of sexual violence.
Mon-Fri, 9am-5pm: **01273 911680**
www.mkcharity.org

Rape Crisis UK - national helpline:
0808 802 9999: 12pm-2.30pm,
7-9.30pm every day of the year
<http://rapecrisis.org.uk>