

## Culture of consent

How can everyone on campus promote a culture of consent, support healthy respectful relationships, and hold those who use violence or coercion accountable?

### Consent is an active, voluntary agreement that can be revoked at any time.

- Even if you have had sex with someone before, it's still important to ask for consent every time. *Over half of sexual assaults occur within ongoing relationships.*
- If a person is drunk, high, asleep, or too afraid to say no, they can't give consent.

## Take action!

- **Lead by example:** "Can I kiss you" Always ask for consent before kissing or touching. Ask them how they feel and respect their answer, even if it means you might not get what you want.
- **Be an active bystander:** When you see something that doesn't seem right, speak up! It can be as simple as speaking up about inappropriate language/harassment or stepping in if someone looks like they're trying to hook up with someone who is too drunk to give consent.
- **Get involved:** Advocate with the university and student leaders for survivor-centred policies and prevention programs.
- **Challenge gender norms:** Harmful gender norms like assuming men always want sex, thinking LGBTQI people don't experience abuse, believing women are "asking for it", or ignoring trans and gender non-binary identities – contribute to sexual/ dating violence.

Information on changing campus culture:

<https://www.canberra.edu.au/current-students/canberra-students/student-support/safe-and-respectful-community>

### Important numbers:

#### Domestic Violence Crisis Service Canberra

24hrs crisis line 02 6280 0900

#### Canberra Rape Crisis Centre

02 6247 2525 | 7am – 11pm

**SAMSSA** Support for men who have experienced sexual assault or past abuse

02 6247 2525

#### UC Medical and Counselling

02 6201 2351

#### Life line

13 11 14

#### ACT Policing

Non-immediate response

131 444

Emergencies 000



SEX, RELATIONSHIPS &  
**RESPECT ON  
CAMPUS**

## Do the people that you are intimate with...

- Ask what you want when it comes to sex and respect your boundaries? Most sexual assaults are committed by someone the person knows. No one should pressure or force you into doing anything sexual, or harm you physically.
- Support your independence and interests? No one should keep you from your social life, work, or educational goals.

**Sex should feel good for all partners and healthy relationships are ones that are supportive.**

### But what about when our boundaries are not respected?

Sexual harassment, sexual assault and dating violence are not okay but they happen.

- No matter what caused the harm – a friend, date, partner, classmate, someone at a party – individuals are often made to feel that what happened was their fault or not a big deal. You have rights and deserve respect, now and always. Talking to someone you trust can be the first step.
- There are many options for seeking support around sexual assault, violence or harassment. There are also legal processes around reporting rape and the need for a medical assessment ASAP following the event.

**We know this is a difficult time, but know you are not alone.**

On campus, UC Medical & Counselling staff can direct you to the most appropriate support. You can also speak to other UC Staff or an RA in the Residences. Of course, dialling 000 is an option or UC Security, available 24/7 on 6201 2222.

You can visit your UC or private GP for STI/HIV testing and treatment, info on emergency contraception (the morning after pill) to prevent pregnancy. You may also want to speak with a psychologist at UC for further support, short term and long term.

## Your health & wellness

- Do you often feel depressed or anxious?
- Are you drinking, smoking, or using drugs more to cope?
- Have you noticed changes in your appetite or sleep habits?
- Has getting to class, finishing uni work, or participating in other activities been more difficult than usual?
- Do you ever think about hurting yourself?

## Helping a friend

Listen and don't judge. Sexual assault and dating violence can make a survivor feel powerless and alone.

**"You are not alone and nothing you did do or didn't do caused this to happen. I am here for you – what can I do to help?"**

Don't pressure them to take steps they aren't ready for or don't want to do. Call the hotlines on this card or seek out a confidential resource on campus for more tips on how to support a friend.