

MAY 2022

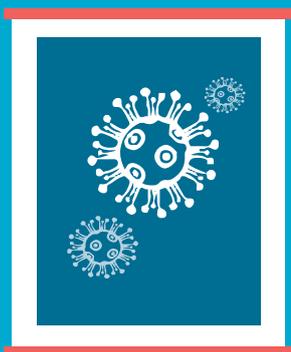
UNIVERSITY OF CANBERRA MEDICAL & COUNSELLING NEWSLETTER

DEAR STUDENTS,

This newsletter will focus on:



- Healthy relationships
- Consent
 - What is it?
 - How to know if you or someone else has given consent
 - What is sexual assault?
 - What to do if you have been sexually assaulted
 - How to report sexual assault
 - Sexual assault services



- STI's
 - How to practice safe sex
 - Types of STI's
 - Symptoms of STI's





The University of Canberra is committed to a
SAFE and **RESPECTFUL ENVIRONMENT** for **ALL**

For private and confidential medical and psychological support around sexual assault, abuse, violence of any kind, and any experiences of vulnerability or disrespect contact the UC Medical and Counselling Centre, phone 62012351.

We will explore the importance of respect, respectful relationships and safe sex through a series of articles over the remainder of the semester. This article will provide important information about what constitutes **SEXUAL ASSAULT, CONSENT, and INFORMED CONSENT**.

The following information is taken directly from the **National 1800 RESPECT** website.

www.1800respect.org.au/violence-and-abuse/sexual-assault-and-violence/consent

Call **1800 737 732** for help.
Interpreter service: **13 14 50**



WHAT DOES IT MEAN TO CONSENT?

Giving your consent means to freely agree to sex or sexual activity.

If you consent to sex, it means you want to have sex at that time with that person.

If you do not give your consent to have sex with that person at that time, but sex or sexual things happen, it is **sexual violence**.

If you are forced to have sex, **you have not given your consent**.

Consent means more than just saying yes or not being forced. Consent must be informed.

'Informed consent' means there is nothing stopping you from giving consent or understanding what you are consenting to.

Informed consent cannot be given if:

- you are passed out or unconscious due to drugs, alcohol, or a violent assault;
- you are asleep;
- you are conscious, but the effects of alcohol and or drugs mean you are unable to say what you do or don't want;
- the other person tricks you into thinking they are someone else;
- the other person makes you feel too scared to say no.

Even if you are in a relationship with someone or married to them, they still need your consent to have sex or do sexual things with you.

WHEN SEX OR SEXUAL ACTIVITY WITH CONSENT IS NEVER OKAY

There are some situations where it is never okay for someone to do sexual things with you, even if you consent.

This happens if the other person holds a position of authority and trust over you.

Authority means they have the power to tell you what to do. Trust means that you feel safe with them and that they will protect you. Relationships of authority and control can be between:

- anyone and a child. It is against the law to do anything sexual with a child
- school students and their teachers
- employers and employees
- professional health workers and their patients
- carers or support workers and people with disabilities that do not allow them to understand the sexual behaviour being asked of them.

OTHER THINGS TO KNOW ABOUT CONSENT

Consent needs to happen each and every time.

Just because you agreed to have sex once doesn't mean you agreed to have it at any other time.

Consent must happen at every step.

If you agreed to do one sexual thing with someone, it doesn't mean they can do other sexual things to you. You still need to agree.

Showing interest isn't consent.

Giving someone attention, agreeing to go on a date or flirting with them isn't consent. You have the right to say no at any time.

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The following acronym (FRIES) outlines what consent should look like.

Freely Given: It must be a choice YOU consciously make, without coercion or under the influence of drugs or alcohol.

Reversible: You are allowed to change your mind! Even if you originally said yes.

Informed: Consent can only be given when you know all the information. If the other person tells you they will use a condom, and they don't – that is not full consent.

Enthusiastic: You should only engage in things you want to do.

Specific: Tell them exactly what you are comfortable with doing.

VIDEO'S

These videos provide an easy-to-understand explanation of what consent is and isn't.

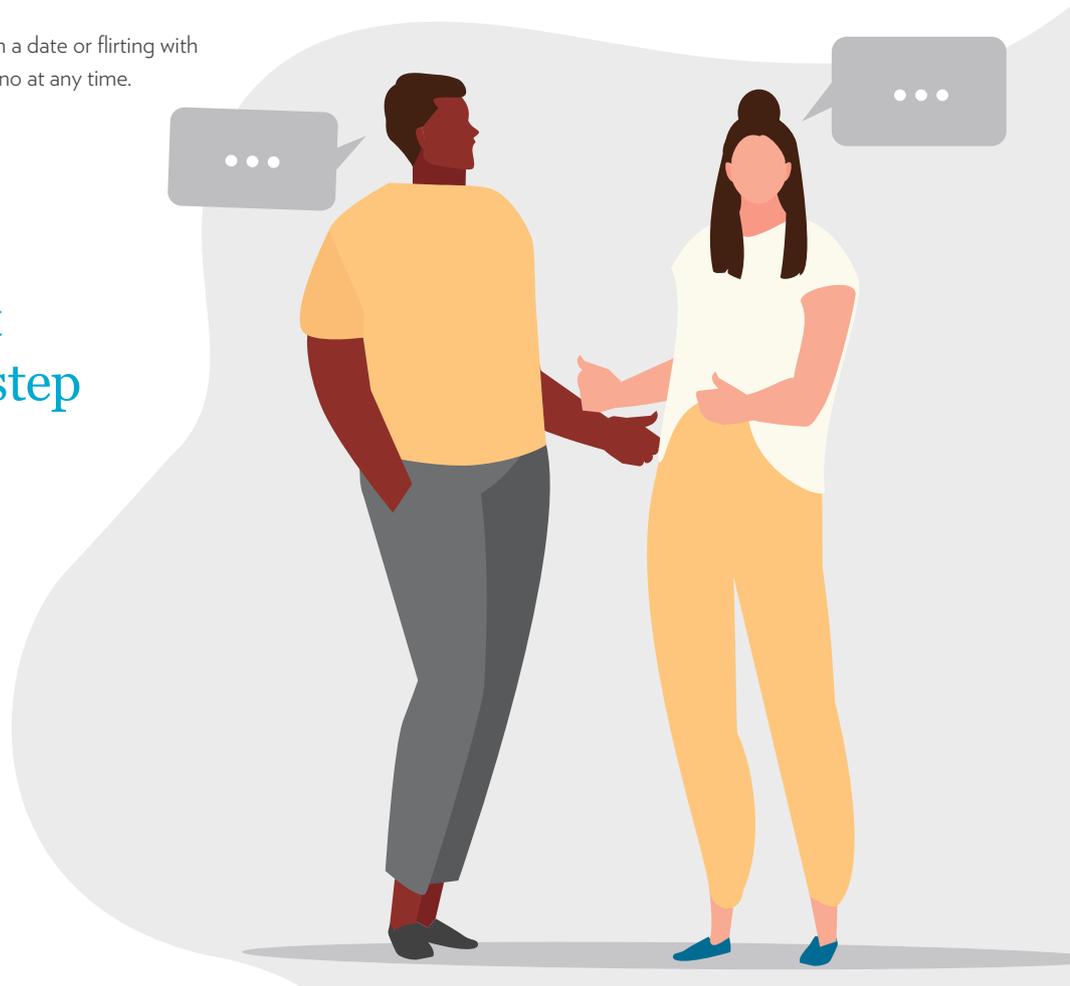
• <https://youtu.be/fGoWLWS4-kU>

• <https://youtu.be/V5DecVLCJwY>

A little more explicit

• <https://youtu.be/YRkRS5pvcp0>

• <https://youtu.be/Q5H6QvNmfjY>





CONSENT MATTERS: BOUNDARIES, RESPECT AND POSITIVE INTERVENTION

Consent Matters is an online course designed to educate UC students about good communication skills, clear boundaries and mutual respect in relationships as well as exploring ways you can support others to make a positive impact in the community. The course aims to provide an understanding of consent, recognise and identify situations where consent can't be given, as well as to recognise difficult situations and possible ways of stepping in to help if others need this.

There are three modules in the course:

1. Thinking about consent
2. Communication skills and relationships
3. Looking out for others.

ALL UC STUDENTS as expected to complete the Consent Matters course and quiz.

Every UC student is enrolled into the module on UCLEARN.

WHAT IS SEXUAL ASSAULT?

According to Reach Out, sexual assault is 'any kind of sexual activity that you were **forced**, **coerced** or **tricked** into doing when you didn't want to.'

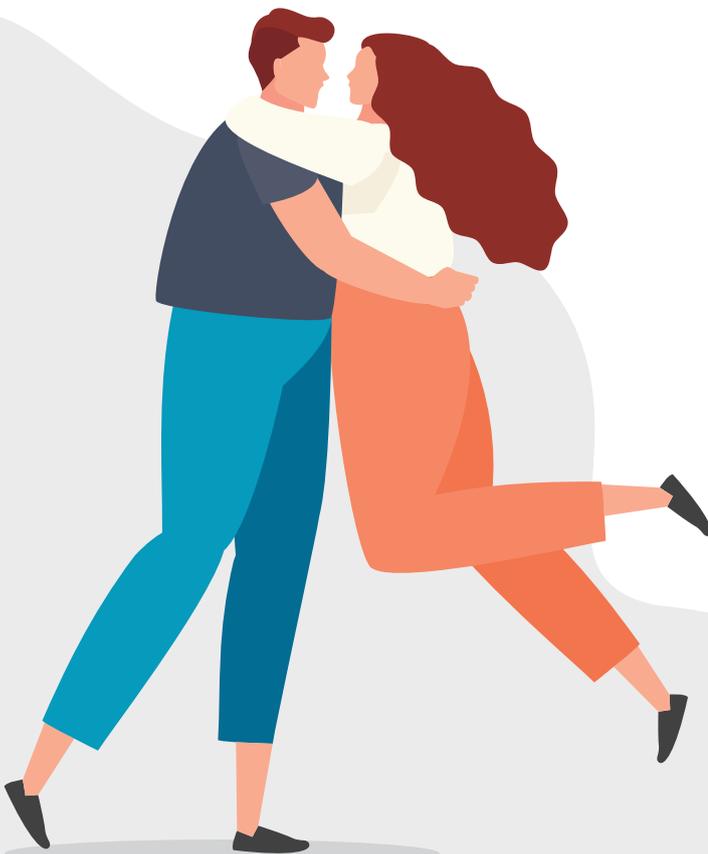
It refers to a wide range of unwanted sexual behaviours, including:

- Forced, unwanted sex, sexual acts or touching
- **Child sexual abuse:** using power over a child or adolescent to involve them in sexual activity
- **Indecent assault:** touching, or threatening to touch, someone else's body sexually without their consent.

Sexual Assault is serious, and it is important to reach out if you have experienced it.

WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED (FROM HEALTH DIRECT)

- Find a place you feel safe (police station, friend, or family etc.)
- Talk to someone you trust about the assault. Do not feel ashamed or to blame. Sexual assault is never the fault or responsibility of the victim or survivor.
- If you speak to someone from an organisation or via a helpline, they'll give you support and advice. You don't have to give them your name if you would prefer not to.
- Try not to wash yourself or your clothes until you have decided whether to report the assault to the police. Clothing and skin can hold vital evidence that can help you during a police investigation. Keep any unwashed clothing you were wearing (when you were assaulted) in a paper bag.
- Seek medical help from a hospital, health clinic or rape-crisis centre. Staff will give you appropriate medical care and access to counselling services.



HOW TO REPORT SEXUAL ASSAULT (FROM HEALTH DIRECT/ACT POLICING)

- Only you can decide whether to report a sexual assault to the police or to a support service, such as a helpline. It can be done at any time (days, weeks, or months later).
- Be aware that if you report the crime immediately, the police have a better chance of collecting evidence.
- If you report an assault later, some physical evidence may be lost. Your clothes may be needed as evidence, so if you go to a police station, hospital, or rape-crisis centre, take other clothing to change into if you can.

YOU CAN REPORT A SEXUAL ASSAULT TO ACT POLICING

- **In person:** Visit any of our five police stations in the ACT. An officer will be able to assist you immediately to discuss the incident and your options going forward.
- **By telephone:** In an emergency, call Triple Zero (000), or for police assistance call 131 444. These calls are answered by ACT Policing's Operations who will arrange for police to meet with you.

If you feel unsafe on campus, Security can assist and provide services such as escorting you to and from your vehicle, bus stop, or student residence (especially during the evening). You can contact Security on **6201 2222**, email during office hours (security@canberra.edu.au), or by visiting **Building 5, Level A**.

SEXUAL ASSAULT SERVICES

- **UC Medical & Counselling Centre Psychologists** – book online through HotDoc or phone reception on (02) 6201 2351.
- **Canberra Rape Crisis Centre** – 02 6247 2525 <https://crcc.org.au/>
- **ACT Policing** – Non-immediate response 131 444

Forensic and Medical Sexual Assault Care (FAMSAC) 02 5124 2185 <https://www.healthdirect.gov.au/australian-health-services/20052710/canberra-hospital-forensic-and-medical-sexual-assault-care-famsac/services/garran-2605-yamba>

REPORTING SERVICES

If you have experienced or witnessed a safety issue or concern, no matter how big or how small, please let us know

Report an Incident – University of Canberra

Student Wellbeing and Support – If you are facing a challenge, concern or obstacle, the Student Wellbeing team can support you. wellbeing@canberra.edu.au OR (02) 6206 8841

UC Crisis Line – For after-hours support, weekends, and public holidays 1300 271 790 or text: 0488 884 227

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It is important, when engaging in sexual activities that you practice safe sex by wearing a condom. Wearing a condom can reduce the risk of contracting STI's or becoming pregnant.

Check out this YouTube video

- <https://www.youtube.com/watch?v=oRYnN33nlal>

The UC Medical and Counselling Centre provides a range of STI services, including free STI checks for UC students. Free condoms are also available next to the reception desk.

A guide to the more commonly encountered STI's encountered in Australia can be found at this link

- <https://www.shfpact.org.au/sexual-health-information-brochures/50-sexually-transmissible-infections>.

SIGNS YOU MIGHT HAVE AN STI

- Sores or bumps on the genitals or rectal area
- Painful or burning urination
- Discharge from the penis
- Unusual or odorous vaginal discharge
- Unusual vaginal bleeding
- Pain during sex
- Lower abdominal pain especially if accompanied with unusual vaginal discharge.

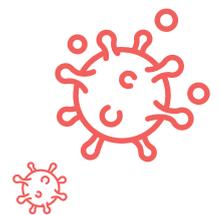
If you are concerned that you may have an STI, or just want to have a sexual check-up or talk about negotiating safe sex please make an appointment with the UC Medical & Counselling Centre.

Appointments to see the Doctors can be made via the HotDoc app, or over the phone by calling (02) 6201 2351.

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Keep an eye out for our next issue, focusing on alcohol and other drugs.

On behalf of the UC Medical & Counselling Centre, stay safe everyone!