

# LET'S BE CLEAR ON CONSENT



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# LET'S BE CLEAR ON CONSENT

Your guide to sexual consent: information, help and support.




CONSENT

This booklet provides information about sexual consent and where to go for help and support if you have experienced sexual assault or rape.

The University of Nottingham is committed to promoting and providing, a safe and respectful environment for every member of its community, by challenging harassment and abuse, underpinned by the Dignity at Nottingham Policy and Code of Conduct.

Sexual violence is a serious issue which everyone needs to know and understand. We all have a role to play in advocating and promoting a safe environment at The University of Nottingham.

**Please note:** due to the subject matter of this leaflet it does contain explicit sexual terms defining sexual assault and rape.



In January 2015, a national newspaper reported that a recent poll showed half of female undergraduates know someone who had experienced sexual assault, ranging from groping to rape.

The University of Nottingham has created this guide to advise and support our students, and give information on where to get help from the University and local services.



CONSENT?



# Consent

## What is sexual consent?

Sexual consent is a voluntary agreement to engage in sexual activity, having the freedom and capacity to make the choice.

Sex without consent is a crime; known as rape and sexual assault.

It's OK to consent to one form of sexual activity but not to another. **Consent can be withdrawn at any time.**

It's not enough to assume someone wants sex, **consent should be sought and freely given with no coercion.**



# LET'S BE CLEAR ON CONSENT

## Consent

Make sure your partner is consenting. If in doubt stop and get confirmation.

## The law

The law is clear – having any kind of sex without getting consent is rape or sexual assault.

## Rape

According to the law, only a man can commit rape (as the penetration has to be with a penis). However, both men and women can be raped. A rape can occur within a relationship or within a marriage.

## The law says:

### 'A' is guilty of rape if:

- he intentionally penetrates the vagina, anus or mouth of 'B' with his penis;
- 'B' does not consent to the penetration, and
- 'A' does not reasonably believe that 'B' consents

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### Assault by penetration

A male or female commits assault by penetration if they intentionally penetrate the vagina or anus of another person with a part of the body or anything else, without their consent.

### 'A' is guilty of assault by penetration if:

- 'A' intentionally penetrates the vagina or anus of another person ('B') with a part of their body or anything else,
- the penetration is sexual,
- 'B' does not consent to the penetration, and
- 'A' does not reasonably believe that 'B' consents

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### Sexual assault

Is when a male or female intentionally touches another person sexually without his or her consent.

### Sexual assault is when any male or female ('A')

- intentionally touches another person ('B'),
- the touching is sexual,
- 'B' does not consent to the touching, and
- 'A' does not reasonably believe that 'B' consents

# Myth-busting

A myth is a false idea that many people believe to be true. Myths are problematic because they present a distorted view of the realities of sexual violence.

Myths around sexual consent can lead us to:

- blame victims
- cause us to doubt what the victim says
- prevent us from addressing the real issues and sources of the problem

Only strangers sexually assault.

Most assaults and rapes are committed by someone that is known to the victim – a friend, acquaintance, partner, or ex-partner.

Agreeing to do something sexual means you have agreed to do everything else as well.

Consent to do one thing does not automatically imply you consent to do other things. It's OK to say no at any time.

Rape is caused by the perpetrator's uncontrollable sexual urge.

Men are fully able to control their sexual urges. Rape is an act of power and control not sexual gratification.

People who are under the influence of drugs or alcohol are asking for it.

It is not a crime to drink, but it is a crime to target someone who is not capable of consenting to sex though drink. Responsibility lies with the perpetrator.

Men can't get raped and women don't sexually assault.

Rape is defined as penetration with a penis. Penetration with something other than a penis is sexual assault by penetration.

Therefore, men can get raped by other men and women can sexually assault.

If a woman wears provocative clothing she is partly to blame for being sexually assaulted.

This type of myth blames the victim for what happened instead of the perpetrator who chose to commit the crime.

Women often falsely accuse men of sexual assault or rape.

False allegations of rape and sexual assault are rare. There is a lot of evidence to suggest that rape and sexual violence is a vastly under reported crime.

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# Getting help

If you have been sexually assaulted:

- Try to be somewhere that feels safe
- You might be in shock, so try to keep warm
- See if a friend or someone you trust can be with you
- Talk to someone about what has happened

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You may not want to report it straight away but you may change your mind:

- Keep the clothes you were wearing and don't wash them, they may be used as evidence for the investigation
- Try not to shower as there may be evidence which the police can use

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If you've been sexually assaulted or raped (recently or in the past), there are specialist services that can help.



## Police

In an emergency call **999** immediately.

In any other situation call the non-emergency number, **101**.

A police officer specially trained to help with sexual offences will accompany you to the Topaz Centre (Nottinghamshire's sexual assault referral centre).

You can ask the University Security Team to contact the police on your behalf.

If you are at immediate risk and on campus, you should ring Security immediately on **0115 951 8888**.

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The Topaz Centre offers:

- Crisis support to males and females aged over 13 years old that have been raped or sexually assaulted to discuss their options
- A safe and supportive environment for a forensic examination and statement taking
- A crisis worker to support the survivor during the initial stages of reporting, including the examination
- Up to eight sessions of face-to-face crisis support including safety planning and coping strategies
- A forensic medical examination which can take place up to seven days after the attack to gather forensic evidence
- Emergency contraception, pregnancy testing and PEP (post-exposure prophylaxis treatment for HIV) is available on site
- Support to access local GUM Clinics for emergency medical care and follow up
- Access to advice and support and/or referrals to counselling services

The above service is available without police involvement for those over the age of 18. You don't have to report the assault to police if you don't want to.

If you are unsure about what to do, you can talk to Topaz about self-referral on **0845 600 1588**. Self-referral means that evidence can be collected by Topaz and released to the police at a later date, giving you the time to consider the best course of action for you whilst protecting evidence to support any potential future investigation.





Remember that it's not your fault, you're not to blame, and you're not alone.

**Help is at hand.**

### **The University is here to support you.**

If you have experienced sexual abuse the University will:

- listen and respond to students disclosing sexual assault and rape
- support students to access specialist help and support and where possible empower students to report
- respond to disclosures in a way that supports any potential criminal investigation
- take action to protect students and the wider community (safeguarding)

If you are not sure what has happened to you, and how it might be viewed, (for example, have I been sexually assaulted?) please speak to someone at the University so they can support you. You may initially want to speak to a staff member you know for guidance, but if you are still unsure about who to contact and you wish to speak to a member of the welfare team for advice, email [consent@nottingham.ac.uk](mailto:consent@nottingham.ac.uk), and one of the team will get back to you as soon as possible. **Please note this email address is not a helpline and if you need to speak to someone urgently please contact the Police, Topaz or the University Security Team (contact details overleaf).**

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## Where can you go for help?

There are specialist services that can help. Sometimes you may just want to talk to someone first.

### The Topaz Centre

Supports both men and women over 13 years old who have been raped or sexually assaulted. For those over 18 years old, this support is available whether or not you wish to report an incident to the police. The Topaz Centre provides a crisis response and supports clients to access medical care and provides a safe and secure location to gather forensic evidence.

Helpline **0845 600 1588**

To discuss your options or self-refer email, [support@topazcentre.org.uk](mailto:support@topazcentre.org.uk)  
[www.nottssvss.org.uk](http://www.nottssvss.org.uk)

### Nottinghamshire Police

If you are in danger call **999**  
In a non-emergency call **101**

## University services:

### Campus security

Campus security aim to ensure The University of Nottingham is a safe and secure place for students, staff and visitors. They can help with crime prevention, reporting and investigation.

For the Security Control Room call **0115 951 3013**  
For emergencies call **0115 951 8888**

### University Counselling Service

Offers free confidential support to students and staff.  
t: **0115 951 3695**  
[www.nottingham.ac.uk/counselling](http://www.nottingham.ac.uk/counselling)

### Student Welfare Service

Provides information and support to students.  
[www.nottingham.ac.uk/studentsservices/healthwelfare/index.aspx](http://www.nottingham.ac.uk/studentsservices/healthwelfare/index.aspx)

### University Off Campus Affairs Team

Based in the Trent Building, the team offers support and advice to students living off campus.  
t: **0115 951 4649** or **0115 748 4517**

### Chaplaincy and faith support

Chaplains support students and staff of any faith or none. A confidential chat can be arranged at short notice.  
t: **0115 951 3931**

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## Students' Union services:

### Student Advice Centre

Provides impartial advice and information to students

t: **0115 846 8730**

[www.su.nottingham.ac.uk/helpadvice](http://www.su.nottingham.ac.uk/helpadvice)

### Nightline

A listening service run by students for students.

t: **0115 951 4985**

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## Local services:

### Nottinghamshire Sexual Violence Support Services (NSVSS)

Offers support to anyone aged 13 and over, who have experienced any form of sexual violence, recently or in the past.

t: **0115 941 0440** | [www.nottssvss.org.uk](http://www.nottssvss.org.uk)

### Incest and Sexual Abuse Survivors (ISAS)

Helpline and counselling to male and female survivors of rape and childhood abuse.

t: **0115 824 0314**

### Women's Aid

Offers language line/type talk and text phone service for women who have experienced domestic abuse.

t: **0808 800 0340** – helpline, 24-hour freephone

t: **0115 947 6490** – referrals

t: **0115 947 5257** – office

### Your GP

- The University of Nottingham Health Service (registered patients only). t: **0115 846 8888**

### Emergency contraception

Emergency contraception, if used in time, can prevent a pregnancy occurring. The sooner it's taken the more effective it is. You can get emergency contraception from:

- Most **GPs**, including The University of Nottingham Health Service (registered patients only). t: **0115 846 8888**
- **Boots Pharmacy**, Cripps Health Centre, University Park (free to under-25s if registered with a Nottingham GP)
- **The Health Shop**, Broad Street, Nottingham (free to under-25s). t: **0115 947 5414**
- **NUH sexual health service**, Victoria Health Centre. t: **0115 947 5414**

## Medical advice:

Even if you are unsure whether to report the crime, it is advisable to get some medical support after a rape or sexual assault.

You may have injuries that need to be treated. It is also advisable to get guidance about emergency contraception and sexually transmitted infections.

## Screening and treatment of sexually transmitted infections:

### **Genito-Urinary Medicine (GUM) Clinics**

Nottingham City Hospital, t: **0115 962 7744**

Loughborough GUM

Loughborough Hospital, t: **01509 568 888**

Derby GUM

London Road Community Hospital,  
t: **0800 328 3383**

## Other services and contacts:

### **Crime stoppers**

t: **0800 555 111**

### **Rape Crisis National Helpline**

t: **0808 802 9999**

### **Victim Support**

Confidential advice, information and support to anyone who has been the victim of a crime.

t: **0300 303 1947**

### **Survivors UK**

Support for men who have experienced childhood sexual abuse and or adult assault/rape.

t: **0203 598 3898**

[www.survivorsuk.org](http://www.survivorsuk.org)

### **Samaritans**

24-hour support for those experiencing feelings of distress or despair.

t: **116 123** – freephone

### **Respect not Fear**

Information about healthy relationships and keeping safe.

[www.respectnotfear.co.uk](http://www.respectnotfear.co.uk)

### **Equation**

Tackles issues related to domestic violence throughout Nottingham and Nottinghamshire.

t: **0808 800 0340**

e: [info@equation.org.uk](mailto:info@equation.org.uk)

[www.equation.org.uk](http://www.equation.org.uk)

### **#Consentis**

The Crown Prosecution Service social media campaign.

[www.cps.gov.uk/news/articles/consent\\_is/](http://www.cps.gov.uk/news/articles/consent_is/)