



University of  
Nottingham

UK | CHINA | MALAYSIA

“

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.

”

Lenton Hurst, University Park  
[nottingham.ac.uk/go/clear-on-consent](http://nottingham.ac.uk/go/clear-on-consent)

This publication is available  
in alternative formats.  
t: +44 (0)115 951 4591

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# Let's be clear on **consent**

“

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.

”

**Your guide to sexual consent**  
Information, help and support



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, Code of Conduct and Sexual Misconduct Policy.

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

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



A recent survey\* (March 2018) reported almost two thirds (62%) of students and graduates have experienced sexual violence at UK universities.

Only 1 in 10 reported their experiences to their university or police.

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.

\*Revolt Sexual Assault, in partnership with The Student Room



# 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 **Consent can be withdrawn at any time.**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.**



# The law

## 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.

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## '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

## 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

## 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

# Mythbusting

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

“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.”

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

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

“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.”

“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 through drink. Responsibility lies with the perpetrator.”

# 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

## 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



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 (Sexual Assault Referral Centre)

Offers free support and practical help to anyone over 18 who has experienced sexual violence and/or sexual abuse.

Topaz provides:

- A crisis response and supports clients to access medical care and a secure and safe location to gather forensic evidence
- A crisis worker to support the survivor during the initial stages of reporting, including the examination
- A forensic medical examination which can take place up to seven days after the attack to gather forensic evidence
- Emergency contraception is available if required
- Immediate sexual healthcare advice and information about screening for sexually transmitted infections (STIs)

This 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 **0800 085 9993**. 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.

t: **0800 085 9993** to make an appointment  
Secure email:  
**notts.sarc@nhs.net**  
**topazcentre.org**

### Nottinghamshire Sexual Violence Support Services (NSVSS)

Provides a range of support services to meet various needs. All services are clearly defined in terms of what they offer, where and to whom.

### ISVA

This service offers practical support to anybody aged 18

and over who has experienced sexual violence. They can assist you in understanding your rights and the services you can access. If you choose to report to the police, the ISVA can accompany and support you through this and any subsequent Court proceedings.

### Survivors Support Service

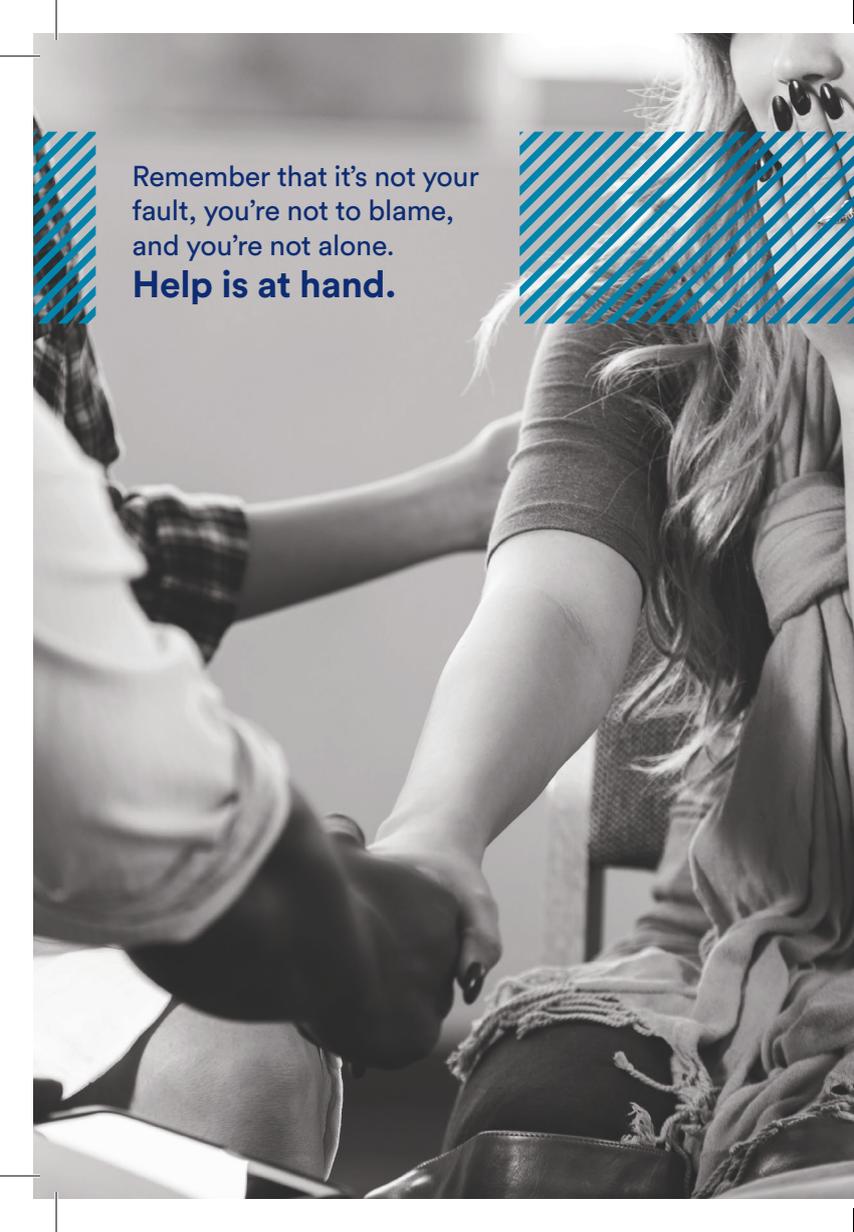
The Survivors Support Service offers specialist support to anyone aged 18 and over who is a survivor of recent or non-recent institutional childhood sexual abuse.

This link provides information regarding all the services (including counselling services) and how each service may help survivors: **nottssvss.org.uk/how-we-can-help/**

### East Midlands Children and Young People's Sexual Assault Service

Help and support to children and young people under the age of 18 who have experienced rape or sexual assault in the East Midlands.

t: **0800 183 0023**  
**emcypsas.co.uk**



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
- Respond to disclosures in a way that supports any potential criminal investigation and/or University disciplinary
- 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).**

## Where can you go for help?

There are specialist services that can help.

### **The Topaz Centre (Sexual Assault Referral Centre)**

Offers free support and practical help to anyone over 18 who has experienced sexual violence and/or sexual abuse.

Topaz provides a crisis response and supports clients to access medical care and provides a secure and safe location to gather forensic evidence.

Please see page 14 for more details.

t: **0800 085 9993**

Secure email: [notts.sarc@nhs.net](mailto:notts.sarc@nhs.net)

[topazcentre.org](http://topazcentre.org)

### **Nottinghamshire Police**

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

### **Nottinghamshire Sexual Violence Support Services (NSVSS)**

Provides a range of support services to meet various needs. All services are clearly defined in terms of what they offer, where and to whom.

Please see page 15 for more details.

The link below provides information regarding all the services (including counselling services) and how each service may help survivors.  
[nottssvss.org.uk/  
how-we-can-help/](http://nottssvss.org.uk/how-we-can-help/)

### **East Midlands Children and Young People's Sexual Assault Service**

Children and young people aged 17 and under.  
t: **0800 183 0023**  
[emcypsas.co.uk](http://emcypsas.co.uk)

## 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**

[nottingham.ac.uk/counselling](http://nottingham.ac.uk/counselling)

### **School Welfare Support**

Provides information and support to students.  
[nottingham.ac.uk/welfare-support.aspx](http://nottingham.ac.uk/welfare-support.aspx)

### **University Off Campus Affairs Team**

Based in Lenton Hurst, 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**

[nottingham.ac.uk/chaplaincy](http://nottingham.ac.uk/chaplaincy)



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## Students' Union services

### Students' Union Advice

Provides impartial advice and information to students.

t: **0115 846 8730**

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

### Nightline

A listening service run by students for students.

t: **0115 951 4985**

## Other local services

### ISAS (Incest and Sexual Abuse Survivors)

Support for women and men with recent or historic sexual violence and abuse in Nottinghamshire.

t: **0115 824 0314**

[isas-notts.org.uk](http://isas-notts.org.uk)

### Womens Aid Integrated Services

Are a charity working with women, children and teens who have been affected by 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)
- 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**

STI testing services in Derby/Derbyshire  
t: **0800 328 3383**

## Other services and contacts

**Crime stoppers**  
t: **0800 555 111**

**Rape Crisis**  
Helpline: **0808 802 9999**  
[rapecrisis.org.uk](http://rapecrisis.org.uk)

**Nottinghamshire Domestic and Sexual Violence 24-hour free helpline:**  
**0808 800 0340**

**Victim Support**  
Supportline: **0808 168 9111**  
[victimsupport.org.uk](http://victimsupport.org.uk)

**Survivors UK**  
Male Rape and Sexual Abuse Support  
[survivorsuk.org](http://survivorsuk.org)

**Samaritans**  
24hr helpline: **116 113**

**Respect not Fear**  
Information about healthy relationships and keeping safe.  
[respectnotfear.co.uk](http://respectnotfear.co.uk)

**Equation**  
Tackles issues related to domestic violence throughout Nottingham and Nottinghamshire.  
t: **0115 9623 237**  
e: [info@equation.org.uk](mailto:info@equation.org.uk)  
[equation.org.uk](http://equation.org.uk)

**#Consentis**  
The Crown Prosecution Service social media campaign  
[cps.gov.uk/news/articles/consent\\_is/](https://cps.gov.uk/news/articles/consent_is/)