

**SEX
EDIT**

SEXUAL WELLBEING

Changing the way we talk and think about sexual wellbeing at The University of Manchester



C O N S E N T

OUR AIM:

The sex education system in the UK is still not where it needs to be. With organisations like Sexpression and Brook working tirelessly to fight for more open, honest and safe conversation about sex and wellbeing, we hope that [The Student Wellbeing Team](#) can contribute to this discourse.

IN THIS ISSUE

**REPORT AND
SUPPORT**

**DEALING WITH
DISCLOSURES**

CONSENT

**SUPPORT FOR
STUDENT SEX
WORKERS**

**SEX
EDIT**

REPORT & SUPPORT

If you or someone you know has experienced or witnessed a micro-aggression or any form of harassment, discrimination or hate you can report it anonymously, or report it and get support from an advisor. Report and Support focus on all discrimination however we shall be specifically spotlighting sexual harassment and assault.

Who are we?

If you're a student who sends a report in through the Report and Support platform, you're going to be allocated to one of our Advice & Response caseworkers; Deborah, Emily or Louis. The Advice & Response team also has a Sexual Violence and Response Manager, Sam, and a Conduct and Discipline team made up of Jenny and Lynda, who handle the formal discipline cases that may come from a report.

What we do?

We offer confidential* support and guidance on your options if you've been affected by bullying, harassment, hate crime or gender-based violence. We'll talk you through the support and reporting options available to you inside and outside of the University and can help to liaise with you're your school or providing supporting evidence for mitigating circumstances and finance applications. You are in control of what next steps you would like to happen.

*In very limited circumstances we may share information without your consent. For example, where there is a serious risk to you, or to others. For further information on confidentiality, please email adviceandresponse@manchester.ac.uk

SPOTLIGHT ON:

**REPORT
&
SUPPORT**

Why should I report to you?

SUPPORT

First and foremost, we want to be here to support you. Reporting through Report and Support doesn't automatically mean we will steam ahead and investigate; it means we can reach out and see what you need to ensure your wellbeing.

KNOWLEDGE

If we know there's a problem, we can challenge it. Some incidents can seem minor by themselves, however if we see that there are multiple on the same theme, we can challenge it at its source.

ACTION

We don't want to see students experiencing these unwanted behaviours. Reporting allows you the option to formally report or complain about what you have experienced, and the University will take action to investigate any report made.

**There are two
ways to tell us
what happened:**

**REPORT
ANONYMOUSLY**

OR

**SPEAK TO AN
ADVISOR**

REPORT & SUPPORT

The process

What happens after I have sent a report through to Report and Support?

1. Your report will send an alert to the Advice & Response team that a new report has been made.
2. We will read through your report and allocate this to a caseworker, taking into account any specific requests made (i.e. for a female/male caseworker, or a person of colour).
3. Your allocated caseworker will make contact to your preferred contact details as listed on the form. This may be via email, or via telephone call if listed.
4. Your allocated caseworker will book an appointment with you to discuss your report, and to provide you with the most suitable options.
5. They will list suitable support options for you, and explain reporting through the University and police service if relevant. They may complete a safety plan with you if necessary.
6. You will be given the time and space to choose what you would like to do next.
7. Your caseworker will be available for follow up appointments if needed, to support you until you feel your report has been resolved.

What if I report anonymously?

If you send an anonymous report through Report and Support, we do not receive any details about who you are and cannot respond to this. However, where possible we will act on the information that has been shared. Reporting anonymously may limit the disciplinary action that can be taken against a respondent due to not being able to investigate a case properly, however at the very least we do monitor the details of anonymous reports to identify any patterns or trends, problem areas or topics that we need to proactively campaign about. Where external locations are identified, we may share this information with local police services, to identify crime hotspots in the area.

- 1 Click on 'report anonymously' or 'speak to an advisor'.
- 2 Fill out the form and submit at the end.
- 3 A caseworker will contact you within 1-2 working days of the report being submitted.

DEALING WITH DISCLOSURES

What is outside your responsibility?

DO NOT: offer detailed advice or solutions.

DO NOT: go beyond what you feel comfortable doing.

What to do when someone discloses to you:

1. Offer empathy, belief and no judgement.
2. Offer them time and space so they don't feel rushed.
3. If you feel comfortable doing so, you can pass on information around signposting and reporting options as detailed below. Remember though, you do not have to deal with this alone and you can contact someone at University for support and guidance.

DO

- Listen and be non-judgemental
- Be patient and reassuring
- Acknowledge what has happened
- Signpost to Report and Support

DON'T

- Provide detailed advice
- Investigate the allegation
- Take immediate action against the alleged
- Interrogate them about exactly what happened

What can you say?

"I don't know what to say..."

What is unhelpful?

- I'm so sorry to hear that this has happened.
- That sounds really tough - I appreciate how challenging things must be at the moment.
- How can I be most helpful for you right now?
- Have you thought about what you would like to happen next?
- There is a specialist confidential team at the University you can talk to about this. You could use Report and Support to access support from this team if you would like this.
- Have you told anyone else about this?
- Have you got any other support in place?

- They can't be allowed to get away with this.
- What if they do this to someone else?
- Did you say no?
- What if they do this to someone else?
- You have to report to the police.
- You have to report to the university.
- Are you absolutely sure about what you're saying, these are very serious allegations.
- I promise I won't tell anyone else.
- Don't worry and leave it all to me, I'll get everything sorted.
- Are you sure you haven't just misinterpreted something?

SEX EDIT CONSENT

You always have the right to say no to any form of sex or form of sexual activity; no matter who the person is, what your relationship is to them or how far you have gone with them in the moment or in the past - you have the right to withdraw your consent at any time.

Communication about sex and consent

Giving and getting consent doesn't have to be a stiff, awkward, formal conversation. It can (and should) be a continuous dialogue about what you want, don't want, like and don't like.

There are practical ways of negotiating consent. This starts with good communication. It doesn't have to be verbal but it does involve:

- Checking what you want
- Checking what your partner wants
- Finding ways of expressing what you want/don't want/enjoy/don't enjoy
- ✓ Listening to/understanding what your partner wants/doesn't want

SPOTLIGHT ON:



Giving Consent

Practicing good consent involves checking in with yourself and thinking about your feelings, emotions and body.

Mental: what am I thinking?

Emotional: how am I feeling?

Physical: how is my body responding?

(How to give and get consent, Brook: 2021)

Getting Consent

Practicing consent doesn't have to interrupt the flow of sex. It means paying attention to your partner's actions, words and sounds every time you have sex and throughout each sexual encounter.

Remember, you should always check what they want and enjoy.

Take a moment to:

Ask your partner if sexual activity is what they want and if it feels good.

Listen to what they say.

Read your partner's body language

(How to give and get consent, Brook: 2021)

[Click here for more information](#)

YES!

KEEP GOING
I LIKE THAT!

"consent is a journey not a destination"

Ita O'Brien, Intimacy Co-ordinator

CONSENT: Myth Busters

You always have the right to say no to any form of sex or form of sexual activity; no matter who the person is, what your relationship is to them or how far you have gone with them in the moment or in the past. You have the right to withdraw your consent at any time.

People who flirt and wear revealing clothes are 'asking for it'

There is no excuse for sexual violence and it is never the survivor's fault. Whether or not someone is flirting, looks attractive or has laughed at the other person's jokes is irrelevant when it comes to consent. It doesn't matter how long you have flirted with someone, how attractive you think they are or how much you think they fancy you – someone flirting with you or looking attractive does not mean that they consent to having sex with you. (Consent: Myths and Facts, Brook: 2021).

This type of language is consistent with the rhetoric of rape culture. Rape culture is not about sexual violence itself but about cultural norms that promote impunity, victim shaming and demand that people who are at risk of sexual assault, make unreasonable sacrifices to avoid sexual violence. Click the spotlight below for more information.

If your body is turned on, then you are giving consent

Even if your penis is erect or your vulva is wet – you do not have to have sex if you do not want to. Physical changes in the body can be a sign that someone is aroused, but this is not always the case. Also, someone might be feeling aroused but still not want to take part in a sexual activity, and this is fine. Physical arousal is not an invitation to have sex or a sign that someone gives their consent. (Consent: Myths and Facts, Brook: 2021).

You only need to give consent when it comes to penetrative sex .

There are many different ways to have sex with someone, many of which don't involve penetration. You need consent for all types of sex. People of all genders need to ask for consent, and consenting to one sexual activity does not mean you have consented to everything. (Consent: Myths and Facts, Brook: 2021).

SPOTLIGHT ON:

Resist
Rape
Culture

Click here

No looks like...

- | | |
|-------------------|-----------------------------------|
| Silence | Not participating |
| Being asleep | Not saying "yes" |
| Pushing them away | "Not right now" or "I don't know" |
| Trying to leave | "I'm tired" |

Yes looks like...

- | | |
|------------------------------------|---------------------|
| "I like that" | Reciprocal gestures |
| "Keep going" | Enthusiasm |
| Nodding | |
| Showing your partner what you like | |

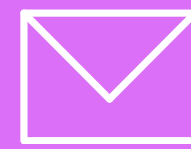
SUPPORT FOR STUDENT SEX WORKERS

Support for Student Sex Workers

Support for Student Sex Workers aims to protect student sex workers and people who identify with the sex work community. They provide a safe space for student sex workers to come and get free support, that is free from judgement and tailored to the needs of the individual.

They offer mental health support sessions, which can be done online, over the phone or in person. They also offer careers and academic advice, CV checks, wellbeing activities, opportunities to build creative portfolios and support sexual assault on campus.

Their team compromises of mental health professionals, creatives and people with lived experience.



admin@supportforstudent
sexworkers.org



07861381289

SPOTLIGHT ON:



Click here

MASH

0161 273 4555

Manchester Action on Street Health offers a range of support to women in sex work from free contraception and 1:1 sessions.



National Ugly Mugs

0161 629 9861

NUM offer free incident warnings about dangerous individuals as well as caseworkers and access to justice.



The Men's Room

0161 834 1827

The Men's Room is an arts and social charity that helps men involved in the sex industry through creative projects and individual support.