

## Sexual Violence Guide for Students



### LSBU help and advice



LSBU will support you by listening to you, treating you sensitively and with respect and providing or signposting further support that you may need.

The Student Wellbeing Team offer confidential services to students, unless, in exceptional circumstances, it is deemed there is a danger to yourself or to others, or if there is a legal duty to report.

### Report and Support

Report and Support offers a point of contact for students to report incidents and access support in relation to sexual violence. The online form and email address is monitored by a small group of specially trained staff.

Once you have reported an 'Advisor' will make contact with you, and talk through the options and support available to you, in confidence.



Visit: [www.go.lsbu.ac.uk/safe](http://www.go.lsbu.ac.uk/safe)

If you need advice the Student Wellbeing team are available between 9am and 5pm Monday to Friday. Outside of these times, for immediate advice contact The Havens or Rape Crisis.

#### Emergency contacts

Police: 999  
Ambulance: 999  
LSBU Security : 6666 (020 7815 6666)

#### Support and advice from LSBU

Student Wellbeing team:  
[studentwellbeing@lsbu.ac.uk](mailto:studentwellbeing@lsbu.ac.uk)  
020 7815 6454  
Or visit the Student Life Centre helpdesk.

#### Immediate specialist support and advice

The Havens Sexual Assault Referral Centre  
020 3299 6900  
[www.thehavens.org.uk](http://www.thehavens.org.uk)

#### Other useful helplines

##### Rape Crisis

A national charity offering confidential help, advice and a range of Rape Crisis Centres around the UK.  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) / 0808 802 9999

##### Galop

A national charity providing advice and support to members of the LGBT community.  
[www.gallop.org.uk](http://www.gallop.org.uk) / 020 7704 2040

##### Survivors UK

A national charity supporting men who have been raped or sexually assaulted.  
[www.survivors.org](http://www.survivors.org)  
Text chat: 020 3322 1860

##### Crimestoppers

A national charity with a free helpline for reporting crime anonymously.  
[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org) / 0800 555 111



### Immediate specialist advice

LSBU staff are not trained to provide specialist advice about sexual assault, so you may prefer to speak to someone outside of the University.

The Havens are specialist centres in London for people who have been sexually assaulted. They offer 24/7 advice, urgent appointments and a range of support including medical tests, forensic examinations and counselling.

### Important time limits

Time limits relevant to incidents of sexual violence.

- If you suspect you were given any type of drug, it is best to be tested within 24 hours.
- If you want emergency contraception, the medication should be started within 72 hours.
- If you would like HIV prophylaxis, the medication should be started within 72 hours.
- Forensic evidence can be collected up to 7 days after the assault

The Metropolitan police website provides further information on your choices and the help available

### Reporting to the police

You can report incidents of sexual assault to LSBU, to the police or to both, or you may decide not to report the incident at all.

It is important that it is your decision to report and you don't have to take any action you don't wish to.

However, it is crucial you think about keeping any evidence, especially if you decide, now or later, to report to the Police. The Havens can help you to do this in a safe and confidential way until you have decided what you want to do next.

[go.lsbu.ac.uk/safe](http://go.lsbu.ac.uk/safe)  
[studentwellbeing@lsbu.ac.uk](mailto:studentwellbeing@lsbu.ac.uk)  
020 7815 6454



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If you have been the victim of sexual violence, you may be feeling many things.

However you are feeling, try to remember that this is not your fault, you are not to blame, and you are not alone.

This guide includes information on how to stay safe and get support.



## Are you safe?

If the assault has just occurred, you might want to consider whether you feel safe where you are.

If you don't feel immediately at risk, make sure you are somewhere safe and warm as you might be in shock. If you are able to, phone a friend or someone you trust to come to you.



## Emergency help

- If you or others feel at risk or consider the situation to be an emergency, you can call the Police.
- If you need urgent medical care or attention, call an ambulance, or go straight to your nearest Accident and Emergency department.
- If you are in LSBU Halls of Residence, and you want help you can contact any member of Halls Staff or call Security.

*Please be aware, if you speak to a member of LSBU staff, they will need to report what has happened.*

## Your feelings

It's very common for a sexual violence to leave you with strong emotions.

Some people report that they feel numb or shocked, confused or frightened, or fragile or angry. There is no right or wrong way to feel.

**No matter how bad you feel right now, it's important to remember that you weren't to blame for what happened.**

## Take care of yourself

- Talk it over with someone you trust when you feel ready to do so and remember that getting upset when you talk is ok.
- Try to get back to your usual routine, and take care of yourself by eating regular meals and taking some kind of exercise – it can lift your mood and help you to sleep.
- Avoid drugs and alcohol – this can numb difficult feelings but can stop you from coming to terms with what has happened.

## Deciding what to do next

Do not feel under any pressure to act in any specific way. It is up to you to choose what kind of support you want to access and whether or not you want to report the assault to the Police or LSBU.

You can also choose to do nothing now if you feel that it would be useful for you.

Take the time to think about the options open to you.

## You are not alone



The choices you have in terms of expert support and advice can vary.

You can seek advice from a number of agencies, at any time after the incident, even years later – support is not limited to those who choose to make an immediate report.

See over for sources of help and support.

