

Helplines

Support from Exeter University

Estate Patrol
01392 723999

Student Health Care Centre
01392676606

<https://www.exeterstudenthealthcentre.co.uk/>

Nightline
01392724000
exeternightline@gmail.com

Wellbeing services
01392 724381

Emergency numbers and medical support

Police Non-emergency
101

All Emergencies (police, fire,
medical)
999

Medical Non-Emergency
111

Support from Exeter University

Devon Rape Crisis and Sexual
Abuse Services
<https://devonrapecrisis.org.uk/>

Intercom Trust
<https://www.intercomtrust.org.uk/>

Sexual Assault Referral Centre
<https://sarchelp.co.uk/get-help/>

Young Devon
<https://www.youngdevon.org/wellbeing/wellbeing-toolkit>



Information Booklet

Safe, secure, on the go

Safety on the streets - Definitions

97%

of women aged 18 - 24 have been sexually harassed

96%

of women do not report these situations

85%

of women feel unsafe walking alone down a street at night in Exeter city centre

What is Sexual Harassment?

Under s.26 (2) of the Equality Act 2010 harassment is unwanted conduct of a sexual nature which has the purpose or effect of violating the recipient's dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment.

It is a prohibited conduct under the Equality Act 2010, for which redress lies in the civil courts.

There is no criminal offence of sexual harassment in English law.

Sexual harassment



Sexual harassment encompasses, but is not limited to:

- Verbal harassment - catcalling, sexual comments, telling sexual jokes and stories
- Nonverbal harassment - looking someone up and down, making sexual gestures

Sexual harassment overlaps with criminal law in the following instances:

- Physical unwanted sexual advances such as kissing, touching, hugging
- Harassment and stalking
- Sexual offences

Myth - A lot of victims lie about being raped or give false reports.

Fact - Only 2-6% of rapes are falsely reported

1. Tips for staying safe

1.

Familiarise yourself with your safety kit and ensure that it is fully stocked up. Carry the smaller pouch including rape alarm, torch and defence spray with you when going out.

2.

Find out more about different services the university offers including:

- Estate Patrol for security related issues or if you feel unsafe
- Exeter Nightline for confidential advice between 8pm and 8am
- Exeter Safe Zone App to share your location with Estate Patrol, call for help or first aid assistance
- Night bus service for travelling late at night
- Student safety scheme to book Apple Taxi through the university

3.

Keep your phone charged and take the power bank in the kit with you. Enter emergency contacts or numbers of Estate Patrol into your phone or have them at hand.

4.

When going out, share your plans with your friends and set up a group chat to keep in touch.

5.

Avoid walking home alone and ask a friend to pick you up if possible. Use the safeword Angela to ask for help at establishments.

2. Going out and self defence

Walking home alone

The best way to stay safe getting home at night is to walk with your friends. In case you do find yourself on your own:

- Make sure you are in safe, well-lit and busy areas. Avoid badly lit car parks and use the torch in your safety kit.
- If you feel unsafe, message or call a friend so they know where you are or contact *Exeter Nightline*. Call Exeter Nightline between 8pm and 8am under 01392 724000.
- If you find yourself in trouble, the best form of defence is to get away and head towards busier areas
- If you are trapped, bring attention to yourself and use your rape alarm if you have it with you
- Call 999 as soon as it is possible to do so

Quick self defense tips

Eyes - Use keys, a pen, or any sharp object to hurt the attacker's eyes.

Nose - Use the heel of your palm to strike the attacker under his nose.

Knee - Kick the side of the knee (causes the offender to lose balance) or kick the knee from the front (causes more injury)

Groin - Attacking the offender in the groin area causes pain instantly, especially if the offender is a man.

3. Going out and drinking safety

Nights out and drinking

Tips for drinking safely

- Buy your own drink and watch it being poured
- Don't accept drinks from strangers or people you don't know or trust
- Don't leave your drink unattended
- Know your limits and pace your drinks, avoid mixing different types of drinks
- Recognise the signs of drunkenness in your friends (slurred speech, losing balance) and get them water or fresh air to sober them up

Respect other people's decisions and boundaries: treat other people with respect, if someone does not want to talk to you and you are making them uncomfortable leave them alone. Never touch someone without their consent.

What is drink spiking?

Drink spiking includes the act of adding drugs or alcohol to another person's drink without their consent or without them knowing. The Sexual Offences Act 2003 states that it is an offence to administer a substance to a person with intent to overpower that person and is punishable by up to 10 years imprisonment.

While rare, there is a risk of spiking. Signs and symptoms include nausea, confusion, memory loss, unconsciousness.

What to do if you think your drink has been spiked?

If you start feeling strange, sick or more drunk than you should be, get help from a friend or the venue management

Ask a close friend to get you out of the venue or party as soon as possible and either take you home or to hospital. Ask a friend to stay with you until the effects of the drugs have worn off

Ask for help from the venue staff by asking for 'Angela'.

Use the urine testing kit in the safety kit to test for substances. Most drugs should be detectable in urine for up to 72 hours.

Call 111 for urgent medical advice. Tell the police what has happened as soon as you can under 999 or 101.

If you have been sexually assaulted, contact a sexual assault referral centre for support.

What to do if the spiking kit comes back positive?

If the urine drug test in the safety kit comes back positive, contact the police on 101 or 999 immediately. The police will investigate the spiking and will ask for a statement.

4. Sexual assault

What is sexual assault?

Sexual assault is any sexual act that a person did not consent to, or is forced into against their will. It is a form of sexual violence and includes rape, or other sexual offences, such as groping or forced kissing.

Consent

Consent means saying 'yes' to what happened. Being intoxicated, not being asked, saying nothing, or saying yes to something else, is not consent. Being in a relationship or married to someone is not consent.

What to do if you've been sexually assaulted?

If you have been recently raped or sexually assaulted, you can go to your local Sexual Assault Referral Centre (SARC), which can offer medical and practical support. In addition to a forensic medical exam (including swabs from anywhere you have been touched, blood samples), SARCs can help with STI test, emergency contraception and emotional support. You can also contact your local Rape Crisis Centre for help, advice and support.

Your local Rape Crisis can also help with police reports and give you information about your rights and the process. If you are not sure whether you want to report to the police, you can still get forensic medical examination, which may help your case in court (but gives you time to think about your options).

Supporting a friend who has been sexually assaulted

Believe what they're saying and tell them this.

Respect their decisions - whether or not they want to report the assault to the police.

Offer practical support, such as asking them if they would like you to go with them to appointments.

Listen to the person, but don't ask for details of the assault. Don't ask them why they didn't do things differently, as this can make them feel blamed.

Bear in mind they might not want to be touched. If you're in a relationship with them, don't put pressure on them to have sex.

Don't tell them to forget about the assault. It will take time for them to deal with their emotions.

5. Further information and links



Sexual Assault

Rape Crisis UK defines sexual assault and the laws in the UK.



Drink Spiking

Drinkaware's page includes signs of potential spiking, what spiking is and what to do.