

HELP AND SUPPORT AFTER SEXUAL ASSAULT



UNIVERSITY OF
CHICHESTER

Student Support and Wellbeing



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Wellbeing Service

wellbeing@chi.ac.uk - <https://wellbeing.chi.ac.uk/>

Privacy statement:

How will the information I give be shared and stored?

The information you share with the SVMLO, Nurse Health Adviser (NHA) or other member of university staff will be securely stored and is kept confidential between the SVMLO / NHA team and safeguarding lead.

If the information needs to be shared more widely, this will only be relevant information and will be discussed with you. For instance, making the SU or Accommodation management aware so they can manage contact between students.

It is important to note that if the person you are disclosing to believes that you or someone else is at risk of harm, they may need to report that information to the university and/or the Police. In these cases, the SVMLO will talk to you first and let you know so you can choose how much you want to be involved in the process.

If you decide to report formally to the university and request an investigation because the other person involved is a student, the university will require your consent to speak to the other student.

If you decide to report the incident to the Police it is very likely that the person you report will be informed of the allegation and you will be asked to provide information as part of that official investigation. The SVMLO can explain this process to you, and they will support you throughout.

The Police may formally request information recorded by the university/SVMLO which may be used as evidence. We will only share relevant data in accordance with university policies. (www.chi.ac.uk/about-us/policies-and-statements/academic-and-student-support/) and data protection legislation (www.chi.ac.uk/about-us/policies-and-statements/data-protection/). You will be informed if that request is made.

The personal information we process about you in this context will only be retained for as long as is necessary to support you and to meet any statutory obligations, after which time it will be securely deleted

Contents:

1.	The aim of this guide	1
2.	Emergency support.....	2
3.	Support during office hours.....	3
4.	Looking after yourself	4
5.	Advice provided by the Police	5
6.	Attending a Sexual Assault Referral Centre	6
7.	Reporting to the Police	8
8.	FAQs.....	10
9.	What if I don't wish to report the incident or attend the Sexual Assault Referral Centre?.....	12
10.	STI/HIV, pregnancy or injury concerns	13
11.	Who can I talk to confidentially?	14
12.	Your thoughts and feelings.....	15
13.	Key External Contacts	17
14.	University first points of contact office hours	17
15.	University contacts out of hours	18
16.	Non-university first points of contact.....	19

Appendix Notes, Staff checklist



This booklet contains lots of links and can be downloaded in pdf form (with live links) from the university help pages or follow the QR code: <https://help.chi.ac.uk/help-and-support-after-sexual-assault>

1. The aim of this guide

This guide aims to support students and staff through the choices available after a sexual assault. We understand that this is a confusing time, we hope to provide clear guidance regarding the support and choices available to students who have been sexually assaulted.

The guide is best used in conjunction with support from an experienced member of university staff who can offer support and guidance.

They will:

- Listen and provide confidential support without being judgemental.
- Ask what YOU want to do and allow YOU to make the decisions and will not pressure you.
- Provide you with information.
- Assist you to seek the medical help. You may need advice about your sexual health and STIs, pregnancy or collection of forensic evidence.

Please do not feel you have to cope on your own. We are here to help you.

2. Emergency support

We strongly advise that an assault which has just happened or impacts on your safety is reported to the Police (by dialling 999).

If you have a hearing or speech impairment, use the textphone service 18000 or you can text on 999 if you've pre-registered with the [emergency SMS service](#).

If you're in danger but you can't talk on the phone, you should still call [999](#), then [follow these instructions](#).

We are aware that you may not want to, or be ready to report to the Police.

You can call the university 24/7 emergency number at any time: 01243 816363.

A member of the Student Support and Wellbeing team can then be contacted for advice to support you.

Accommodation 24/7 phone numbers for halls are:

- BOC 01243 793477
- BRC 01243 793488
- Stockbridge 01243 533356 / 07824 349543
- Fishbourne 01243 790279 / 07791 692966
- Westgate 01243 812931 / 07795 257068
- Villa Maria, Prince of Wales, Millfield Close, Lewis Road, Spitalfield Lane 01243 703477

3. Support during office hours

No matter how long ago the incident happened, you can seek confidential help from us in person or by text, phone or email:

Nurse Health Advisers Studenthealth@chi.ac.uk

**Sexual Violence and Misconduct Liaison Officer (SVMLO) Becky Potheary 07739 983703
Studenthealth@chi.ac.uk**

Wellbeing Team wellbeing@chi.ac.uk

**Vito Mastrolonardo, Deputy Director of Students, Support and Information Services
01243 816257..... V.Mastrolonardo@chi.ac.uk**

The Role of the SVMLO

The University of Chichester has a trained Sexual Violence and Misconduct Liaison Officer (SVMLO). The SVMLO is trained in taking disclosures of recent and non-recent incidents of sexual violence and are equipped to provide you with the support you need.

The role of the SVMLO is to support students, to listen empathically and without judgement. You can tell the SVMLO as much or as little as you want to about what happened, and in your own time.

The SVMLO will be guided by you and will ask you what you would like to happen next. They can then discuss all options with you from reporting to the Police, the university or even choosing not to report to anyone. They can also talk to you about the range of internal and external support that is available.

The conversation is safe within the boundaries of confidentiality.

The SVMLO will take some notes of the meeting, and any actions to take forward, which will be securely stored.

4. Looking after yourself

Keeping yourself safe after an assault is your first priority:

- **Get to a safe place - Call 999 (see page 2) and ask for the Police if you feel unsafe.**
- **Seek medical attention - If you have injuries that need emergency treatment you may need an Ambulance.** The best place to receive non urgent medical support after a sexual assault is the Saturn Centre (see page 6). This is the local Sexual Assault Referral Centre (SARC) for Chichester. You do not have to report to the Police to be seen

at the Saturn Centre. If you do chose to report to the Police, they will take you to the Saturn Centre. If you chose not to report to the Police, you can self-refer; a member of university staff can support you to do this.

- **Seek emotional support** from someone you trust. This can be a friend, member of staff or university security.
- **Preserve evidence** - keep clothing that you were wearing, unwashed, in a plastic bag. Keep **anything** that may have been touched by the person who assaulted you.

See link below for more information:

[Forensic evidence in rape and sexual assault](#)

5. Advice provided by the Police

Sussex Police have put together some helpful webpages. There is lots of information and useful links to other services. It's worth exploring even if you don't want to report to he Police.



[Rape, sexual assault and other sexual offences](#)

[What are rape and sexual assault?](#)

[Help if you're not sure whether to report rape or sexual assault](#)

[How we talk about rape and sexual assault](#)

[Support for rape and sexual assault](#)

[Report rape, sexual assault and other sexual offences](#)

6. Attending a Sexual Assault Referral Centre following a recent sexual assault

Whatever your gender we recommend that you attend a Sexual Assault Referral Centre [SARC] even if you do not wish to go to the Police or are uncertain about reporting the crime.

[Click this link to find your nearest SARC](#)



The Sexual Assault Referral Centre [SARC] for Sussex is **The Saturn Centre in Crawley**:
www.saturncentre.org Tel: **01293 600469**

University staff are familiar with the Saturn Centre and the professional and compassionate staff that run it. The centre provides a range of services to anyone who has been raped or sexually assaulted.

The Saturn Centre provides a supportive environment to help you, which includes specially trained forensic nurses and doctors; they can also direct you to other support services.

If you have reported to the Police they will arrange for you to attend the Saturn Centre and offer to escort you there.

If you wish to attend the Saturn Centre independently **you must phone first** so they can arrange to have the right staff available for you.

They may not be able to see you immediately if it is late at night, but a nurse will be able to speak to you and offer you advice. They can be contacted by phone 24 hrs.

The university can arrange transport and an escort to take you to the Saturn Centre if you ask us to.

Staff there will ask for your consent to:

- Check for physical injuries and offer advice and support on issues such as possible sexually transmitted infections or pregnancy concerns.
- Explain the various options that may be available to help you make the right decision for your situation.
- If it is your choice, refer you to the Police.
- Collect and store forensic evidence, even if you are unable to make a decision about reporting to the Police.

- Provide emotional and practical support and attend meetings with you if you wish.
- Help you get the best service according to your needs and assist with accessing these services, whether or not you want to take legal action.

7. Reporting to the Police

What does reporting to the Police entail?

- The Police are trained to use tact and sensitivity and a specially trained officer will visit you; so you do not have to go to a Police Station.
- If you agree, the Police will arrange for you to attend the **Saturn Centre**, The nurses there, offer professional emotional support, treatment for any injuries, emergency contraception if needed, and they will gather any forensic evidence that may help the investigation.
- You may be asked to give them items of clothing that you were wearing when you were attacked for evidence purposes. You should take a change of clothes with you, or bring the clothes you were wearing with you in a bag, unwashed. If the attack was physically violent the Police forensic team may also wish to visit the scene to collect more evidence.

- If you are too traumatised after the assault you may arrange another time for a statement to be made. An interpreter can be present if needed.
- The Police will explain their procedures to you and give you advice and information about the next stages including any court process.
- We can support you to do this if you would like a member of staff to go with you.

How to report a crime

- Contact the Police: **if an emergency dial 999**, for non-emergencies dial 101.
- An **Anonymous report** or **online** report can be made on the Sussex Police web page. See link below.

BE AWARE that information you give anonymously may identify you.

BE AWARE that the Police may contact the named perpetrator even if the report is anonymous.

Report rape, sexual assault and other sexual offences



- Staff at the university or SU with your consent can support you to report anonymously or otherwise, **you can phone the university emergency line on 01243 816363 any time 24/7.**
- If you go to The Saturn Centre, staff there can support and advise you on reporting to the Police.
- University staff will not report to the Police without your consent unless there is a risk to yourself or others.

If you have reported a sexual offence you have the right to withdraw the complaint at any time.

8. FAQs

If I make a report to the Police, who needs to know?

You have the right to choose who you tell. You may consider talking to a trusted friend or family member in confidence. The Student Support and Wellbeing staff, the Students' Union staff, or support organisations are also here to help you.

Talking it through with someone allows you to be supported. It could also protect others from being assaulted by the same person.

What if the incident happened outside Sussex?

The case will be investigated by the Police local to the area in which the incident took place. You can find your nearest SARC from the link given on page 6 or by calling the NHS 111 non-emergency service or by speaking to your GP or the Accident and Emergency (A&E) department of your local hospital. You will still receive support and assistance from any of the university services should you so wish.

Will my parents or family be called?

No - not without your permission, unless you are under 18 years of age. In the case of a life-threatening emergency, the hospital may call your closest relative.

Do I have to go to court?

No, only if you want to press charges through the Police. You don't have to make that decision right away. For more information ask Student Support and Wellbeing staff.

Will the person know if I talk to the Police?

The person involved will only need to be informed should you decide to press charges against them **or if they are considered a risk to you themselves or others.**

How can I be kept safe from the person who assaulted me?

If the alleged perpetrator is charged they will be given firm instructions by the Police which would mean they cannot make contact with you in any way.

If the alleged perpetrator is a student at the university then the university can implement measures to manage contact between you by using the Sexual Assault and Misconduct Policy. This can be found in the Academic and Student Support section of the university's policy webpages:

<https://www.chi.ac.uk/about-us/policies-and-statements/academic-and-student-support/>

In order to manage contact, the university will need consent from you to contact the alleged perpetrator and discuss the incident. The member of staff involved in supporting you will be able to guide you through the process.

9. What if I don't wish to report the incident, or attend the Sexual Assault Referral Centre?

If you do not want to report the matter to the Police, or attend a sexual assault referral centre, or speak further to someone at university, but need someone to talk to or have concerns about your health then:

For physical health issues:

Hospitals and GPs will see you on a confidential basis and will not report the assault to the Police unless you request this.

For emotional support:

The Lifecentre Chichester: **01243 786349**

lifecentre.uk.com

You can also get helpful advice from

The Survivors Network: survivorsnetwork.org.uk

10. STI/HIV, pregnancy or injury concerns

It is important that these concerns are discussed with a medical professional, as soon as possible. The Saturn Centre, the on-campus nurses, your GP or Accident and Emergency can provide you with advice, and ensure you get any necessary treatment.

If you prefer not to see your GP: [Sexual Health West Sussex](#), based at St Richards hospital, can support with testing and help following a sexual assault or rape. Their central booking line is **01903 285199**; they can then arrange for a Health Adviser from your nearest clinic to call you for a telephone consultation. Alternatively complete their '[contact us](#)' page or use their '[find a clinic page](#)' or use the online testing site: [Online testing - Sexual Health West Sussex](#)

The Chichester Sexual Health Clinic, St Richard's Hospital, can be called on 01903 285199.

If you are concerned about HIV the PEP HIV prophylaxis should be commenced within 24 hours of possible exposure.

[Find sexual health services \(www.nhs.uk\)](http://www.nhs.uk)

If pregnancy is a concern, morning after type medication is most effective within the first 72 hours, although some medication can be prescribed later.

[Find sexual health services \(www.nhs.uk\)](http://www.nhs.uk)

11. Who can I talk to confidentially?

The university has a confidential Wellbeing Service and you can contact them direct by email at:

Wellbeing@chi.ac.uk or we can refer you to The Lifecentre, a specialist charity (lifecentre.uk.com).

You can also talk to the Nurse Health Advisers, (studenthealth@chi.ac.uk / 07739 983703).

Please see the privacy statement at the front of this booklet.

12. Your thoughts and feelings

You may experience a range of feelings and thoughts about what has happened to you. It could affect your eating and sleeping patterns, and sometimes people have what is called a 'flashback'.

There is a free fact sheet on the same help page as this booklet: <https://help.chi.ac.uk/help-and-support-after-sexual-assault>

You could feel angry, anxious, ashamed, low, guilty or tearful afterwards. But everyone's experience is different and you will react in your own way.

- Some people feel like they just want to forget about it all and act as if it never happened, whilst others feel numb, in shock and disbelief and emotionally detached.
- Sometimes people feel like harming themselves or have suicidal thoughts. If this is you, then please call the Samaritans or talk to someone you can trust as soon as possible. You can call the Samaritans free anytime on: **116 123** or see their website www.samaritans.org
- Please remember that rape and sexual abuse can happen to anyone no matter what their age, gender, race, religion, culture or social status. The

blame lies with the person who did this to you, without your consent, and not with you. There's no excuse for rape or sexual abuse.

- Talking things through with someone you trust can really help. We are here to listen support and help, when you feel ready.

- **Survivors Network** is the rape crisis service for Sussex , they support all genders.

<https://survivorsnetwork.org.uk/>



They are also the **Independent Sexual Violence Adviser (ISVA)** service for Sussex.

<https://survivorsnetwork.org.uk/get-help/isva-service/>



- **Victim support** A charity helping anyone affected by crime including victims, witnesses, friends, family and anyone else affected. [Home - Victim Support](#)
- **Rape Crisis** Umbrella organisation supporting the work of Rape Crisis Centres for women and girls across England and Wales :
<https://rapecrisis.org.uk/>
[Find a centre | Rape Crisis England & Wales](#)

13. Key External Contacts

- **Police - Emergency** 999
Non-Emergency 101

(The Police have 24 hour access to sexual assault referral centres)

- **Ambulance - Emergency** 999
Non-Emergency (NHS 111) 111
- **Saturn Centre (Sexual Assault Referral Centre)**
phone to make an appointment first 01293 600469
www.saturncentre.org

14. University first points of contact

Office Hours (Mon to Fri 09.00 - 17.00)

- **Nurse Health Advisers**
studenthealth@chi.ac.uk 07739 983703
- **Sexual Violence and Misconduct Liaison Officer**
(SVMLO) Becky Potheary 07739 983703
- **Wellbeing Team**
Drop-ins and self-bookable triage appointments
wellbeing@chi.ac.uk / wellbeing@chi.ac.uk
- **Vito Mastrolonardo, Deputy Director of Students, Support and Information Services**
V.Mastrolonardo@chi.ac.uk 01243 816257

- **International Advice**
Päivi Leivo and Gemma Williams
international@chi.ac.uk..... **01243 812194/92**
- **Students' Union** studentsunion@chi.ac.uk
.....supresident@chi.ac.uk

15. University contacts out of hours

- **University Emergency Phone Number**
(available 24/7) **01243 816363**
- **Accommodation 24/7 Phone Numbers**
Chichester campus **01243 793477**
Bognor Regis campus **01243 793488**
Stockbridge **01243 533356 / 07824 349543**
Fishbourne **01243 790279 / 07791 692966**
Westgate..... **01243 812931 / 07795 257068**
Villa Maria, Prince of Wales, Garth House
..... **01243 793488**
Millfield Close, Lewis Road, Spitalfield Lane
..... **01243 793477**

16. Non-university points of contact

- **Saturn Centre - Crawley Sussex**
phone to make an appointment first..... **01293 600469**
- only if you report the incident in Hampshire:
Treetops Centre - Cosham Hampshire
phone to make an appointment first **023 9221 0352**
- **Survivors' Network** **01273 203380**
<https://survivorsnetwork.org.uk/>
- **Lifecentre Chichester** **01243 786349**
lifecentre.uk.com
- **NHS 111** **111**
- **Sexual Health West Sussex** **01903 285199**
<https://www.sexualhealthwestsussex.nhs.uk/>
- **Chichester Sexual Health Clinic**
St Richards Hospital **01903 285199**
- **Cathedral Medical Group, Chichester**
www.cathedralmedicalgroup.nhs.uk **01234 813450**
- **Lavant Road Surgery, Chichester**
www.lavantsurgery.co.uk..... **01243 527264**
- **Maywood Healthcare Centre, Bognor Regis**
www.maywoodsurgery.com **01243 829141**

- **Bersted Green Surgery, Bognor Regis**
www.berstedgreensurgery.nhs.uk... 01243 864843
- **Bognor Regis War Memorial Hospital**
..... 01243 865418
- **Rape Crisis** 0808 802 9999
..... rapecrisis.org.uk
- **Samaritans (FREE 24hr helpline)** 116 123
..... www.samaritans.org
- **The Survivors Trust** thesurvivorstrust.org
- **Victim Support** 08 08 16 89 111
..... www.victimsupport.org.uk
- **National Domestic Violence Helpline**
(24 hour freephone) 0808 2000 247
www.nationaldomesticviolencehelpline.org.uk/
- **Pregnancy Options Centre** 01243 784177
free, non-directive help and support to women and
men facing unplanned pregnancy
<https://optionschichester.org.uk/>

Appendix:

Notes

University staff contact

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Police contact

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Police ref number (if applicable)

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Action Plan

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Supporting documents (eg info from Police /
copy third party report / self help leaflets)

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Staff Checklist:

- Safeguarding - is the student safe and are other students safe? If you have any doubts re safety, the Police and security will need to be informed. The student should be informed of the need for this.
- Privacy policy - the student should be made aware, before they disclose if possible, that any information they disclose may be requested by the Police as evidence at a later date.
- Discuss options for reporting including anonymous reporting if appropriate.
- Information leaflets (Saturn Centre, Survivors Network, Lifecentre).
- Ensure student is aware of medical interventions and support that may be required (eg HIV and pregnancy, see page 13).
- Ensure student is made aware of forensic time sensitivity and preserving evidence if appropriate.
- Encourage booking of appointment with SVMLO Nurse Health Advisers (contact details on page 17) within 24 hours, appointments bookable via SIZ.
- Confirm contact details.

- Ensure the student is returning to a place of safety with escort by taxi if necessary.
- Obtain verbal consent from student to share name and nature of incident appropriately. See below.
- Report the incident by email as soon as possible (taking into account consent to share), when detailing individuals use initials / student number only. **Do not copy in others.** Email to Vito Mastrolonardo, V.Mastrolonardo@chi.ac.uk and SVMLO Studenthealth@chi.ac.uk.
- **Do not** discuss the incident inappropriately with others. **Do not** pass personal / special category information on to the police without the correct documentation or prior discussion with the DPO
- If you feel you need to speak to someone because you need to reflect or feel traumatised inform your line manager or contact the SVMLO.
- See the Sexual Assault and Misconduct Policy. This can be found in the Academic and Student Support section of the University's policy webpages: <https://www.chi.ac.uk/about-us/policies-and-statements>



This booklet is available to download from the University help pages in pdf form with live links to all the websites and email addresses.