

YOUR GUIDE TO SAFETY AT MONASH

**WHAT
YOU
SHOULD
KNOW**

THIRD EDITION

CONTENTS

2 Monash Resources

3 External Resources

4 How to be a Better Bystander

5 What is Hazing?

6 Playing it Safe Online

8 Sexual Pleasure 101

9 Consent is Communication

10 Safe Sex

11 Relationship Red Flags

12 What is Sexual Violence?

13 What Can I do if I have Survived?

14 How do I Help my Friend?

15 What Happens if I Speak to Someone?

16 Campus Centre Services Map

ABOUT THIS BOOKLET

This booklet was developed by the Monash Student Association Women's Department, with support from Monash Respectful Communities, on the lands of the Wurundjeri people of the Kulin nations. Monash Student Association and Monash Respectful Communities would like to pay their respects to elders past, present and emerging.

YOUR TIME AT MONASH

We've put together this helpful handbook to let students know how to navigate university life, what to do when something goes wrong, and how to support someone who might need help. Think of it as your cool older sibling willing to share their wealth of knowledge about what to do, where to go, and what's what at Monash Uni. We know that for some, uni life can be a big change from high school, so we're letting you know some stuff that can help reassure you and make you feel comfortable at university. Here are some things you may experience at uni and our best tips on how to deal with it! At Monash, we celebrate diversity and inclusion as this helps us grow, and this booklet aims to be inclusive of all students. Please contact us at MSA-Womens@monash.edu if you have any comments or suggestions.

MONASH RESOURCES

MONASH SECURITY

Monash has security offices on all campuses, available 24/7. For immediate response when feeling unsafe on each campus:

GENERAL NUMBER: 9902 7777

EMERGENCY NUMBER: 9905 3333

Emergency help points can be activated to have a Monash Security Officer escort you to your car, public transport, taxi pick up points, colleges or other locations on or in the near vicinity of the campus.

Free security bus services run every half hour from 5:30pm to midnight. Feel free to use this to get around at night, especially if you're feeling unsafe!

monash.edu/about/who/safety-security

SAFER COMMUNITY UNIT

This department provides expert advice and support in a safe and private environment regarding problem behaviours including sexual assault, harassment, bullying, and stalking.

Available on all Australian campuses during their office hours (9am–5pm, Monday to Friday).

PHONE: 9905 1599

EMAIL: safercommunity@monash.edu

monash.edu/safer-community

RESPECTFUL COMMUNITIES

In order to prevent gender-based violence and other inappropriate behaviours, the Respectful Communities team lead a range of workshops and training to create and maintain a safe community at Monash. Become a part of the campaigns and events they run to help raise awareness across the Monash community.

EMAIL: Respect.Now.Always@monash.edu

Respect. Now. Always. Support App: A smartphone app to help you navigate the support services and reporting options relating to sexual violence that are available to you. Not just for survivors, but anyone wanting to learn more about providing support and guidance. Download from your app store.

monash.edu/safer-community

COUNSELLING

Counselling can help you cope with a range of issues from stress and loneliness to alcohol abuse and relationship issues.

No issue is too big or too small. Free to students.

APPOINTMENTS: 9905 3020

24HR COUNSELLING: 1300-STUDENT (1300 788 336)

monash.edu/health/counselling

MSA WOMEN'S DEPARTMENT AND MSA QUEER LOUNGE

The MSA Women's Department is run by students for students, and aims to support, inspire and connect women across campus. The MSA Queer Lounge is a safe space for queer and questioning students. Both are available upstairs in the Campus Centre (refer to map on page 16).

Available for disclosures, support, advice and guidance through your options and through university structures.

The Women's department has close ties with SECASA (see below), Monash Counselling, Respectful Communities Team (Education and Prevention at Monash) and the Safer Community Unit.

PHONE: 9905 4162

EMAIL: msa-womens@monash.edu

msa-queer@monash.edu

MSA STUDENT ADVOCACY AND SUPPORT

Student Advocacy and Support (SAS) can assist with special consideration, discipline, grievances, academic progress, fees, enrolment, mark concerns and many other issues related to your studies.

This is a free service available upstairs in the Campus Centre (refer to map on page 16).

PHONE: 9905 3118 or 9905 3126

EMAIL: msa-advocacy-l@monash.edu

msa.monash.edu/sas

SOUTH EASTERN CENTRE AGAINST SEXUAL ASSAULT (SECASA)

SECASA offers a range of services, including counselling for victims/survivors of sexual assault and family violence. A SECASA counsellor is available at Clayton campus on Mondays, and Tuesdays and Caulfield on Tuesdays.

24HR CRISIS SUPPORT: 1800 806 292

ENQUIRIES: 9928 8741

SARA APP (anonymously report sexual assault)

www.secasa.org.au

DISABILITY SUPPORT SERVICES

Disability Support Services are available for all students with a disability, ongoing medical condition or mental health condition, and provides services to enable you to participate productively and independently in your studies. This could be anything from alternative exam conditions to flexible deadlines on your assignments. All you need to do is register by filling out a form you can find by searching "register for disabilities Monash" and clicking the first link, and then make an appointment to see a disabilities advisor.

PHONE: 9905 5704

EMAIL: disabilitysupportservices@monash.edu

STUDENTS ON RES

For emergencies, contact Monash Security. Residential Support Team staff will directly report any issues of sexual assault, stalking or relationship violence to the Director of Monash Residential Services.

EXTERNAL RESOURCES

Most of these services are not formally associated with Monash University, but they are all available to help you or your friends. We've even listed some that address issues we haven't discussed in this booklet. It's good to know what's out there.

SEXUAL HARM

Sexual Assault Crisis Line

PHONE: 1800 806 292

Victorian Police Sex Offence and Child Abuse

INVESTIGATION TEAM: 9767 7469

Sexual Health Clinic

www.mshc.org.au

Centre Against Sexual Assault (CASA)

Provides women, children and men who are victims/survivors of sexual assault with comprehensive and timely support and intervention to address their needs.

www.casa.org.au

Sexual Assault Reporting Anonymously (SARA)

This site allows you to report a sexual assault anonymously to the South Eastern Centre Against Sexual Assault, information can include when and where the incident took place and a description of the offender.

www.sara.org.au

She's A Crowd

This site allows you to report an instance of sexual harassment or assault anonymously so you feel less alone and collects data about sexual violence to help make the world safer for women.

www.shesacrowd.com

ABUSIVE RELATIONSHIPS AND FAMILY VIOLENCE

National Sexual Assault and Domestic Family Violence Counselling Service

24/7 Counselling Service
1800 RESPECT (1800 737 732)

www.1800respect.org.au

Safe Steps Family Violence Response Centre

A service for women experiencing violence and abuse from a partner or ex-partner, another family member or someone else they are close to.

www.safesteps.org.au

Victoria Police Sexual Offences and Child Abuse Investigation Team (SOCIT)

Contact your local police station and request contact with the SOCIT unit. In an emergency dial 000.

'Ask Someone' Website

Designed to help you or someone you know who has experienced family violence in any form, or used violence against a family member, seek free professional support and information 24/7

www.asksomeone.org.au

Crisis Accommodation

www.dhs.vic.gov.au/for-individuals/crisis-and-emergency/crisis-accommodation

COUNSELLING SERVICES

Mens Line

www.mensline.org.au

Life Line

www.lifeline.org.au

Switchboard (queer focused counselling)

PHONE: 1800 184 527

QLife Webchat (queer focused counselling)

Available 3pm to midnight every day.

qlife.org.au

LEGAL SERVICES

Monash Law Clinics—Clayton

www.monash.edu/law/about-us/legal/mols

Springvale Monash Legal Service

smls.org.au

Community Legal Service

Free confidential legal advice to all members of the community.

www.communitylaw.org.au

Victoria Legal Aid

Provides legal advice. Depending on the matter and your circumstances, they may be able to provide advice over the phone. Alternatively, they can refer you to see a lawyer for free advice.

www.legalaid.vic.gov.au

EMERGENCY SERVICES: 000

How to be a BETTER BYSTANDER

Everyone has the right to be free from violence and harassment. You can stop yourself from perpetrating these behaviours, and may also be able to stop others. In most situations, people are less likely to intervene if there are other people around because they expect someone else to step in; this is called the bystander effect.

We hope that if you come across this situation in the future, you will feel that you have the tools to help make your community a safer place.

We know that the most common reasons bystanders do not take any action are:

- ★ They do not think it is serious enough to intervene;
- ★ They do not know what to do.

You always have the option to do something! There is no situation too minor. Every time you speak up, you make our community a little bit safer.

HOW TO INTERVENE:

- ★ Notice the event.
- ★ Assess the situation.
- ★ Work out if it is safe for you to step in and say something or if you should call Monash Security or 000.
- ★ If you feel safe enough to say something, make it clear that what is happening isn't okay and that the victim isn't alone.
- ★ Address the person who is being harassed directly. Ask them if they are okay or if they need any help.
- ★ If necessary, help them get out of the situation.
- ★ Call Monash Security (9905 3333) or 000 if you need to.
- ★ Check in with the victim at a later time/date to make sure they are okay. If they're struggling, encourage them to reach out to Monash Counselling service or call an appropriate helpline.
- ★ Remember, your safety is paramount. If you're not comfortable intervening yourself, call Monash Security and tell them what is going on.

What is HAZING?

Be on the lookout for hazing! Hazing targets members, or people trying to be members, of a group (e.g. first years, new people in a club, etc.) and involves pressuring them to do something to become part of the group, even if they don't end up doing it. It doesn't matter if the 'hazed' person wants to take part or not, it is still harmful.

Hazing can involve being forced to do shots at a party because you're a newbie or having to wear an outrageous outfit to uni. Though these examples aren't as intense as some seen in movies like kidnapping pranks or inflicting pain, none of them are 'just bonding activities' or 'rites of passage' that make a group closer.

Hazing isn't about bringing a group closer together, it's about older members having power over newer members. If you have to do something humiliating or painful or just something you don't want to do to be respected as a member of a club, that probably isn't a healthy environment.

Real trust and respect is the key to bringing a group closer together, and that isn't what hazing is about.

★ Stay connected with your friends outside of the hazing group. Often groups who haze try to isolate you from your other friends, which adds to the unhealthy power dynamic.

★ Don't be afraid to speak out about what you've experienced or seen. Groups who haze can demand secrecy or just don't get spoken about out of fear or shame. This silence allows the cycle of hazing to continue.

★ You ALWAYS have the right to leave or say NO. A decent club, group or person will respect your wishes. Despite what you're told, leaving a group because of hazing does not make you 'weak' or 'too sensitive', it takes courage to stand up to a group of people, and it might help others follow.

★ If you're in immediate danger, you can contact Monash Security on 9905 3333 or on 333 on any Monash phone.

★ You can also report the incident to the Safer Community Unit at Monash.

★ Look for information in the Monash Resources section on page 2.

Playing it Safe

ONLINE

It's no lie that most of us live online and that so much of what we do can be traced virtually. The internet isn't always the safest place. Here are some hot tips to make sure you stay secure.

ONLINE/CYBERBULLYING

It's illegal to bully or harass someone online. If someone is being aggressive or harassing you on the internet:

- ★ Do not respond
- ★ Save and screenshot what they have said and done
- ★ Block and delete them if they are continuing to make you feel unsafe
- ★ Ask the Safer Community Unit for advice or support (read about the SCU on page 2)

Victorian law states that if someone threatens to or shares nudes without your consent, they can be convicted of a crime.

You can contact the Office of the E-Safety Commissioner at [esafety.gov.au/image-based-abuse](https://www.esafety.gov.au/image-based-abuse), and they can help you with getting the images removed.

DATING AND HOOKUP APPS

Every interaction you have on dating and hookup apps will be different, but here are some ways to stay in control and safe:

- ★ Chat with the person before you meet them.
- ★ Let someone know where you're going, message a friend with the time and location of your date, and let them know if it moves.
- ★ Meet up with someone in a busy, public area where you feel comfortable.
- ★ Don't give out personal contact details, like your mobile number or Facebook, until you've met them in person and feel comfortable with them.

If someone does or says something offensive, here's what to do:

- ★ Report or block them on the app itself.
- ★ Let your friends know so you don't have to go through it alone.
- ★ Report it to the Safer Community Unit if you feel unsafe.

The law is more complicated when someone under 18 is involved with nudes because it can be considered child pornography under state law. For more information, go to legaid.vic.gov.au and search 'Sexting and child pornography'!

NUDES: THE DOs AND DON'Ts

Nudes are pictures or videos sent to sexually arouse someone. Ooh la la!

- ★ Don't send someone a nude without getting their consent first.
- ★ NEVER share a nude of someone else without their consent. This is illegal, and can have a huge negative impact on people's social, professional and personal lives. Don't do it. Ever!
- ★ Do not pressure anyone to take or send you a nude. This isn't cool! Sending nudes should be a fun, pressure-free activity.

Sharing 'intimate images' of someone without consent can be a crime. If someone does this to you, here's what you can do:

- ★ If someone shares or posts a nude you've sent to them, it is not your fault, it's theirs.
- ★ Take screenshots and keep any evidence that your images have been shared or posted.
- ★ Contact Monash's Safer Community Unit on 9905 1599 or safercommunity@monash.edu —they can explain your options and help you decide what action to take.

There are ways to go about nudes more safely, and here are a few tips:

- ★ You never have to send something you're not comfortable with, even if they sent one first.
- ★ Make sure you discuss boundaries with the person you're exchanging photos with—do they think it's okay to screenshot them off Snapchat? Do they think it's okay to show them to friends? Match expectations.
- ★ Talk about when it's okay to receive nudes; consider if you would want them opening them at work, in class, or with friends.
- ★ How are your partner's security habits? Do they use password protected apps to store nudes? Who has access to their phone?
- ★ Consider how you're exchanging nudes. Apps like Facebook Messenger sync and send notifications across all devices. If you have a family iPad, or left Facebook logged in on a friend's computer, your photos may accidentally pop up where you don't want them to.
- ★ It can be even safer to not include any identifying features such as face, tattoos, birthmarks, etc. in the photo—do what is right for you.

SEXUAL PLEASURE 101

Good sex comes from understanding how your own body works. Everyone has different sex drives and likes different things, so don't worry about whether you're "normal".

Sex isn't one size fits all. What feels good to you might not be right for someone else. Good sex that you have with one person might be very different to good sex between you and another person.

COMMUNICATION IS KEY!

People get turned on by different things, so communicating about what you like or don't like lets your partner know what's OK and what's off limits.

This must be done honestly and safely to ensure you and your partner get the most out of it!

IF YOU'RE NOT INTERESTED IN SEX, THAT'S COMPLETELY NORMAL AND OK!

You might become interested as you get older, or you might not. Either way, you do you. There is also no amount of sex that's considered "normal", everyone's different. How often you have sex depends on a lot of things, like whether you have a partner, what else is going on in your life, and how strong your libido is (which is constantly fluctuating in response to your ever-changing emotions and environment).

We have sex for lots of reasons, but one is that it feels good! The most important thing is that you and your partner consent to what's going on and you're open about what you're comfortable with and what you want to happen. We may have sex with others, or just with ourselves. It's completely normal to have sex and to masturbate, but totally okay if you're not into either.

Sexuality is a big, complex thing made of lots of moving parts—who you're attracted to, what turns you on, what you're curious about, what your boundaries are, and more. Just like how your taste in food changes over time, your sexuality will change—it's a constant work in progress. Give yourself permission to explore new ways of thinking about yourself and your body.

Consent is COMMUNICATION

Talking openly about sex might be tricky to begin with, but it doesn't have to be weird or spoil the mood. It can actually make things more comfortable and a lot more fun!



Remember—always listen to what your sexual partner says in response!
Listening and respecting the signals you're getting
is the most important part.

SAFE SEX

Safe sex supplies help protect against Sexually Transmitted Infections (STIs) and pregnancy. They include condoms, dental dams and lube. Condoms and dental dams are latex barriers that prevent physical contact between genitals, the mouth, and the anus in any combination.

CONDOMS: THE DOs AND DON'Ts

DO use a condom every time you have sex.

DO put on a condom before having sex.

DO read the package and check the expiration date.

DO make sure there are no tears or defects.

DO store condoms in a cool, dry place.

DO use water-based or silicone-based lubricant to prevent breakage.

DON'T store condoms in your wallet as heat and friction can damage them.

DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.

DON'T use more than one condom at a time.

DON'T reuse a condom.

DON'T switch between mouth, vagina, and anus without getting a new condom every time.

There are two types of condoms (annoyingly called male and female condoms) but these condoms should not be used at the same time as you risk tearing them. To learn more, visit www.fpv.org.au/for-you.

There is heaps to learn!

Relationship

RED FLAGS

New relationships are exciting. While everyone's relationship is going to be different, there are some behaviours that are never okay, and can indicate that someone will be an abusive partner. These are some red flags:



**WANTING YOU TO COMMIT
A LOT OF TIME AND
EMOTION VERY EARLY
IN THE RELATIONSHIP**
(E.G. AFTER THE FIRST DATE)



**THREATENING SUICIDE
IF YOU DON'T DATE THEM
OR IF YOU BREAK UP
WITH THEM**



**EXPECTING YOU TO ALWAYS
TAKE THEIR CALLS OR TEXTS,
24/7, NO MATTER WHAT
YOU'RE DOING**

ABUSE IN RELATIONSHIPS

Abusive relationships are about controlling someone and taking away their independence and confidence. It often occurs in romantic relationships, but abusive relationships can also occur between friends, family members or co-workers.

Physical. Physically hurting someone (e.g. hitting or shoving you).

Emotional. Saying and doing things to undermine someone's confidence, independence and self-esteem (e.g. calling you names then saying they're "just kidding").

Sexual. Any kind of unwanted or forced sexual activity (e.g. touching you without your consent).

Financial. Not letting someone control their own money (e.g. making you hand over your pay and giving you an allowance).

Social. Trying to have control over someone's social life inside and outside the relationship (e.g. always making you tell them where you are, where you're going and who you're with).

IS MY RELATIONSHIP ABUSIVE?

Abuse in relationships can happen subtly and gradually. It will usually escalate with time and, therefore, can become normalised to the victim/survivor. If you or a friend is in an abusive relationship, there is always someone who can help. Look on pages 2-3 for a list of people you can talk to.

What is SEXUAL VIOLENCE?

Sexual violence refers to any sexual activity where consent is not obtained or freely given.

- ★ Anyone can experience or perpetrate sexual violence.
- ★ Most victims/survivors of sexual violence are female, but sexual violence can happen to anyone, at any time, and anywhere, regardless of their gender, relationship status, sexual experience or appearance.
- ★ No one asks to be sexually harassed or assaulted, and it's wrong to think someone provoked sexual violence because of how they dressed or behaved—it is always the fault of the perpetrator.
- ★ Perpetrators aren't always strangers; they are usually someone known to the victim/survivor and can be a friend, intimate partner, co-worker, neighbour or family member of the victim/survivor.

THERE ARE MANY TYPES OF SEXUAL VIOLENCE.

SEXUAL ASSAULT is any unwanted act of a sexual nature. This could include rape, touching or any other unwanted contact.

SEXUAL HARASSMENT involves unwanted attention or behaviour that negatively affects a person and can include making offensive jokes, threats and peeping.

There's no wrong way to react to sexual violence. Sexual violence is never the fault of the victim/survivor, and **you can always seek help.**

What Can I do if

I HAVE SURVIVED?

A survivor is someone who was physically and/or psychologically injured as a result of sexual violence. Sexual harassment, sexual assault and rape are difficult to go through. **It's not your fault and you're not alone.**

There are people who can and want to help.



IMMEDIATE SAFETY

Are you currently safe? If not, or even if you're doubtful, call Monash Security on 9905 3333. You can also contact them by activating any of the Monash Emergency Help Points (see illustration on the left). If the situation calls for police, ambulance or fire brigade, call 000.

Even if you just feel unsafe, Monash Security can be called on their general number (9902 7777) at any time to ask for a safety escort. A security officer will come to you and walk you anywhere on campus.

IF IT HAPPENED A WHILE AGO

It's common for people to wait weeks, months or even years before telling someone they're a survivor of sexual violence. That's okay. No matter how long it's been, there are still people who can and want to help.

See pages 2–3 for services that are available.

IF IT'S JUST HAPPENED

Your safety and wellbeing come first. You are in control of what happens and what you want to do. If you feel you can, tell someone you trust and let people help you.

Some normal reactions can be: **difficulty focusing and making decisions, disrupted sleeping, as well as anxiety and feeling isolated.**

- ★ Try to look after yourself.
- ★ Reach out to your friends. You have time to decide what you want to do, and if you want to report it.
- ★ Going to someone like the Safer Community Unit or South Eastern Centre Against Sexual Assault (SECASA) can help with these decisions, and get you in contact with other services.
- ★ Counselling can be really helpful.
- ★ You can have a chat to a service without making a report. If you have concerns about confidentiality, ask the person or service about their obligation to disclose information you share.

How do I Help

MY FRIEND?

If a friend tells you that they are a victim/survivor of sexual violence or abuse, they have taken the first, and very difficult, step towards recovery. They have told you because **they trust you** and need someone to confide in.

REMEMBER

- ★ Respect the person's privacy and don't tell anyone without their permission.
- ★ People respond and heal in different ways.
- ★ They have the right to decide what is the right thing for them.
- ★ You don't need to know what to say to make them feel better—just listen and be there.
- ★ Sexual assault can happen to anyone and be committed by anyone, regardless of gender or sexual orientation.
- ★ Helping a friend who's a survivor is important, but can be difficult, emotional and confronting—seek help for yourself as well.

PRACTICAL HELP

- ★ Make sure they're safe and away from the perpetrator.
- ★ Be there for them, ask them what they would like you to do.

- ★ If they need information, help them find it. Ensure their daily routines don't fall apart. Check in to make sure they are eating and sleeping regularly.
- ★ Don't pressure them to make any decisions.
- ★ Ask them if they feel safe—do they need a place to stay at night? Do they need someone to go to the doctor with them? Do they need someone to take them to the Safer Community Unit or South Eastern Centre Against Sexual Assault (SECASA) ?

PSYCHOLOGICAL SUPPORT

- ★ Actively listen to them and believe them. Try not to interrupt, and let them talk at their own pace.
- ★ Do not make promises you can't keep (e.g. "He will go to jail").
- ★ Make it clear that you're supporting them.
- ★ Never suggest it was their fault or that they could have done something to stop it (e.g. "Why did you go with them?", "Were you drunk?").
- ★ Encourage them to seek support but do not force or pressure them to. Try asking if they would like to see one of the counsellors on campus.
- ★ Don't treat them differently just because they've survived, try and keep some normalcy in their life.

What Happens if I SPEAK TO SOMEONE?

When it comes to seeking help, **you are in control**. All the services we've put in this booklet are here to listen and provide advice, options and expertise. This process is run on a case-by-case basis, so the best way to know what to do is consult the experts. There is no time limit in which to seek this help. While it is the sooner the better, you can take as much time as you need.

Here, we've included some common things people are concerned about:

CONFIDENTIALITY / PRIVACY

Your details and experiences will be kept safe and private by the staff at Monash when consulting any of their services. Only under exceptional circumstances would the process have to go forward (concern for wider community's safety, someone under eighteen is involved, etc.). You can always ask a service about their confidentiality policy before you tell them anything sensitive.

LEGAL IMPLICATIONS

For questions about misconduct or behavior that constitutes a crime consult the Safer Community Unit. They are all highly trained in the laws and policies around the problem behaviours they cover.

You can also contact Victoria Police for advice, referral, and consultation regarding Victorian Law, or talk to community legal services at Monash Law Clinics—Clayton, or Springvale Monash Legal Services.

STUDENT ADVOCACY AND SUPPORT

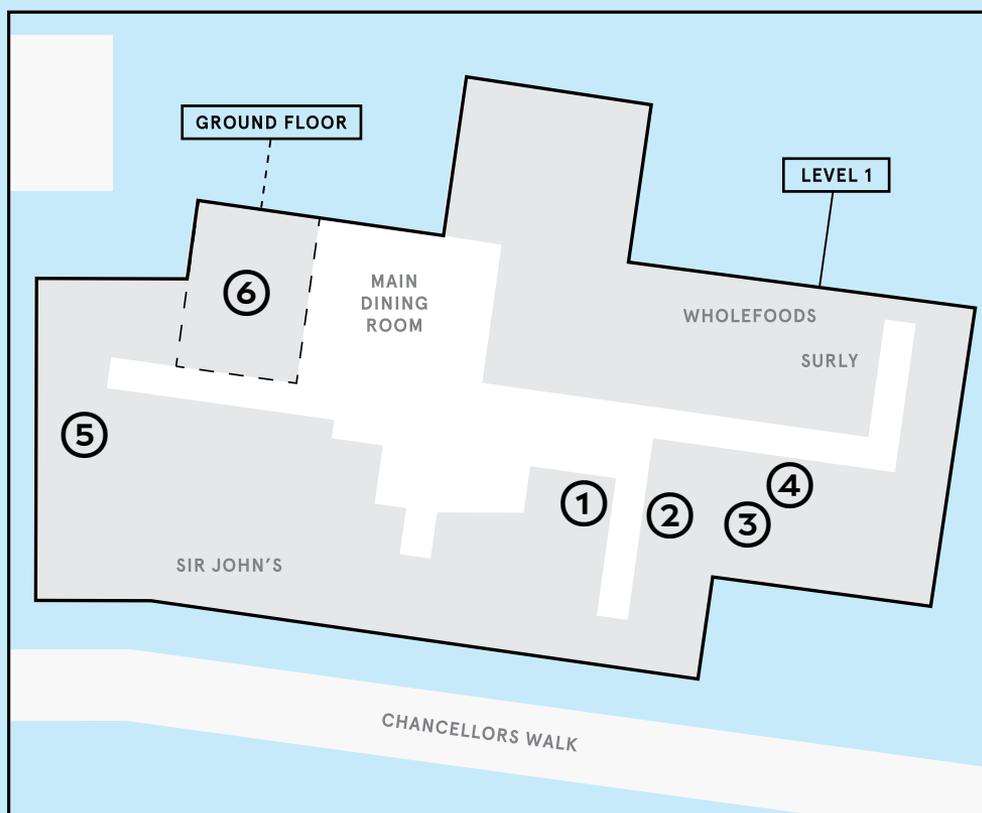
If your studies have been affected by your situation, or you're having any issues with staff, getting special consideration, deferred exams, etc., Student Advocacy and Support (SAS) can help. They can assist with special consideration, discipline, grievances, academic progress, fees, enrolment, mark concerns and much more. Contact them at msa-advocacy-l@monash.edu or on 9905 3118.

INTERNATIONAL STUDENTS

In Australia, sexual violence, abuse and harassment are seen as serious crimes. If you consult any of the services in this booklet, that doesn't mean that your parents or tutors will find out, and your visa will not be affected. Student Advocacy and Support (see above) can help you navigate getting special consideration, so the incident doesn't affect your grades. Your faculty doesn't need to know, unless you'd like the issue to be escalated.

CAMPUS CENTRE MAP

21 CHANCELLORS WALK,
MONASH UNIVERSITY, CLAYTON



A TOUR OF MSA SPACES AND CAMPUS COMMUNITY DIVISION

- ① Student Advocacy and Support ② Disabilities and Carers Lounge
- ③ Women's Office and Lounge ④ Queer Lounge and Office
- ⑤ Campus Community Division (Safer Community Unit and Respectful Communities)
- ⑥ University Health Services (Counselling, SECASA and other services) – *Ground Floor*



PUBLISHED BY THE MONASH STUDENT ASSOCIATION **WOMEN'S DEPARTMENT**,
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