

YOUR GUIDE TO SAFETY AT MONASH

# WHAT YOU SHOULD KNOW

FOURTH EDITION



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This booklet was developed by the Monash Student Association Women's Department, with support from Monash Respectful Communities. The Monash Student Association pays its respects to the Traditional Custodians of the land on which this publication was made—the Wurundjeri and Boonwurrung peoples of the Kulin Nation. We pay our respects to their Elders past, present and emerging and acknowledge that sovereignty of this land has never and will never be ceded. This always was and always will be the Land of the Aboriginal and Torres Strait Islander peoples.

## ABOUT THIS BOOKLET

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. 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 them! 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](mailto: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 an hour from 5:30pm to midnight. Feel free to use these to get around at night, especially if you're feeling unsafe!

[monash.edu/about/who/safety-security](http://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](http://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. Get in touch to become a part of the campaigns and events they run to help raise awareness across the Monash community.

**EMAIL: Respect.Now.Always@monash.edu**



**MPal:** Mpal is an app that will help you navigate the support services and reporting options available to you during your time at University. With Mpal you will have access to well-being and support resources at your fingertips!

## COUNSELLING

Counselling can help you cope with a range of issues from stress and loneliness to alcohol abuse and relationship problems. There is no issue too big or too small. **Free for students.**

**APPOINTMENTS: 9905 3020**

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

[monash.edu/health/counselling](http://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 located upstairs in the Campus Centre (refer to map on page 20). Available for disclosures, support, advice and guidance through your options and through university structures.

**PHONE: 9905 4162**

**EMAIL: msa-womens@monash.edu**

[msa-queer@monash.edu](mailto:msa-queer@monash.edu)

**MSA.Queer MSA.Womens**

## 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 20).

**EMAIL: msa-advocacy-l@monash.edu**

[msa.monash.edu/sas](http://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.

**24HR CRISIS SUPPORT: 1800 806 292**

**ENQUIRIES: 9928 8741**

[secasa.org.au](http://secasa.org.au)

## DISABILITY SUPPORT SERVICES

Disability Support Services are available for all students with a disability, ongoing medical condition or mental health condition. It 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**

## 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 listed some services that are available for 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

Sexual Health Clinic

[mshc.org.au](http://mshc.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 (SECASA). Information can include when and where the incident took place and a description of the offender.

[sara.org.au](http://sara.org.au)

### She's a Crowd

This site allows you to disclose an instance of sexual harassment/assault or any other instance of abuse anonymously online so you feel less alone. With these stories, data is collected which provides evidence to prevent gender-based violence.

[shesacrowd.com](http://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)

[1800respect.org.au](http://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.

[safesteps.org.au](http://safesteps.org.au)

### '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](http://www.asksomeone.org.au)

### Crisis Accommodation

[dhs.vic.gov.au/for-individuals/  
crisis-and-emergency/crisis-accommodation](http://dhs.vic.gov.au/for-individuals/crisis-and-emergency/crisis-accommodation)

### COUNSELLING SERVICES

Mens Line

[mensline.org.au](http://mensline.org.au)

Life Line

[lifeline.org.au](http://lifeline.org.au)

Switchboard (queer focused counselling)

PHONE: 1800 184 527

[switchboard.org.au](http://switchboard.org.au)

QLife Webchat (queer focused counselling)

Available 3pm to midnight every day

[qlife.org.au](http://qlife.org.au)

### LEGAL SERVICES

Monash Law Clinics—Clayton

[monash.edu/law/about-us/legal/mols](http://monash.edu/law/about-us/legal/mols)

Springvale Monash Legal Service

[smis.org.au](http://smis.org.au)

Community Legal Service

Free confidential legal advice to all members of the community.

[communitylaw.org.au](http://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.

[legalaid.vic.gov.au](http://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 problematic/unsafe/violent 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.**

## 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. This could include physically removing them from the space and walking away with them;

- ★ Call Monash Security on **9905 3333** or **000** if you need to;
- ★ Check in with the victim at a later time to make sure they are okay. If they're struggling, encourage them to reach out to Monash Counselling service or to 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.

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

# What is HAZING?

**Be on the lookout for hazing! Hazing targets members, or people trying to become 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.**

## SIGNS OF HAZING

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.

Hazing can involve being forced to do something against your will (such as drinking) or being manipulated to do something such as a reckless dare or prank which is dangerous for you or others.

## EXAMPLES OF HAZING

Hazing can be subtle or obvious; examples of both can include:

*"Take 5 shots";*

*"Run around blindfolded";*

*"Don't hang out with your other friends, or you're dropped from the group";*

*"C'mon, you don't want to seem like a huge stupid loser for not obeying do you?".*

## WHAT YOU CAN DO

- ★ 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.

# Playing it Safe ONLINE

## DATING AND HOOK-UP APPS

**Every interaction you have on dating and hook-up 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 an area where you feel comfortable.
- ★ Don't give out personal contact details, like your mobile number, 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.

## NUDES: THE DOs AND DON'Ts

- ★ 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 who 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.
- ★ Make sure you discuss boundaries with the person you're exchanging photos with—match expectations.
- ★ Does your partner use password protected apps to store nudes?
- ★ Apps like Facebook Messenger sync and send notifications across all devices and your photos may accidentally pop up where you don't want them to.
- ★ It can be safer to not include any identifying features such as face, tattoos, birthmarks, etc. in the photo.

**When someone under 18 is involved with nudes, it can be considered child pornography under state law. For more information, go to [legalaid.vic.gov.au](http://legalaid.vic.gov.au) and search 'Sexting and child pornography'.**

# DISABILITIES & CARERS

## MSA DISABILITIES AND CARER

The MSA Disabilities and Carers department supports a collective of students from many different backgrounds who are chronically or mentally ill, disabled, have caring responsibilities and more. You don't have to identify as disabled or consider yourself an "official" carer to join. The department seeks to help students through sharing resources and providing support.

The Disabilities and Carers Lounge (see map page 20) is for students with any of the above backgrounds. The lounge is where students can chill, rest, and socialise in a safe space. There are stim toys, ice/heat packs, a button activated entrance, colouring supplies to use, and more!

## DISABILITY SUPPORT SERVICES (DSS)

This service is the place to go for disability and illness related study help. You can apply for alternative exam arrangements, access to assistive technology and rooms to rest in, note takers during lectures, flexibility with assignment deadlines, and many other things that may be able to make your life at uni easier.

## DISABILITY SUPPORT SERVICES FOR CARERS

The DSS service is also available for students who have caring responsibilities in a range of capacities. If this is impacting your mental health/studies/general life at university, DSS is able to provide a wide range of support. Check page 2 to see how to register with DSS!

## LIBRARY RESTING ROOMS AND ADAPTIVE TECHNOLOGY ROOMS

Through DSS you can gain access to rooms that have a bed or a couch so you can rest, and have assistive technology to help with your uni work. Ask MSA Disabilities and Carers or DSS if you're not sure how to access them.

## MOBILITY SCOOTERS

If you have some days where walking around the huge Clayton campus is not possible, borrowing a mobility scooter from DSS is an option. They are stored in a locked area in the Engineering and Learning and Teaching Building car parks. Talk to DSS about how to gain access—if you need to use one frequently you can apply to borrow a scooter key from them for the semester.

## GradWISE

GradWISE is a service that helps disabled students and students experiencing illness or injury with the transition from university to the workforce. Their careers advice is more specific to the challenges disabled people face. If you're not exactly sure how to navigate applying for and getting a job due to your disability, illness, or injury, this service is aimed to help! Their contact details are on the Monash website, or ask DSS for help contacting them.

# Understanding PRONOUNS

A pronoun is a word that replaces a noun in a sentence. It refers to either the people talking (I or you) or someone or something that is being talked about (like she, he, them, and this). Gender pronouns (she/he/they/ze etc.) specifically refer to people that you are talking about.

## WHAT ARE SOME COMMONLY USED PRONOUNS?

She/her/hers and he/him/his are a few commonly used pronouns. Some people call these 'female/feminine' and 'male/masculine' pronouns, but many avoid these labels because not everyone who uses 'he' feels like a 'male' or 'masculine.'

There are also lots of gender-neutral pronouns in use. Here are a few you might hear:

### ★ They/them/theirs

*"Shea ate their food because they were hungry."*

This is a pretty common gender-neutral pronoun and it can be used in the singular. In fact, "they" was voted as the Word of the Year in 2019 by Merriam-Webster.

### ★ Just my name, please!

*"Ash ate Ash's food because Ash was hungry."*

Some people prefer not to use pronouns at all, using their name as a pronoun instead.

## WHY IS IT IMPORTANT TO RESPECT PEOPLE'S PRONOUNS?

You can't always know what someone's pronouns are by looking at them. Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity.

It is also important to remember that someone can use two or more pronouns interchangeably.

## WHAT IF I MAKE A MISTAKE?

It's okay! Everyone slips up from time to time. The best thing to do if you use the wrong pronoun for someone is to say something right away, like "**Sorry, I meant (insert pronoun).**"

If you realise your mistake after the fact, apologise in private and move on.

It can be tempting to go on and on about how bad you feel that you messed up, or how hard it is for you to get it right. Please don't! It is inappropriate and makes the person who was misgendered feel awkward and responsible for comforting you, which is absolutely not their job.

# Questioning Your SEXUALITY

## THINGS TO REMEMBER IF QUESTIONING SEXUALITY AND/OR GENDER:

- ★ Try not to worry too much. You don't have to know all the answers right away nor do you have to come out to the whole world right away. Question and explore at your own pace, there is no deadline to any of this.
- ★ Try to be open and honest with yourself and if you have consistent feelings, try to embrace them.
- ★ Don't feel obligated to label yourself. Labels can be powerful things, but at the same time they can be restrictive and they might imply stereotypes and generalisations.
- Many do not label themselves for these reasons, both are perfectly valid so do whichever feels right to you.
- ★ Explore without judging yourself or over-analysing. Try to embrace your thoughts and feelings and see where they take you.
- ★ The confusion doesn't last forever. The journey of questioning can be confusing but know that eventually it stops becoming new and scary, and becomes just another part of who you are.

## WAYS TO SUPPORT A FRIEND WHO MAY BE QUESTIONING THEIR SEXUALITY:

**Be supportive** – If a friend has decided to come out or ask for help when they are questioning then let them know that you support them. Coming out is a very stressful time and knowing that you, their friend, have their back and support them is one of the most important things you can do.

**Don't out people without their permission** – Often Queer people are only out to certain people and do not wish to be out to everyone. This is incredibly important when they are not out to their family or only partially out, as there are a lot of families are not supportive. The most important thing is to ask.

**Don't use labels** – Labels can be really scary initially for someone questioning their sexuality, give them time to figure out if and how they want to label themselves in their own time.

**Avoid asking yes or no questions** – Give them an opportunity to express their thoughts and feelings, without asking for absolutes.

**Listen** – If a friend has had the courage to open up about questioning their sexuality, listen to them without judgement and let them dictate the conversation.

# SEXUAL PLEASURE 101

**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.**

Good sex comes from understanding how your own body works. It can also come from being confident in your own skin and appreciating all that your body does for you. 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!

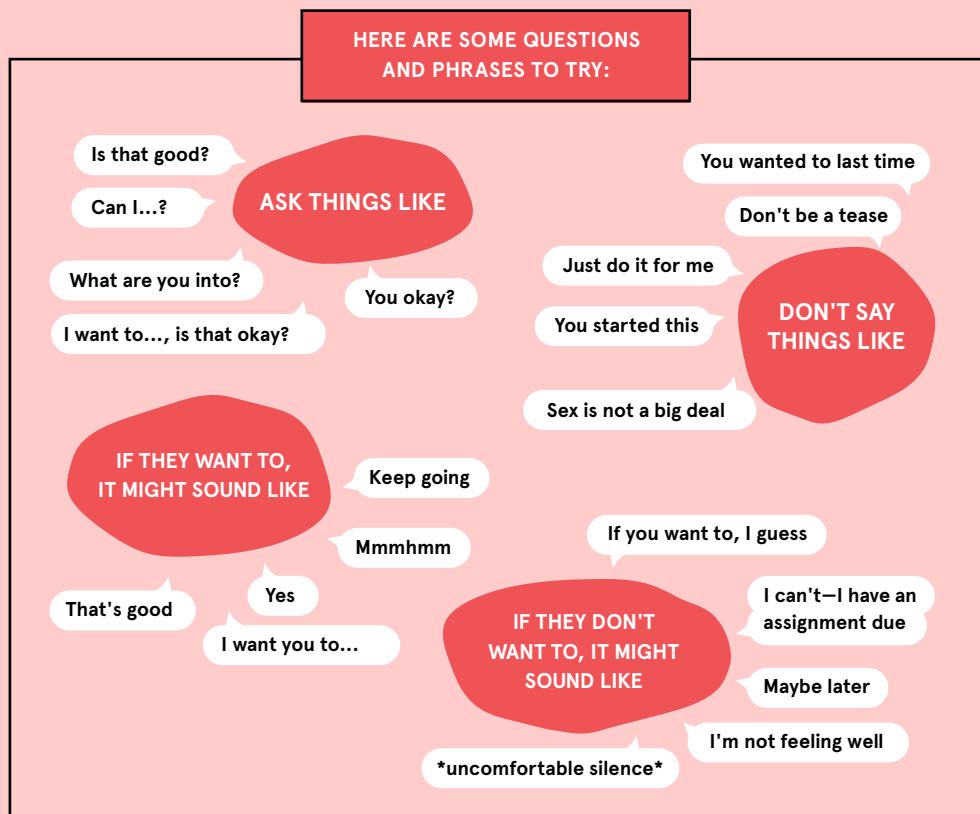
**IF YOU'RE NOT INTERESTED IN SEX, THAT'S COMPLETELY NORMAL AND OK!**

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 it either.**

# 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 that consent needs to be ENTHUSIASTIC from your partner!



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 CONTRACEPTION

**Safe sex helps to protect against Sexually Transmitted Infections (STIs) and pregnancy. Below is information regarding STIs and contraception, however this is not a comprehensive guide and does not include all available options. It is important to see a doctor/visit a sexual health clinic with any questions or queries.**

**HORMONAL CONTRACEPTIVES** helps protect against pregnancy

**Contraceptive pill ('the pill').** The combined pill has two hormones (estrogen and progesterone) which prevents the release of an egg each month.

**Mini pill.** The progestogen only pill (mini pill or POP) has only one hormone and works by changing the mucus entrance to the uterus so that sperm cannot pass through to fertilise the egg.

**Emergency contraceptive pill.**

Sometimes called the 'morning after pill'. This is not a long-term contraception option, but helps to prevent pregnancy when taken as soon as possible, within three days, after unprotected sex. Available from a chemist with no prescription.

**Intra Uterine Device (IUD).** This is a device that is placed in your uterus. There are two kinds: copper or progesterone.

**Implanon—contraceptive rod.** It is inserted underneath the skin on the inside of the upper arm. It slowly releases the synthetic hormone progestogen, which stops the ovaries releasing an egg each month.

**Injection.** Injection of long acting synthetic hormone, taken every twelve weeks for contraception.

**BARRIER METHOD**—only form of contraception that protects against STIs!

**Condoms**—annoyingly referred to as 'male' and 'female'—and dental dams are latex barriers that prevent physical contact between genitals, the mouth, and the anus in any combination.

**Male condom.** Collects sperm and prevents them from entering the vagina and uterus.

**Female condom.** Inserted into the vagina or anus before having sex. Prevents sperm from entering the vagina or anus.

**CONDOMS DO's/DON'Ts**

- ★ Make sure there are no defects/tears and check the expiration date;
- ★ Don't use oil based products like baby oil or petroleum jelly, as they will cause the condom to break;
- ★ Don't use more than one at a time;
- ★ The male and female condoms should not be used at the same time as you risk tearing them.

# Safe Sex

# STIs

An STI is an infection that is commonly spread by sexual activity, especially vaginal intercourse, anal sex and oral sex.

## SYMPTOMS

Some STIs don't have obvious symptoms, or any symptoms at all! It is very important to get tested if you have had unprotected sex and suspect you may have an STI, even if it's not obvious!

Some symptoms include:

- ★ Unusual discharge from the penis or the vagina;
- ★ Sores or warts on the genital area;
- ★ Painful urination/difficulty or discomfort urinating;
- ★ Blisters or sores in or around the mouth, genitals or anus;
- ★ Bumps or rashes near or on the genitals;
- ★ Abnormal vaginal odor;
- ★ Bleeding from your vagina (that is not your period).

## COMMON STIs

- ★ Chlamydia (most people who have chlamydia don't notice any symptoms);
- ★ Herpes;
- ★ Genital warts;
- ★ Gonorrhoea.

## GETTING TESTED

Getting tested is important, as it can prevent further spreading of STIs. It can be as simple as taking a urine sample at the doctors, or sometimes a blood test. Most STIs can be easily cured by taking medication, such as antibiotics, prescribed by a doctor.

## PLACES TO GET TESTED

Monash University Health Service

[www.monash.edu/health/medical-services](http://www.monash.edu/health/medical-services)

Melbourne Sexual Health Centre

[www.mshc.org.au](http://www.mshc.org.au)

## RESOURCES

Family Planning Victoria

[www.fpv.org.au](http://www.fpv.org.au)

Melbourne Sexual Health Centre

[www.mshc.org.au](http://www.mshc.org.au)

Better Health Channel

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

# 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. Examples of abuse in relationships include:

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

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

**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").

**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).

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

### 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.

# Relationship GREEN FLAGS

Some green flags that indicate you're in a happy, healthy relationship:

		
RESPECTS/HONOURS YOUR BOUNDARIES	STOPS DOING THINGS YOU TELL THEM THAT MAKE YOU UNCOMFORTABLE	SUPPORTS YOUR AMBITIONS
OPEN AND HONEST COMMUNICATION	COMPROMISES WHEN NECESSARY	USES A CALM RATIONAL TONE DURING ARGUMENTS
LISTENS TO YOU TALK WHEN YOU HAVE ISSUES, AND SUPPORTS YOU THROUGH THEM	NEVER PUTS YOU DOWN DELIBERATELY, ESPECIALLY NOT PUBLICLY	AIDS YOUR GROWTH PROCESS
		IS ABLE TO APOLOGISE WHEN THEY ARE IN THE WRONG

## BOUNDARIES: HOW TO SET THEM AND WHY THEY ARE IMPORTANT

Boundaries are a healthy way to ensure that relationships are mutually respectful, appropriate and caring. They are important in all types of relationships, including with a partner, friend or family member.

### Identify when a boundary has been crossed:

- ★ Does the situation make you feel uneasy, anxious, angry, defensive or overwhelmed?
- ★ Is your body hyperactive (heart racing, rapid breathing, flushed face, body shaking)?

### Set consequences:

- ★ Let the person know what will happen if they cross your boundaries;
- ★ Avoid harsh ultimatums.
- ★ *"If you continue to repeat the behaviour I will consider all my options, including leaving the relationship".*

### Communicate your boundary:

- ★ Be clear and direct, but polite;
- ★ 'No' is a complete sentence—you are not obligated to explain further;
- ★ Use 'I' statements;
- ★ Start small;
- ★ Maintain a respectful tone.

### Expect the push-back:

- ★ Remain firm if there is resistance;
- ★ Try not to take the other person's reaction personally. They may react negatively because they do not understand the importance of setting boundaries.

# 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.
- ★ 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.
- ★ 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.
- ★ 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 a 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 requires 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 well-being 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.

## WHAT TO DO

- ★ 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 for service about their obligation to disclose information you share.
- ★ You can disclose your story on the **She's A Crowd** website, which can be a first step in sharing your experience. This website is completely confidential, however, it is not a counselling or reporting resource.

# 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

- ★ Helping a friend who is a survivor is important, but it can be difficult, emotional and confronting. It is important that you check in with yourself and whether you are in a stable position to help a friend out as best you can, and to the capacity they need.
- ★ You are in no way obligated/responsible to take on your friend's experience if you do not feel able to. Be sure to openly communicate with them, and help them to link up to professional services or counselling, or to disclose elsewhere (such as online or via a helpline).
- ★ 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 be committed by anyone and can happen to anyone, regardless of gender or sexual orientation.

## 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 to 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 behaviour 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 (see the resources page 3 for contact information).

## STUDENT ADVOCACY AND SUPPORT

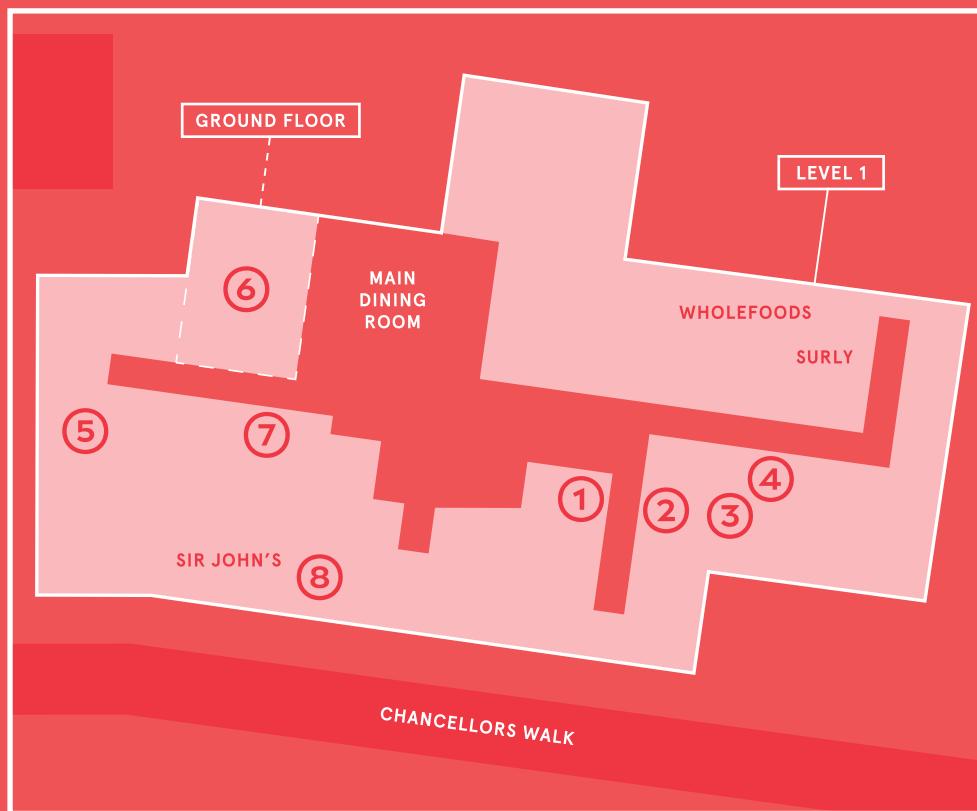
If your studies have been affected by your situation, or you're having any issues with staff, getting special consideration, deferred exams, etc., Student Advocacy and Support (SAS) can help. They can assist with special consideration, discipline, grievances, academic progress, fees, enrolment, mark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

## 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 Office and Lounge
- ⑤ Campus Community Division (Safer Community Unit and Respectful Communities)
- ⑥ University Health Services (Counselling, SECASA and other services) – **Ground Floor**
- ⑦ ⑧ Gender Neutral Bathrooms

Locations of gender neutral bathrooms on campus: [monash.edu/lgbtiq/all-gender-toilets](http://monash.edu/lgbtiq/all-gender-toilets)





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