SEXUAL RESPECT @KENT

University is a time for learning new things, meeting new people and having new experiences.

Being at University may feel like being in a bubble sometimes, but it doesn't make people immune from committing – or falling victim to – harmful or criminal acts, including sexual and/or domestic victimisation and violence.

Here at Kent we are working to prevent sexual violence so that you can feel safer during your studies. We recognise that sexual violence can occur amongst strangers or acquaintances, as well as within domestic settings, dating or relationships.

The University adopts a Zero Tolerance approach towards sexual violence. A committed group of staff and students are working to end sexual violence generally, and here at Kent. More information on sexual respect and Kent-led initiatives can be found online here: www.kent.ac.uk/student/wellbeing/sexual-respect.html

This leaflet aims to bust some of the myths surrounding sexual and domestic violence, and provide information and support about available services.

Our aim is not to cast a downer on your time at University but to help change the culture which enables harm, silences those affected and renders perpetrators invisible.

### Busting rape myths
Below, we tackle some of the most popular falsehoods about rape:

<table>
<thead>
<tr>
<th>Myth</th>
<th>Reality</th>
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<tr>
<td>‘Real rape’ happens at night, outside, with a weapon</td>
<td>Rape can happen at any time, most commonly inside, sometimes involving threats and other forms of coercion.</td>
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<td>There are always injuries</td>
<td>A minority of reported rapes involve clear injuries.</td>
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<td>Anyone facing the possibility of rape will resist</td>
<td>Many victims do not resist, they freeze through fear/shock or decide that resistance would be futile/dangerous.</td>
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<td>Women ‘ask for it’ by their dress, behaviour or taking risks</td>
<td>No-one ‘asks’ for rape, regardless of clothes, behaviour or demeanour.</td>
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<td>Perpetrators of sexual/domestic violence use these claims to evade their criminal actions by putting the blame on the victim.</td>
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<td>Rape is committed by strangers</td>
<td>In many cases, rape is committed by someone known to the victim.</td>
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<td>All victims will react in the same/right way if they have really been raped</td>
<td>There is no ‘right’ response. Responses range from becoming extremely distressed through to being quiet and controlled.</td>
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<tr>
<td>Men cannot be victims of rape or sexual violence</td>
<td>Men can be victims, regardless of their sexual orientation.</td>
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<td>The penetration of a person’s mouth, vagina or anus with a penis and without consent is rape.</td>
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**Home truths: domestic abuse/violence**

University may be a time for many firsts:
- your first time living away from home;
- your first time trying new sports or activities;
- and for some, your first time in a relationship.

University students are not immune from experiencing – or perpetrating – abusive behaviours in interpersonal relationships.

If you are concerned about your partner’s or someone else’s behaviour towards you, or your behaviour towards others – whatever your gender, sexual orientation, race, religion, ethnicity, nationality, dis/ability etc – you can, and should, speak to someone about this.

Speaking to someone will enable you to seek confidential support for yourself and find out what options you have. These include reporting the crime, although there will be no obligation or pressure to do so.

Details of relevant contacts can be found opposite. Remember: sex **must always** be consensual and relationships should make you feel good, happy, secure and respected!

Kent offers UNI Protect training, designed to help students recognise and challenge harmful behaviour such as sexual harassment or abuse. Find out more information here: www.kent.ac.uk/studentservices/uniprotect or sign up via Study Plus.

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**Where to get help**

If you have been a victim of, or are concerned about, sexual and/or domestic abuse (including sexual assault, rape, assault, harassment and controlling behaviour, for example), these contacts can provide help, support, information and advice.

In an emergency you should call the Police on 999 or Campus Security who can contact the University’s Sexual Assault Responders. You do not have to inform the Police. Students can also speak to a Specialist Wellbeing Advisor at the University, who can offer support tailored to your needs and wishes.

**Canterbury and Medway Campus Security:**
- 01227 823300
- 01227 823333 (emergencies)
- www.kent.ac.uk/security

**Canterbury and Medway Student Wellbeing Service (including Specialist Wellbeing Adviser):**
- 01227 826573
- www.kent.ac.uk/studentwellbeing

**Canterbury / Medway Police:**
- 101 or 01622 690690
- www.kent.police.uk

**East Kent Rape Crisis Centre:**
- 0800 458 2818 / 01227 451753
- www.eastkentrapelinc.com

**Kent Sexual Assault Referral Centre (Beech House):**
- 0800 133 7432 (24/7 helpline)
- 01622 726461
- www.beechhousesarc.org

**ManKind Initiative, Domestic Abuse Line:**
- 01823 334244
- www.mankind.org.uk

**Rape Crisis UK:**
- 0808 802 9999
- www.rapecrisis.org.uk

**Rising Sun Domestic Abuse Service:**
- 01227 452852
- www.risingsunkent.com

**Women’s Aid and Refuge 24-hour Line:**
- 0808 2000 247
- www.womensaid.org.uk
- www.refuge.org.uk

**Iranian and Kurdish Women’s Rights Organisation**
- 020 7920 6460
- http://ikwro.org.uk

**Southall Black Sisters**
- 0208 571 0800
- www.southallblacksisters.org.uk

**Jewish Women’s Aid**
- 0808 801 0500
- http://jwa.org.uk

**Choices Specialist Domestic Abuse Charity (Medway):**
- 0800 917 9948 (09.00-16.30)
- www.choicesdaservice.org.uk

**Canterbury Nightline:**
- 01227 824848 (20.00-08.00 on: Mon, Wed, Fri, Sat, Sun term time)
- https://canterbury.nightline.ac.uk
As well as providing information about common misperceptions about rape and information about where to get support and further information, we also want to highlight the centrality of consent in sexual relationships.

- Consent is a mutual verbal, physical and emotional agreement that happens without threats or head games.
- The absence of a ‘No’ does not mean that sex is consensual.
- Someone who is asleep or unconscious cannot consent to sexual activity.
- Someone who is very drunk or drugged may not have capacity to give consent.
- If someone said yes to one thing that does not mean they have consented to anything else.
- A good rule of thumb is to ask for consent at all times. Remember your partner has the right to withdraw their consent at any time.

Watch this three-minute video explaining why consent is important: www.kent.ac.uk/student/wellbeing/sexual-respect.html