

Sexual Violence Procedures

Responsibility for policy: Director of Student Services

Approving authority: Vice-Chancellor

Last reviewed: TBC 2022

Next review: TBC 2023



THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato

Application

1. This procedure applies to all students and staff of the University of Waikato.

Purpose

2. This Procedure is to give effect to the [Sexual Violence Policy](#) and applies to all disclosures and complaints of sexual violence made regarding students under the [Sexual Violence Policy](#).

Emergency Situations

3. If Members of the University community are concerned for their immediate safety or the immediate safety of someone else they should contact the Police on **111**.
4. Campus Security are on call 24/7 to ensure safety and security. To report an emergency, Campus Security can be contacted on **(07) 838 4444** from an external phone for both Hamilton and Tauranga campuses.
5. Hamilton campus security can also be contacted via ext. 4444 from an internal phone or by using any of the 'blue light' phones around campus.
6. Tauranga campus security can also be contacted on +64 22 013 0840.

Confidentiality and privacy

7. Members of the University Community are reminded of their responsibilities regarding confidentiality and privacy as outlined in the [Sexual Violence Policy](#).

Making a disclosure of sexual violence

8. A student may make a disclosure to any trusted person, such as a friend, whānau member or University staff member.
9. A student can make a disclosure of sexual violence in a safe and supportive environment to the Waikato Student Union Advocates, Halls of Residence Managers, Residential Leaders in the Halls of Residence, or any member of the Student Health Services team in person, by phone, or email.

Note: Disclosures will be coded to provide for anonymity and allow data to be collected for the purpose of observing trends to develop and implement appropriate responses to sexual violence.

Note: The Violence Prevention Coordinator will work with key groups throughout the University to ensure safe collection and storage of data relating to disclosures of sexual violence.

Note: The University will not investigate a disclosure of sexual violence, except in certain limited circumstances (see [Sexual Violence Policy](#) 22).

Note: If a disclosure of sexual violence is made to Halls of Residence staff, they will follow up to ensure the safety of the residents. If the disclosure has been made by a third party, the staff member will approach the suggested victim/survivor and make a general enquiry on how they are as a 'wellbeing check.' A wellbeing check entails checking immediate safety, establishing if they need any support, and letting the affected person know that they are available to talk.

Note: A student who chooses to make a disclosure of sexual violence may later decide to make a complaint to the University about the same incident.

Supporting members of the University Community

10. On receiving a disclosure of sexual violence, members of the University Community should:
 - (a) refer the person who has experienced sexual violence to the available support services for support and assistance as set out in the attached appendices or available on the [Violence Prevention webpage](#); and
 - (b) advise the victim/survivor of their right to make a complaint to both Police and the University, where applicable.

How to provide initial support to a member of the University Community with experience of sexual violence

11. Members of the University Community can support someone who has experience of sexual violence by:
 - a. ensuring the conversation is conducted privately;
 - b. listening with empathy and without interruption or judgement;
 - c. asking if they need any medical attention (victim/survivor);
 - d. not asking too many detailed/content related questions;
 - e. validating their decision to share with you;
 - f. letting the student with experience of sexual violence know that the incident they are disclosing was not their fault (victim/survivor);
 - g. making them aware of all available support services and reporting options;
 - h. respecting their decisions; not imposing what you think they should do;
 - i. keeping all information confidential unless there are serious concerns of imminent risk of harm for the victim/survivor or others;
 - j. practicing self-care after the discussion (see Appendix 2.13)

Note: In the event a student is unable to articulate or action their own decision making due to a legitimate impairment verified by a registered health professional, persons appropriately delegated should make decisions in consensus with the student.

Note: Members of the University Community are not required to provide ongoing support or attend appointments with the student with experience of sexual violence.

12. Following a discussion with a student with experience of sexual violence, a University staff member (e.g. Halls of Residence staff) may be required to complete an incident report, this must be disclosed to the student who can request that names and identifying information be omitted.
13. Members of the University Community can seek advice and assistance with supporting a student with experience of sexual violence to access the right support by contacting a helpline (see Appendix 1.1), the Student Health Service or by contacting the Director of Human Resources and Employment Relations.
14. If a student discloses that they are concerned about their own behaviour and thoughts or discloses that they have perpetrated sexual violence, a member of the University Community may provide options for support (Appendix 1.4). If you are concerned about the disclosure you received or the safety of a victim/survivor, seek advice from specialists (Appendix 1.5), in cases of emergency or where there are concerns of imminent risk of harm, call 111.
15. Students may be permitted academic leniency (e.g. extensions) through consultation with a member of the Student Health Service or other appropriate service (e.g. external Doctor, Counsellor, professional support person or support service). A letter/email from the appropriate service will be required to support the academic leniency. The letter does not need to outline the nature/reason behind the requirement. Academic staff are not to ask the student for the reason, as this would increase the risk of additional harm.

Informal Resolution of Complaints

16. A student who has experienced sexual violence can have the complaint raised in an informal manner with the other party in consultation with the Waikato Student Union, where advocacy staff are trained to support students in a safe manner.
17. There are different ways the informal complaints process can be conducted:
 - a) A trained staff member meeting with the other party and raising the concerns on behalf of a student
 - b) Written restoration process, where both parties can communicate via writing, via another person

Tikanga Māori

18. A Student may seek a resolution to a sexual violence complaint through the Tikanga Māori process. The process will be enacted in accordance with Section 23 of the [Student Discipline Regulations](#).

Halls of Residence Complaints Process

19. A Halls of Residence student who has experienced sexual violence by another resident can make a complaint to their Hall Manager.

20. Complaints are assessed under the *University of Waikato Halls of Residence Complaints Process* and managed internally within the Halls, or if in the Hall Manager's and/or the resident's opinion the matter should be escalated outside of the Halls of Residence complaints process, then the resident will be advised to follow the [Student Discipline Regulations](#) or [Student Complaints Procedures](#), as appropriate.
21. Complaints raised to Halls of Residence staff members are recorded on the Halls of Residence database, StarRez.

The University of Waikato complaints process

22. A Student who has experienced sexual violence can make a complaint about another student or member of staff to the University online anytime via MyWaikato. Any member of staff can assist a student to make a complaint, including making a complaint on behalf of a Student, via their staff MyWaikato, if the Student has given their explicit consent and permission to the complaint being made on their behalf.
23. Complaints cannot be anonymous. Students who are concerned about consequences if their name was revealed are advised to seek advice on the process and alternative avenues of support.
24. International students can contact the [International Student Services Office](#) for support with understanding the University of Waikato complaints process, as well as making a complaint.
25. The making, investigation or resolution of a complaint under these procedures must be in accordance with the [Sexual Violence Policy](#) and the [Code of Student Conduct](#).
26. The complaint must be acknowledged in writing within three working days of receipt and will include any interim safety measures undertaken.
27. Both the complainant and respondent will be offered access to a WSU Advocate during this process and be made aware of appropriate support resources (see Appendix 1).
28. Within two weeks of the decision to proceed with an investigation, the University will consult with Police, legal experts and other specialists as necessary to ensure any civil process undertaken by the University does not hinder any criminal process being undertaken.
29. Within 20 working days of the initial complaint, the Student Discipline Committee, will meet with the complainant and respondent and ensure the following requirements are met:
 - A. Complainants and respondents are entitled to have a support person with them throughout the investigation and decision-making process.
 - B. Complainants and respondents will be advised of their rights and responsibilities and what to expect from the investigation process, including the taking of reports.
 - C. Details of any interim measures, such as non-contact orders or restricted movement on campus, will be clarified and reiterated.
 - D. The outcome that the complainant is seeking will be clarified.
 - E. Reports will be taken from affected parties, transcribed, signed to attest to accuracy, and given to the other party.
 - F. Each party will be informed that should a Police process arise, the reports provided to the University's investigation process may be requested by the Police.
 - G. The respondent will be asked to respond to the report provided by the complainant. It is very important, according to the principles of natural justice, that the process is fair and that the respondent is given an opportunity to address allegations against them. The Student Discipline Committee may request further meetings with the complainant, the respondent and/or any witnesses separately before reaching a decision. The complainant and respondent will be given the opportunity to respond to or question any new evidence that may be produced, before a resolution is reached.
 - H. In general, the complainant and the respondent will be kept informed of progress of the complaint. Both the complainant and the respondent may ask for clarification at any time, and all efforts will be made to respond within one-two working days wherever possible.
 - I. Where the complainant or the respondent reasonably believes that the investigating Committee or other support staff involved may have a conflict of interest, they may request the relevant committee chairperson or delegated authority to appoint an alternative investigator(s).
30. The privacy and safety of both parties will be of paramount importance. At no point will the complainant and respondent be required to meet together without the consent of both parties.

31. The Student Discipline Committee will make a decision within 10 working days from the date of the last report taken. The decision will be conveyed to the complainant and respondent within five working days of the decision being made.
32. The outcome of a Complaint will be determined by the findings of any investigation, the seriousness of the complaint and, to the extent that is possible, the wishes of the complainant.
33. The final decision will indicate whether or not there has been a breach of the [Sexual Violence Policy](#). The Student Discipline Committee will provide both the complainant and the respondent with a summary of the investigation results, the decision, reasons for the decision and any applicable outcomes. A verbal discussion may be provided to the complainant at the discretion of the Chair of the Student Discipline Committee to extend manākitanga. Students will be reminded of support available to them (see Appendices).
34. Where the complainant or respondent believes the outcome is unsatisfactory, they may make a written appeal as set out in Part 5 of the [Student Discipline Regulations](#).

Interim safety measures

35. While a complaint is being investigated, interim measures may be put in place by the Vice-Chancellor as part of a safety plan for the complainant, respondent, and University Community. In addition to the following measures, a non-contact measure may be included where the respondent and complainant may not communicate during the process.
36. Interim measures may include but are not limited to suspension:
 - a. from any University building, premises grounds or University of Waikato student accommodation
 - b. from any class
 - c. from any event organised by the University
 - d. from use of any resource of the University.
37. When considering any interim measures the Vice-Chancellor shall take into account the following:
 - a. the best interest of the students, staff and other members of the University Community
 - b. the physical safety of the students, staff and other members of the University Community
 - c. the orderly conduct of teaching, research and administration of the University
 - d. the protection of the property or resources of the University
 - e. any other matters raised by the complainant and respondent
 - f. any other matters the Vice-Chancellor considers appropriate in the circumstances.
38. Compliance with interim measures by a respondent is not to be viewed as an admission of the alleged sexual violence.

Prosocial bystander intervention

39. The University encourages everyone to look after one another through safe prosocial bystander intervention in order to prevent or stop sexual violence from occurring or continuing.
40. Safe prosocial bystander intervention can occur before, during, or after an incident of sexual violence and is most safe when conducted at a distance and with others.
41. The steps involved in safe prosocial bystander intervention are:
 - a. noticing the situation – paying attention to what is going on nearby;
 - b. deciding if it is a problem – considering whether someone might need help, and checking with people around if unsure;
 - c. accepting responsibility to take action – not assuming someone else will do something;
 - d. making a plan to intervene and engaging others if possible to ensure a safe and effective intervention;
 - e. directly intervening by starting a conversation, directly saying something, advising a person of authority, calling Police; or
 - f. indirectly intervening by creating a distraction, documenting the incident; and/or
 - g. checking-in with the victim/survivor and providing comfort and suggesting options for support, and
 - h. enacting self-care.

Role of the Violence Prevention Coordinator

42. The Violence Prevention Coordinator is part of the [Student Health Service](#) interdisciplinary team and is based on the Hamilton campus.

43. The Violence Prevention Coordinator role aims to prevent interpersonal violence through prevention initiatives. The Violence Prevention Coordinator operates at a prevention level (Appendix 2.11). This means that initiatives are targeted at the University Community to encourage a violence free culture.
44. Online modules, social media, workshops, and campaigns are amongst some of the initiatives that are provided at the primary prevention level at The University of Waikato and will be promoted via the [Violence Prevention Webpage](#) as they are implemented.

Definitions

45. In this procedure:

Complainant a person who has made a complaint of an experience of sexual violence

Complaint an allegation of sexual violence

Consent the active, ongoing, informed, specific and freely given agreement in response to a request to engage in physical contact, sharing media or sexual activity. Consent cannot be given by someone who is coerced, incapacitated by drugs or alcohol or is so affected by drugs or alcohol that they cannot consent or refuse to consent to the activity. Consent cannot be given by someone who is unconscious, or otherwise unable to understand and voluntarily give consent

Disclosure the sharing of an experience of sexual violence

Hate crime/incident a crime or incident (e.g. sexual violence) motivated by prejudice toward a person's race, religion, sexual orientation, gender identity, disability or age

Imminent Risk of Harm an immediate and impending threat of a person being at risk of harm or causing harm (physical, sexual, mental, emotional, spiritual, financial) to self or others

Interpersonal Violence is an umbrella term that encompasses the varying degrees of relationships and violence used within them. Interpersonal violence includes Family & Intimate Partner Violence (close personal relationships) and Community Violence (people known and strangers)

Perpetrator a person who has perpetrated sexual violence

Power dynamic the dynamic that exists within relationships due to the status given by society to different genders, races, classes, abilities, ages, and position within the workplace/education system/household. An imbalance of power is at the centre of instances of violence

Prosocial Bystander Intervention noticing when a person's behaviour, comments, jokes, and/or actions are harmful or inappropriate and choosing to intervene directly or indirectly (see appendix 2.14)

Respondent a person who has had a complaint of sexual violence made against them

Self-Care a deliberate act with the intention of preserving or improving one's mental, emotional, and physical health (see Appendix 2.13 for ways to enact self-care)

Sexual Violence a term that describes sexual activity or behaviour that a person does not or cannot give consent to. Other terms used include sexual abuse, sexual harassment, sexual assault, sexual harm and harmful sexual behaviour. Some of the behaviours are:

- Any type of unwanted penetrative sex – vaginal, anal, oral, fingers/hands, object. This is known as rape or unlawful sexual connection.
- Any indecent exposure such as flashing or inappropriate display of the body
- Unwanted sexual touching, hugging, encroaching on someone's personal space or kissing or indecent assault
- Making an intimate video without consent
- Revenge pornography: Sharing sexual photographs, videos, rumours, or information online without consent
- Any unwanted sexually suggestive comments or jokes, gestures, insults or taunts of a sexual nature, or other forms of inappropriate language
- Any unwanted advances, repeated invitations to go out on dates, particularly if those invitations have previously been declined
- Repeated or inappropriate advances of a sexual nature on email or social networking websites
- Inappropriate staring or leering
- Using threats, force, intimidation or coercion to induce consent
- Being forced to carry out a sexual act or requests for sexual favours
- Intrusive questions or comments about a person's private life, clothing or physical appearance

- Any unwanted receipt of sexually explicit pictures, posters, gifts, emails or text messages
- Direct or indirect requests for sexual activity that contain an implied or express promise of preferential treatment or threat of detrimental treatment through the exploitation of a power dynamic
- Being forced to watch pornography
- Stalking

The behaviour may or may not be entwined with homophobia, biphobia, gender policing, transphobia, ableism, sexism and/or racism (see 'Hate crime/incident' definition)

staff member means "worker" as set out in [section 19](#) of the [Health and Safety at Work Act 2015](#), including employees of the University, employees of a controlled entity of the University, Council members, contractors or consultants engaged by or working at the University, volunteers and any other person providing services to or at the University

Student A person enrolled at the University of Waikato. For the purpose of this policy, the period during which a student is deemed to be enrolled as a student is defined as

- i. the period in a given year from (inclusively) the Monday of the start week of the paper in the student's programme of study that starts earliest in that year, to the Sunday of the end week of the paper that ends last, and
- ii. any orientation period immediately prior to the start week of the student's programme of study in a given year, and
- iii. any period in which the student is a resident of University of Waikato student accommodation.

The processes for dealing with complaints of alleged sexual violence may extend beyond the periods defined in subsection (i), (ii) and (iii)

Student with experience of sexual violence a student who has been a victim/survivor of sexual violence or person who has committed harmful sexual behaviour, a prosocial bystander, whānau or friend of a victim or perpetrator

Victim/survivor A person who has had sexual violence perpetrated on them. These terms are used interchangeably in this document. "Victim" acknowledges that those who experience sexual violence have been subjected to a crime. This is also a legal term; "Survivor" acknowledges that a person who has experienced sexual violence has begun healing and survived something that can be life altering. It is important to be aware that a person is not defined by the terminology used

University Community Staff, students, contractors & visitors at The University of Waikato

Related documents

46. The following documents set out further information relevant to this procedure:

- [Bullying and Harassment Policy](#)
- [Child Protection Policy](#)
- [Code of Student Conduct](#)
- [Crimes Act 1961](#)
- [Education \(Pastoral Care of Tertiary and International learners\) Code of Practice 2021](#)
- [Health and Safety at Work Act 2015](#)
- [Personal Information and Privacy Policy](#)
- [Privacy Act 2020](#)
- [Sexual Violence Policy](#)
- [Staff Code of Conduct](#)
- [Student Complaints Procedures](#)
- [Student Discipline Regulations](#)
- [The University of Waikato Halls of Residence Rules and Regulations - Hamilton](#)
- [The University of Waikato Selwyn Street Studios Halls of Residence Rules and Regulations](#)

Appendices

Appendix 1: Support

1. Nationwide Helplines

<https://www.waikato.ac.nz/students/health/violence-prevention/helplines>

Women's Refuge

For women living with violence or in fear in their relationship or family

Crisis Line: 0800 733 843

Website: <https://womensrefuge.org.nz/>

Rape Crisis NZ

Phone: 0800 88 33 00

OutLine

To discuss topics around sexual orientation, gender identity and diverse sex characteristics; find sources of trusted information; connection to community or peers; and medical or mental health services that welcome rainbow people.

Phone: 0800 OUTLINE

Website: www.outline.org.nz

Shakti

For migrant /refugee women living with violence

Crisis Line: 0800 SHAKTI

Website: <https://www.shakti-international.org/>

Shine

Family violence service provider - confidential support, information and professional advice

Free call: 0508 744 633 (24/7) or live chat

Website: <https://www.2shine.org.nz/>

Hey Bro helpline

Supporting men to be free from violence

Phone: 0800 HEY BRO (439 276) - 24/7

Website: <https://www.hewakatapu.org.nz/services/0800-hey-bro>

Are You Ok Family violence information line

To find out about local services or how to help someone else

Phone: 0800 456 450 or live chat

Website: <https://www.areyouok.org.nz/>

Safe To Talk

24/7 Sexual harm helpline

Free call: 0800 044 334, free text 4334 or live chat

Email: support@safetotalk.nz

Website: www.safetotalk.nz

Human Rights Commission

For information and support if you have faced discrimination, hateful speech, or your human rights have been denied

Phone: 0800 496 877
Email: infoline@hrc.co.nz
Website: www.hrc.co.nz

1737 Need to talk?

For mental health support from a trained counsellor
Free call or text: 1737
Website: <https://1737.org.nz/>

Additional Helplines:

For additional wellbeing helplines see [Wellbeing Tools & Strategies](#).

Sensitive Claims for sexual abuse (ACC)

Funded therapy for people that have experienced sexual violence
Phone: 0800 735 566
Website: www.acc.co.nz/for-providers/provide-services/sensitive-claims/

Oranga Tamariki line

For concerns about children and young people
Phone: 0508 326 459
Email: contact@ot.govt.nz

2. Sexual Violence information and support services

<https://www.waikato.ac.nz/students/health/violence-prevention/what-is-sexual-violence>

3. Support services for victims of sexual violence

The University of Waikato Student Health Service

A multidisciplinary health team that is available to provide support to students.
Phone: 07 838 4037 (Hamilton)
Website: <https://www.waikato.ac.nz/students/health/>

Employee Assistance Programme (EAP) (Staff)

EAP is available for staff at The University of Waikato. EAP provides free counselling and psychological support.
EAP can be accessed via [Benestar](#).

Support services in Waikato

Midlands Sexual Assault Support Services

Support, counselling and advice to anyone who experiences sexual violence and their whānau in Hamilton City and Matamata-Piako areas.
Call or text: 027 278 5331
Office: (07) 839 4433 or 0800 839 4433
Email: referral@msass.org.nz
Website: www.msass.org.nz

Hamilton Adults & Adolescents (Waikato) Sexual Assault and Treatment Service

Reassurance, medical and forensic examination and referral to support 24 hours / 7 days
Phone: 07 858 0800 and ask for SAATS service
Website: <https://medsac.org.nz/saats-help>

Waikato Women's Refuge Te Whakaruruhau

Intimate partner violence support – safe housing, advice and community-based support

Phone: 07 855 1569 (24/7 crisis service)

Email: refuge@wwrt.co.nz

Website: www.waikatowomensrefuge.co.nz

Male Support Services

Support for males with physical, mental, emotional, domestic or sexual abuse experiences

Phone: 0800 677 289

Email: admin@waikatosurvivors.org.nz

Website: waikatosurvivors.org.nz

Shama

National Ethnic Response for Sexual Harm and specialist family violence support for ethnic women and children

Phone: 07 843 3810

Email: crisis1@shama.org.nz

Website: www.shama.org.nz

Diversity Counselling

Counselling by registered professionals supporting people from a diversity of cultures, ethnicities, genders, religions, and languages.

Phone: 021 0262 5587

Email: contact@dcnz.net

Website: www.dcnz.net

Waikato Community Law

Free Legal help

Phone: 0800 529 482

Website: <https://communitylaw.org.nz/centre/waikato/>

Support services in Bay of Plenty**Tautoko Mai**

Sexual Harm Support and Sexual Assault and Treatment Service – Reassurance, medical, forensic examination, and ACC counselling

Freephone: 0800 227 233

Phone: (07) 577 0512

Email: support@tautokomai.co.nz

Website: www.tautokomai.co.nz

Tauranga Women's Refuge and Support Services

Advocacy, information, support and safe housing for women and children experiencing family violence

Phone: 0800 86 733 843 (24/7 helpline)

Website: www.taurangawomensrefuge.co.nz

Male Survivors Bay of Plenty

Support for male survivors of sexual abuse

Phone: 027 271 8898

Website: www.malesurvivorbop.nz

Baywide Community Law

Free legal help
Phone: 07 571 6812
Website: <https://communitylaw.org.nz/centre/tauranga-whakatane/>

4. Support Services for perpetrators of sexual violence

Safe Network

Treatment for children, youth and adults with problematic, concerning, or harmful sexual behaviour
Website: www.safenetwork.org.nz/

Safe To Talk

24/7 Sexual harm helpline
Free call 0800 044 334, free text 4334 or live chat
Email: support@safetotalk.nz
Website: www.safetotalk.nz

5. Support for advice regarding responding to a disclosure

The University of Waikato Student Health Service

A multidisciplinary health team that is available to provide support to students.
Phone: 07 838 4037 (Hamilton)
Website: <https://www.waikato.ac.nz/students/health/>

Employee Assistance Programme (EAP) (Staff)

EAP is available for staff at The University of Waikato. EAP provides free counselling and psychological support. EAP can be accessed via [Benestar](#).

Safe To Talk

24/7 Sexual harm helpline
Free call 0800 044 334, free text 4334 or live chat
Email: support@safetotalk.nz
Website: www.safetotalk.nz

Are You Ok Family violence information line

To find out about local services or how to help someone else (for family violence related sexual violence)
Phone: 0800 456 450 or live chat
Website: <https://www.areyouok.org.nz/>

Shine

Family violence service provider - confidential support, information and professional advice
Free call: 0508 744 633 (24/7) or live chat
Website: <https://www.2shine.org.nz/>

6. Violence Prevention Webpage

<https://www.waikato.ac.nz/students/health/violence-prevention>

7. Internal formal complaints

Complaints are made online via MyWaikato or the [Complaints page](#). Alternatively, staff in the [Student Centre](#) and [WSU student support](#) can also help students with making a complaint.

8. Consent Matters

Students at the University of Waikato have access to an online module via Moodle called [Consent Matters](#). This module supports students' understanding of what consent is, and what their rights and responsibilities are. The module only takes one hour to complete.

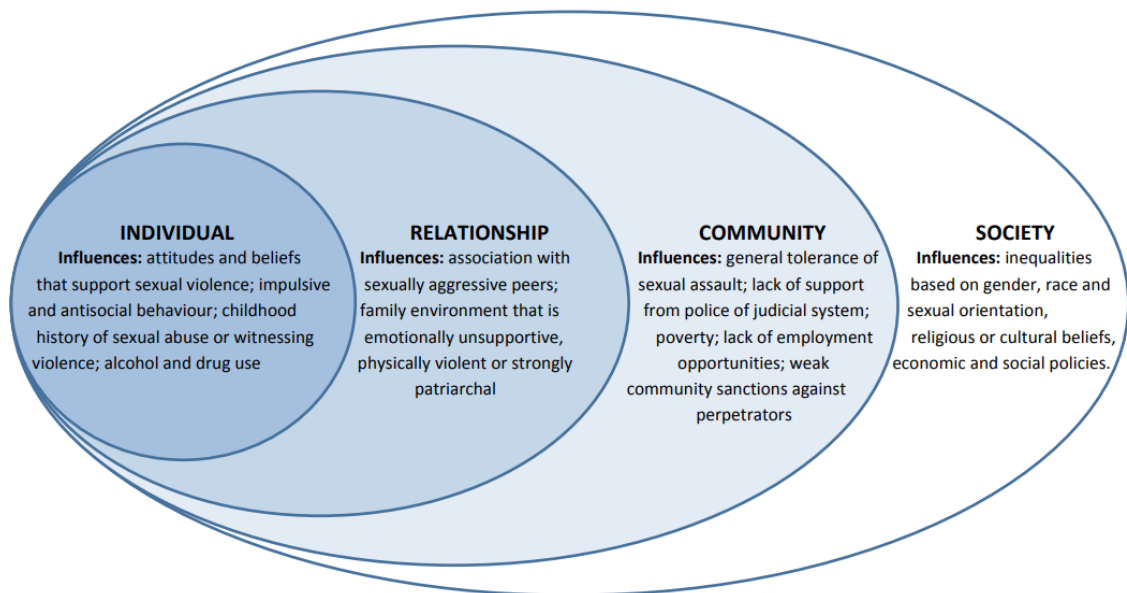
9. Responding to Disclosures of Sexual Violence

Staff and student leaders at The University of Waikato have access to an online module called [Responding to Disclosures of Sexual Violence](#). This module supports staff and student leaders with the knowledge to safely respond to someone who discloses an experience of sexual violence.

Appendix 2: References (*information sources, best practice guidelines etc*)

10. Ecological Model: Risk Factors for Sexual Violence

<https://toah-nnest.org.nz/images/pdfs/EcologicalModelRiskFactorsSexualViolence.pdf>

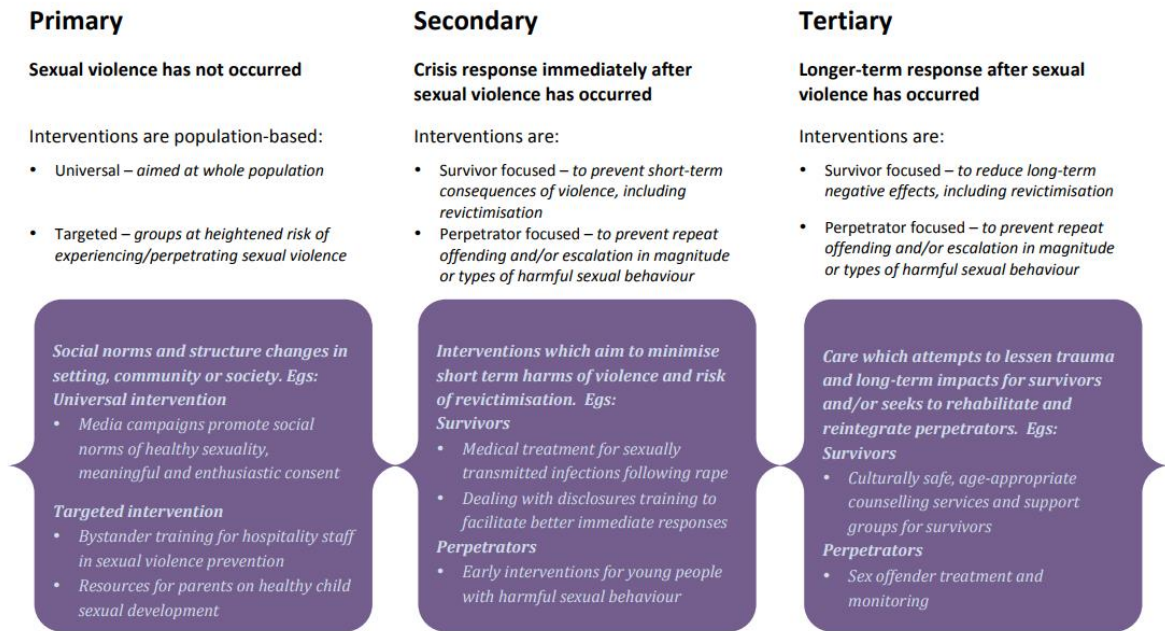


The Ecological Model: Risk Factors for Sexual Violence

Centers for Disease Control and Prevention, 2004

11. Preventing Sexual Violence: Primary, Secondary & Tertiary levels of response

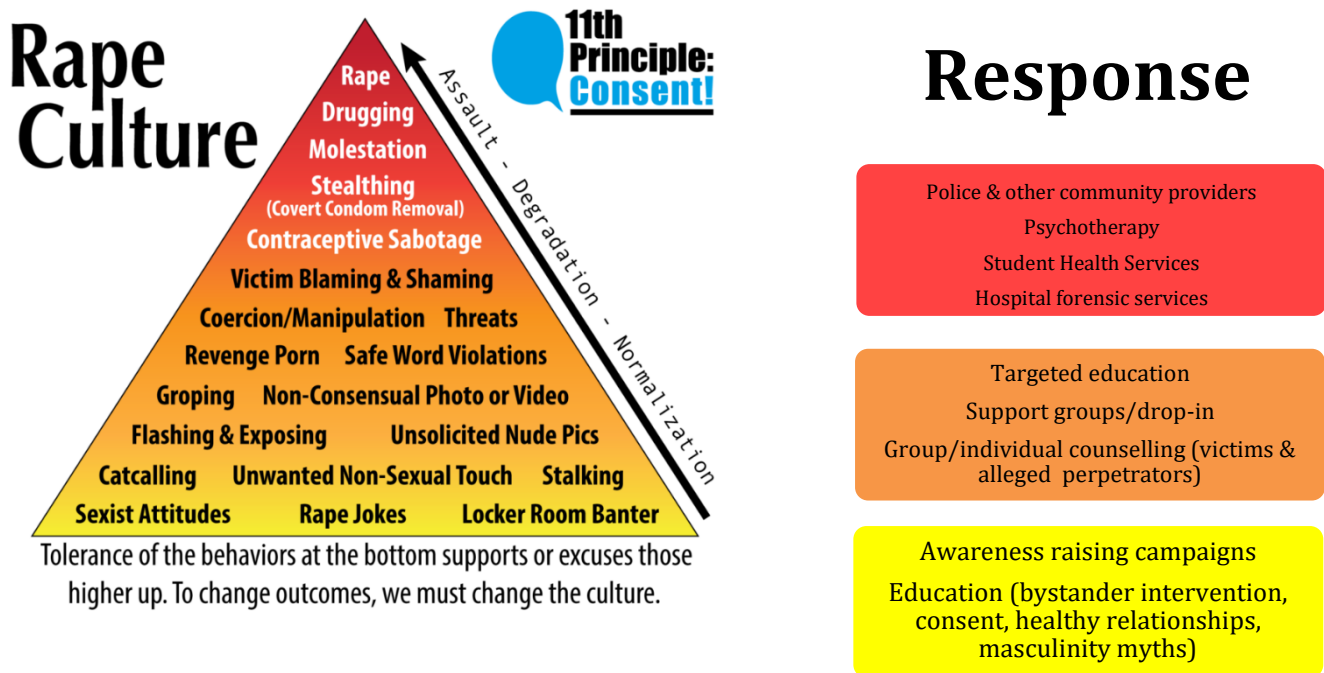
<https://toah-nnest.org.nz/images/pdfs/PreventingSexualViolence.pdf>



Preventing Sexual Violence

The Tauwiwi Prevention Project, 2013
 With thanks to World Health Organisation, Center for Disease Control and Prevention, Taskforce for Action on Sexual Violence and Ministry of Women’s Affairs 2013.

12. Rape Culture Pyramid & Response



13. Self-care

Types of Self-Care






Physical Sleep Stretching Walking Exercise Nutrition Yoga	Emotional Stress Management Coping Skills Compassion Therapy Journaling	Social Boundaries Support System Positive Social Media Communication Friends	Spiritual Time Alone Meditation Prayer Nature Sacred Space
Personal Hobbies Creativity Goals Identity Authenticity	Space Safety Healthy Environment Stability Clean Space	Financial Saving Budgeting Money Management Paying Bills Boundaries	Work Time Management Work Boundaries Breaks

BlessingManifesting

50 Ways to Take a Break

14. Bystander Intervention

The 5 D's of Bystander Intervention

Direct Directly respond to the harassment by naming what is happening 	Distract A simple way to intervene and can derail the incident by interrupting it 
Delegate Ask for assistance, resources, or for help 	Delay Make a difference by checking in with the victim after the fact 
Document It can be really helpful to record an incident as it happens, but only if it is safe 	 

<https://www.slu.edu/about/safety/sexual-assault-resources/pdfs/bystander-intervention.pdf>