



Students
for a
Safer NUS

a guide to:

consent on campus

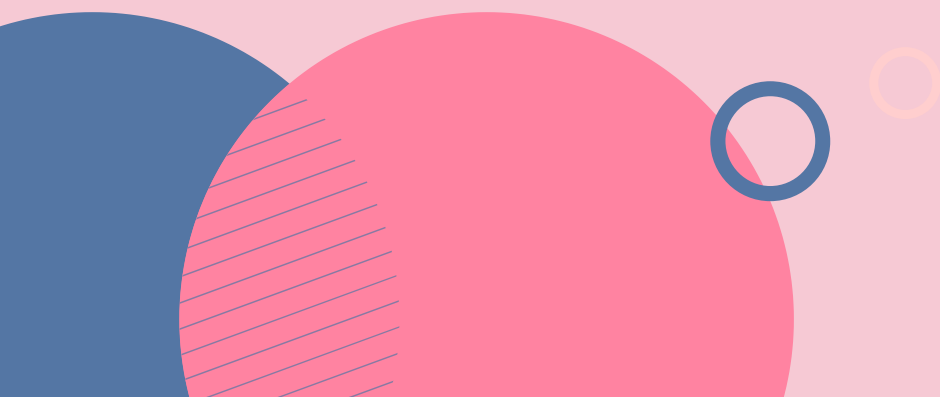
BY STUDENTS FOR A SAFER NUS

This booklet is an independent
resource created by safeNUS.

content warnings: sexual assault, r*pe

overview

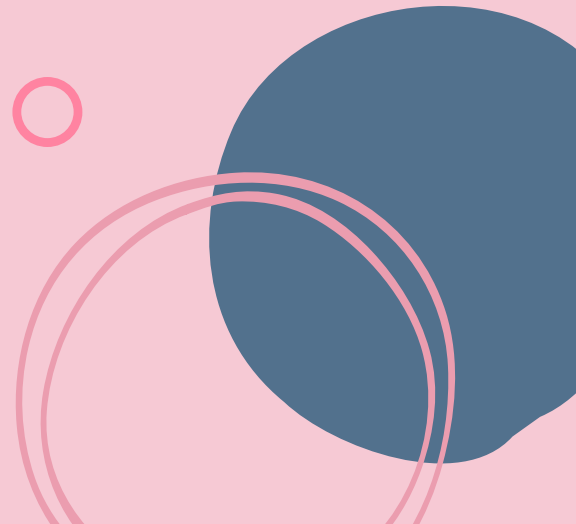
- What is sexual harassment and assault?
- What is consent?
- What is r*pe culture and how can you combat it?
- How can you help support survivors of sexual harassment/assault?
- Who can you reach out to for help and support?



what is sexual assault?



- Sexual assault is any type of sexual activity or contact, including r*pe, that happens without your consent.
- It is never the fault of the victim, no matter what they were wearing, how they were behaving, how much they had to drink, where they are or their sexual history.



what is sexual assault?

Sexual assault can happen to anyone. If the person is not aware of the nature of the consent and/or does not give their full consent at any given time, it is sexual assault.

What it can include:

- Any penetration without consent (e.g. vaginal, oral or anal), using any part of the body (penis, fingers) or object.
- Any unwanted sexual touching, stroking, kissing, groping, etc.
- Unwanted sexual requests, messages or gestures, including electronically, in the workplace or elsewhere.
- Being made to view pornography against your will.
- Unwanted taking and/or sharing of nude or intimate photographs or videos, e.g. upskirting.

what is sexual harassment?

Visual

An assault to the sense of sight in a way that is offensive or uncomfortable for that person

Examples of visual harassment:

- Leering
- Displaying sexually suggestive visuals
- Images/drawings/video etc. depicting the victim in a sexual manner
- Openly displaying sexually posed individuals that is uncomfortable (e.g. calendars and pictures of scantily clad women in suggestive poses placed prominently)

Physical

Making bodily contact with another person in a sexual way

Examples of physical harassment:

- Actual or attempted rape or sexual assault
- Unwanted pressure for sexual favours
- Unwanted deliberate touching, leaning over, cornering, or pinching
- Touching clothing, hair or body in a non-consensual manner
- Touching or rubbing oneself sexually around another person
- Making sexual gestures with hands or through body movements.

Verbal

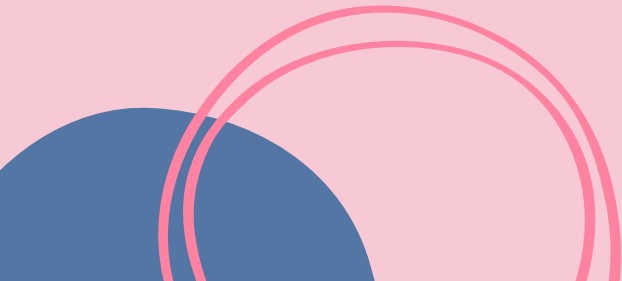
Sexually suggestive remarks, or obscene or insulting sounds

Examples of verbal harassment:

- Whistling at someone, cat calls, making sexual sounds
- Making sexual comments about a person's body
- Repeatedly asking out a person who is not interested
- Telling lies or spreading rumors about a person's personal sex life

what is sexual coercion?



- Sexual coercion is unwanted sexual activity that happens when you are pressured, tricked, threatened, or forced in a non physical way.
 - Anyone can use coercion. It could be from a stranger, schoolmates, friends, significant other or even a family member.
 - It is important to note that sexual activity should always happen with **your consent**. If you are being pressured or coerced into sexual activity, it is considered **a type of sexual harassment** and **against the law**.
- 

what is sexual coercion?

Signs

- Offering you substances (e.g. alcohol) to loosen up your inhibitions
- Tries to normalize their expectations (e.g. "I have a sex drive so you need to keep up")
- Using social norms or pressures to force you into having sex
- Guilt tripping you into consenting to do something that you may not be comfortable with
- You feel threatened or afraid of what might happen if you object
- You question your self-worth because you don't meet their expectations
- Other party persists despite your objections
- Appealing to your emotional side as an attempt to go beyond your sexual boundaries



what is consent?

It is an agreement to participate in a sexual activity with someone.

Before engaging in a sexual activity with someone, you need to make sure they want to engage in sexual acts with you too.

Consenting and asking for consent are all about setting personal boundaries and respecting those of your partner – and checking in if things aren't clear.

consent is **NOT** implied by:

- past behaviour
- what you wear
- where you are e.g the nightclub, a dorm party
- SILENCE

it's as easy as **FRIES**

F

reely given. Consenting is a choice you make without pressure, manipulation or under the influence of drugs or alcohol.

R

eversible. Anyone can change their mind, about what they feel like doing, any time. Even if you've both done it before, even if you're both naked in bed.

I

nformed. You can only consent to something if you have the full story, for example, if someone says they'll use a condom and they don't, there isn't full consent.

E

nthusiastic. When it comes to sexual activities, you should only do stuff you want to do, not things you feel you're expected to do

S

pecific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to another thing (like having sex)

what is r*pe culture?



R*pe culture is stereotyped false beliefs about r*pe that justify sexual aggression and **trivialises the seriousness of sexual violence.**

It's about cultural norms and institutions that protect r*pists, promote impunity, **shame victims** and demand that individuals make unreasonable sacrifices to avoid sexual assault.

how can you combat r*pe culture?

- avoid using language that objectifies or degrades any gender
- speak out if you hear someone making an offensive joke that trivialises r*pe and sexual assault
- if a friend says they have been r*ped or sexually assaulted, take them seriously and be supportive, regardless of their gender.
- always communicate with sexual partners and do not assume consent

what can i do if i or someone i know has been sexually assaulted?

*the following information might be wordy but it is important to know how to seek help



SAFETY IS PARAMOUNT

- Remove them or yourself from the perpetrator and stop all forms of contact with the perpetrator (e.g calls, messages, social media).

FIND THE RIGHT SUPPORT

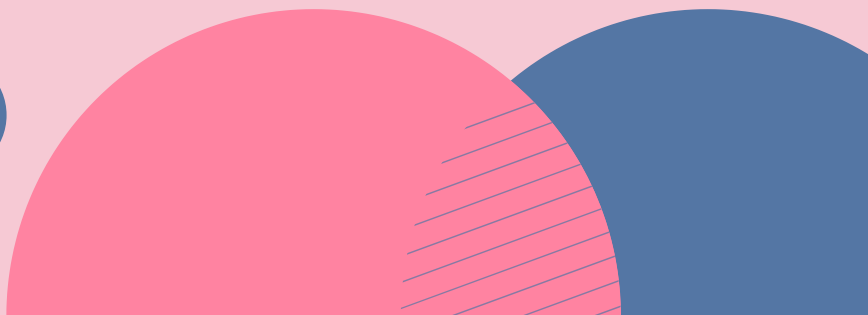
- You can seek support from the Victim Care Unit. They serve as a central point of contact for all NUS students affected by or being affected by sexual misconduct.
- More details on helplines are provided in the section "More Helplines and Resources".

IN THE CASE OF SERIOUS PHYSICAL INJURY

- Call 995
- Immediately head to one of these hospitals for that specialise in assault cases:
 - Kandang Kerbau Hospital (KK)
 - National University Hospital (NUH)
 - Singapore General Hospital (SGH)

STI TESTING

- Action For AIDS (AFA) provides anonymous HIV testing, and would be able to guide you in obtaining medicine to reduce the risk of transmission.
- If you have any questions about contraception, sexually transmitted infections, testing, pregnancy or abortion, the best thing you can do is speak with a doctor at a local clinic or visit the DSC Clinic.



R*PE KIT EXAMINATION

- A R*pe Kit or forensic medical exam can only be done if you have made a police report.
- The police may refer you to have a R*pe Kit Examination at hospital to preserve DNA evidence.
- If you are below 21, the r*pe kit exam will require a guardian's signature.

EMERGENCY CONTRACEPTIVES AND ABORTION

- Emergency contraception is most effective when taken within 24 hours after unprotected sex. Visit a GP within 2 - 3 days should you need the morning-after pill.
- Approximate cost: \$40 - \$50
- There are no age or parental consent prohibitions on abortion in Singapore, unless the patient is over 6 months pregnant.
- Approximate cost: \$800 - \$5000



FILING A POLICE REPORT AND PERSONAL PROTECTION ORDER (PPO)

- You can make a police report anytime after the incident, no matter how long it has been.
- The police will be obliged to investigate whenever a report is made.
- Survivors have the right to:
 - Ask for a private room
 - Ask for a female officer
 - Ask for a translator
 - Refuse a lie detector test
- Family will be involved if they are a crucial part of investigation or evidence collection.
- The AGC (Attorney General's Chambers) functions as public prosecutor.
- You may also seek legal support via one of AWARE's SACC lawyers.

DOCUMENTATION OF ASSAULT OR INJURIES

- As difficult as it might be, avoid washing or changing your clothes after an assault as this would count as forensic evidence.

HOW TO SUPPORT SOMEONE AS A FIRST-AID RESPONDER

- Affirm the survivors' emotions and experience.
- Ensure their safety, be an empathetic listener and ask questions sensitively.
- Refer to appropriate resources.

Remember that ultimately, the decision to take action lies with the survivor, so respect their choices.



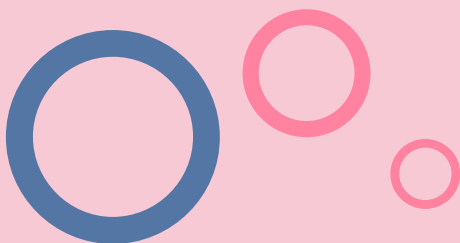
what can i do if i see someone being harassed?

CREATE A DISTRACTION

- Bring the victim away from the perpetrator if necessary.
- If you are unsure with how to engage with the victim, you could pretend to ask for directions or other neutral questions.

CONTACT THE AUTHORITIES

- Inform campus security or a teaching staff.
- If you are not within campus and concerned for someone's safety, call the police.



ACCOMPANY THE SURVIVOR

- Offer to stay with the person if needed.

ENLIST THE HELP OF OTHERS

- Approach the scene with your friends if possible. There is safety in numbers!
- Have someone intervene in your place, for example, escorting the victim to a safe space.
- Enlist a friend of the victim if possible to intervene.

As a rule of thumb, remember:

**Intervene according to the situation
and your comfort level.**

**NEVER put your own safety at risk.
Ensure you are safe before acting.**



who can i reach out to?

Incident
(recent or former)



What are your options?



Talking to someone about
resources available to you and
steps to take

Seeking
immediate
medical support

Make a police
report



NUS Support
Services:
• VCU
• UCS

External Support
Services:
• AWARE SACC
• PAVE (cases
involving
violence)
• Care Corner
(counselling)

Hospital or GP

Call 999 or
SMS 71999

OR



Services to consider:
• STI testing (e.g:
HIV, syphilis, Hep B,
HPV, gonorrhea,
chlamydia)
• HIV Post-exposure
prophylaxis
• R*pe kit (in the
event of sexual
assault)
• Emergency
contraception
• Abortion

Make an
anonymous
report with
the police at:
[https://www.
police.gov.sg
/I-Witness](https://www.police.gov.sg/I-Witness)



Services they offer:
• Advice on how to seek
medical help
• Steps to file for a police
report and PPO
• Contact lawyers for legal
help
• Counselling

more helplines and resources:

VICTIM CARE UNIT (VCU)

General Helpline: 6601 4000
Mon - Fri, 9am - 5pm
<https://victimcare.nus.edu.sg>

*VCU is a dedicated point of contact for NUS students only.

AWARE'S SEXUAL ASSAULT CARE CENTRE (SACC)

General Helpline: 1800 777 5555
Mon - Fri, 10am - 6pm

SACC Helpline: 6779 0282
Mon - Fri, 10am - 10pm
Whatsapp available at 9781 4101
from Mon - Fri, 10am - 7pm

NUS COUNSELLING SERVICES (UCS)

UCS Helpline: 6516 2376
Mon - Thurs, 8.30am - 6pm and
Fri, 8.30am - 5.30pm (KR Campus)

Wed, 8.30am - 6pm (BT Campus)

*Counselling is FOC for all NUS students.

**OOGACHAGA (LGBTQ+
AFFIRMING ORGANISATION)**

Whatsapp Counselling: 8592 0609

Mon – Thurs, 7pm – 10pm

Sat, 2pm – 5pm

*Hotline Counselling and
Women on Wednesdays Hotline
are temporarily suspended.

Refer to <https://oogachaga.com>
for more updates.

**CARE CORNER
COUNSELLING CENTRE**

General Helpline: 6353 1180

Mandarin Counselling Hotline:
1800 3535 800

The Mandarin Hotline operates
daily from 10am – 10pm, except
on public holidays.

**SAFE SPACE
SINGAPORE**

Professional counsellor
matching for topics including
LGBTQ+, addiction,
relationships and grief.

Email at contact@safespace.sg.

**REACH COUNSELLING
CENTRE AT SHUNFU**

General Helpline: 6801 0730

Mon – Fri, 9am – 6pm

*Counselling is also available
from Mon – Wed, 6pm – 9pm and
Sat, 9am – 1pm
by appointment only.

**SINGAPORE COUNSELLING
CENTRE**

Helpline / Whatsapp: 6339 5411

Front Desk Hours are from:

Mon – Fri, 9am – 7pm

Sat, 9am – 5pm

Face-to-Face / Video Counselling Hours are from :

Mon – Fri, 9.30am – 8pm

Sat – Sun, 9.30am – 5pm





This booklet is produced as part of Students for a Safer NUS' efforts to combat sexual harassment and assault on campus. This resource would not have been possible without the effort of our team, as well as the past work and contributions of AWARE, RAINN, Inter-University LGBT Network and NUS VCU.

Students for a Safer NUS (safeNUS) is a student run, student led community in NUS working to improve the way NUS handles sexual violence, as well as to advocate for a safer and more inclusive campus for all.

We aim to achieve our goal through community-led efforts in:

- **Outreach:** Raising awareness and understanding of consent culture and inclusivity on campus.
- **Support:** Creating a safe space and community for students to reach out for help, peer support and advice.
- **Literacy:** To conduct discussions and seminars and create resources to better inform others about campus sexual violence.
- **Research:** Conducting research to advocate for more inclusive policies to combat r*pe culture on campus.



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[@safe.nus](https://www.instagram.com/safe.nus)



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