

REVISITING CONSENT

B  **YOND**

Harassment and Violence
Support Service,
University of Cambridge

WHAT WE'LL COVER TODAY

1 Introductions & Framing

2 Why Do Boundaries
Matter?

3 Revisiting The Meaning
Of Consent

4 Sexual Violence & Myths

5 Signposting & Reflections

CONTENT
WARNING
CONTENT
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CONTENT
WARNING

We may be discussing some topics that can be heavy and sensitive.

Though we will be doing so with **care** and **compassion**, in the hope we can support each other better.

It's okay to step out of the conversation at **any** point.

TRIGGER
WARNING
TRIGGER
WARNING
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WARNING

During this workshop there will be discussion of sexual violence, including sexual harassment and sexual assault.

There will be no graphic details relating to violence, sexual harassment or sexual assault.

This is not necessarily the place for personal disclosures of violence or assault.

We will be providing you with signposting at the beginning and end of the workshop.

WOLFSON COLLEGE SIGNPOSTING

- Wolfson College have a designated Harassment Contact: Professor Susan Robertson
- She is contactable at slr69@cam.ac.uk
- You are also able to contact your tutor or any of the wellbeing staff with any issues
- They will be able to signpost you to support

CAMBRIDGE SIGNPOSTING

- The University has a [Harassment and Violence Support Service](#) (HVSS) which includes Sexual Harassment and Violence Advisers and a Racial and Religious Discrimination Adviser who can provide both emotional support and practical guidance on the options available, regardless of when and where the incident took place.
- The [University Counselling Service](#) can also provide support to those who have experienced sexual violence.
- [The Elms](#) is Cambridge's SARC (Sexual Assault Referral Centre). SARCs provide these services for those who've experienced sexual violence and collect forensic evidence without immediately involving police. They can store your DNA for 7 years to decide if you would like to report.
- Practical and emotional support external to the university can also be given by [Cambridge Rape Crisis Centre's](#) (CRCC)
- [The Havens](#) has [guidance for supporting someone close to you](#) who has experienced sexual violence

INTRODUCTIONS

Name

Pronouns* (**if comfortable doing so*)

One Word Feeling

Highlight of Your Week

SESSION
GUIDELINES
SESSION
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SESSION GUIDELINES

respect

Confidentiality

Questions are
fantastic

Honest & Non-
Judgemental

presence

Holding space for
others

Ongoing –
learning doesn't
stop today

**use 'i'
statements**

Self-care and
collective care

Anonymous -
especially about
other people

BOUNDARIES
ACTIVITY
BOUNDARIES
ACTIVITY
BOUNDARIES
ACTIVITY
BOUNDARIES
ACTIVITY
BOUNDARIES
ACTIVITY
BOUNDARIES
ACTIVITY
BOUNDARIES
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BOUNDARIES
ACTIVITY

???
IN
PAIRS

Why do boundaries
matter?

UNDERSTANDING CONSENT:

Where have you talked about consent before?

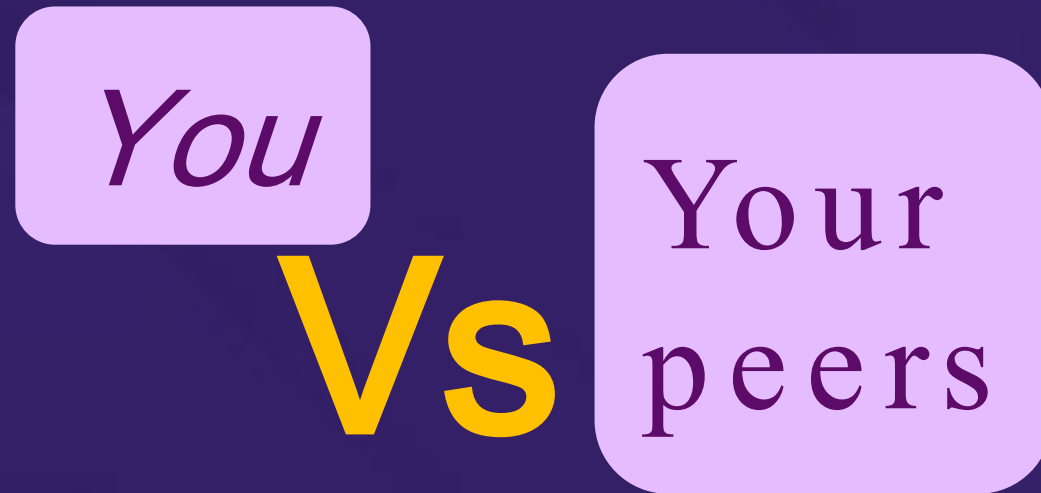
Educational
Settings

Family

Friends

Partner/ Potential
Partner

UNDERSTANDING CONSENT:
How well do you understand consent?



what are some of the key words
in the definition of CONSENT?

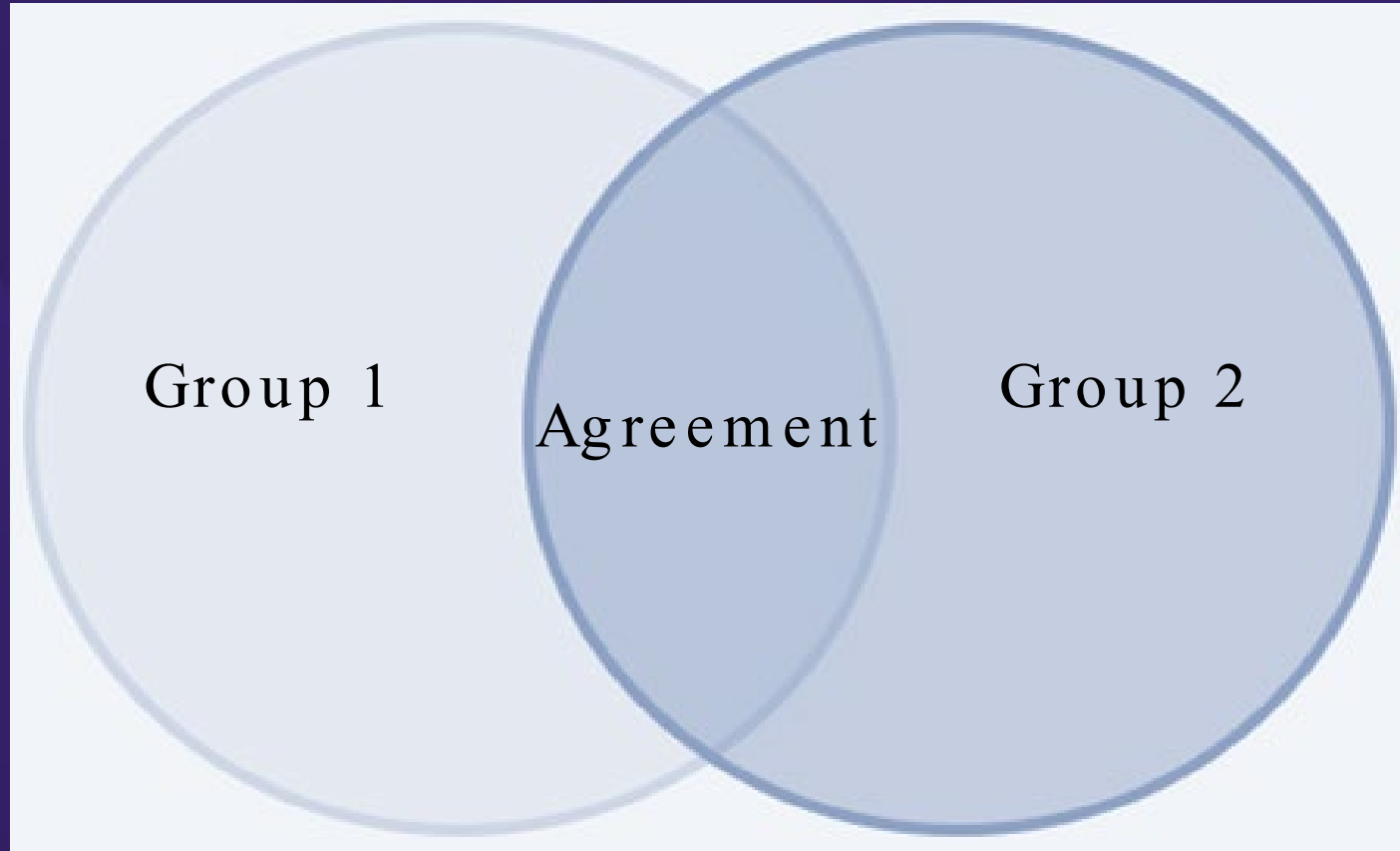
CHOICE

FREEDOM

CAPACITY

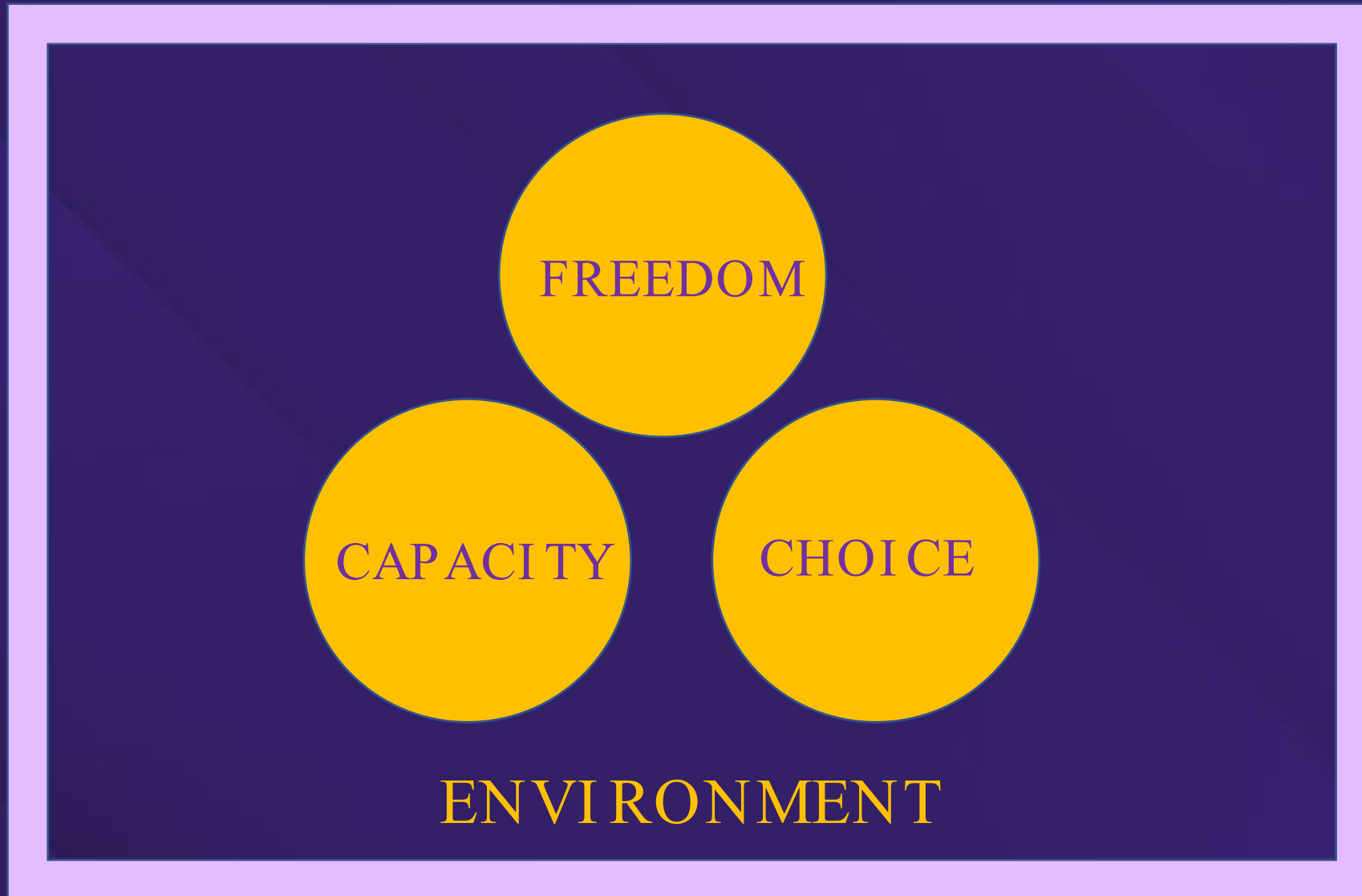
A person consents if they agree "by **choice**, and have the **freedom** and **capacity** to make that choice".

CONSENT as a *transaction*



Active Listening

CONSENT as an *environment*



Assumed

Coercive

Unclear

what consent *isn't*?

Pressured

Intoxicate
d

Deference

Abuse of Power

CONSENT
FLIRTING **Vs**
HARASSMENT

BREAK

Sexual Harassment

Behaviours which has the purpose or effect of violating someone's dignity, or creates an intimidating, hostile, degrading, humiliating or offensive environment.

Sexual Assault

One person touches another, and that touching is sexual and done without a reasonable belief in consent.

SEXUAL VIOLENCE

How is it done?

What is it about?

Who can it happen to?

MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS
MYTHS

Sexual violence
can't happen in a
relationship

Only men commit
sexual violence/ men
can't be victims

Consent kills
the mood

Sexual violence
happens because
someone is
attractive,
or looks a certain
way

It's not sexual
violence, it's just
a joke/ everyone
does it

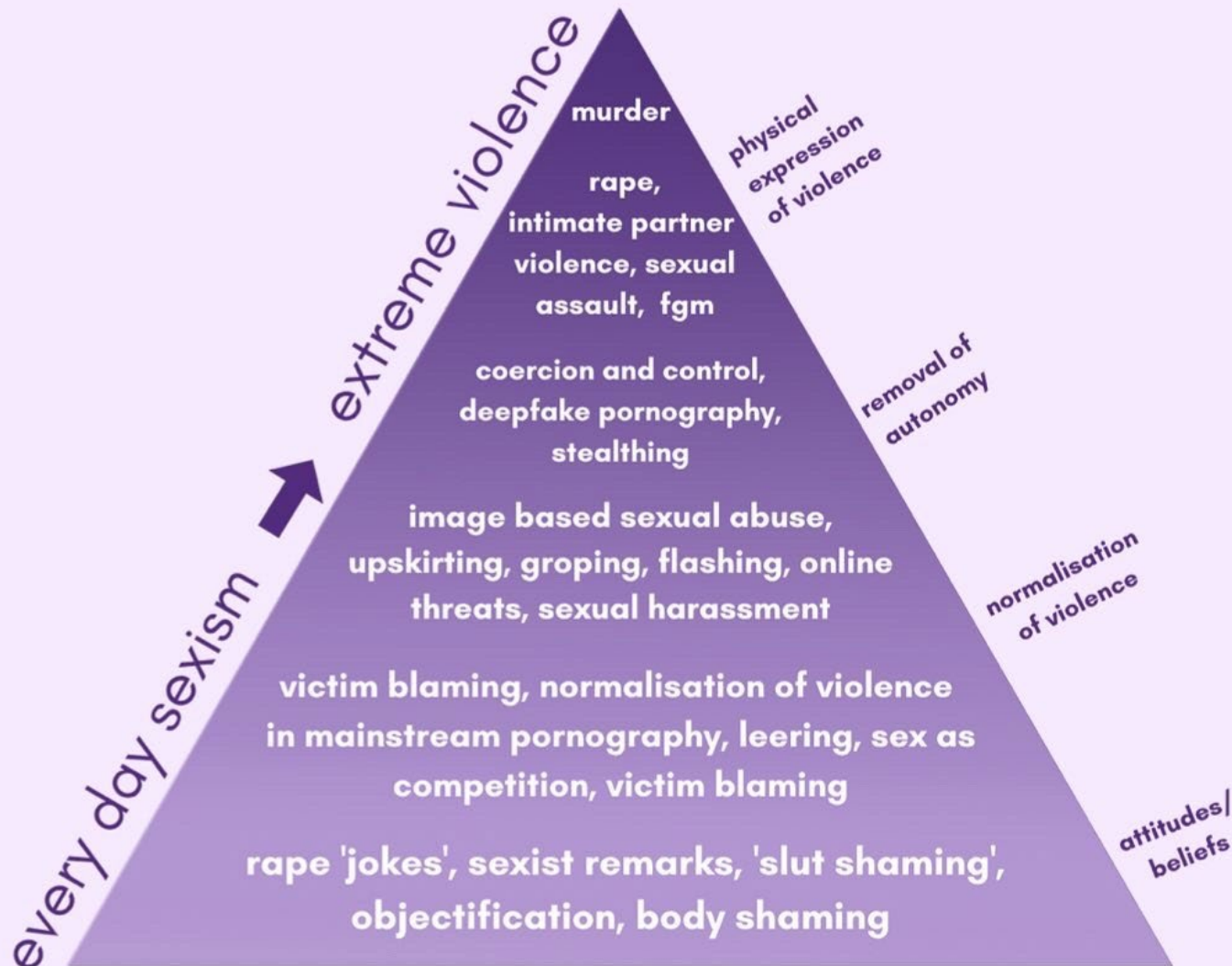
MYTH BUSTING



Have you ever heard any of these views?

What could lead yourself or others to believe these statements?

How may they undermine consent & perpetuate sexual violence?



The pyramid of men's violence against women

THE LANDSCAPE

- The context that makes our work so important
- This is the issue. This is what we are dealing with: a continuum of violence that is interconnected and completely normalised.

what makes you feel *comfortable* to
express how you feel in a situation?

what makes you feel un*comfortable* to
express how you feel in a situation?

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NATIONAL SIGNPOSTING

Rape Crisis England & Wales 24/7 Helpline - 0808 802 9999

Providing support to those affected by sexual harassment and violence. Webchat service available.

National Domestic Abuse 24/7 Helpline - 0808 2000 247

Providing emotional and practical support to find out your options. Webchat service available.

Galop - 0800 999 5428

National Helpline for LGBT+ Victims and Survivors of Abuse and Violence

Safe Lives – Support and Counselling for survivors + a dedicated Helpline for male victims of domestic abuse

National Stalking Helpline (Suzy Lamplugh Trust) - 0808 802 0300

Karma Nirvana – 0800 5999 247

Helpline and support for those affected by (so-called) Honour Based Abuse

FEEDBACK FORMS

<https://bit.ly/CambridgeConsent>



REFLECTIONS: take a moment

head



a thought, reflection or something you will remember from today

heart



how are you feeling emotionally?

hands



what will you actually do with what you've learnt today?

get
involved

www.beyondequality.org



@beyond_equality



@beyond_equality



beyondequality

B  **EQUALITY** **Y O N D**

**Harassment and Violence
Support Service,
University of Cambridge**

THANK YOU