

# Sex, Safety and Respect at UniSC



*FUN*damentals  
to play it safe



**Safer Communities**

Tel: 07 5430 1226

Email: [safe@usc.edu.au](mailto:safe@usc.edu.au)



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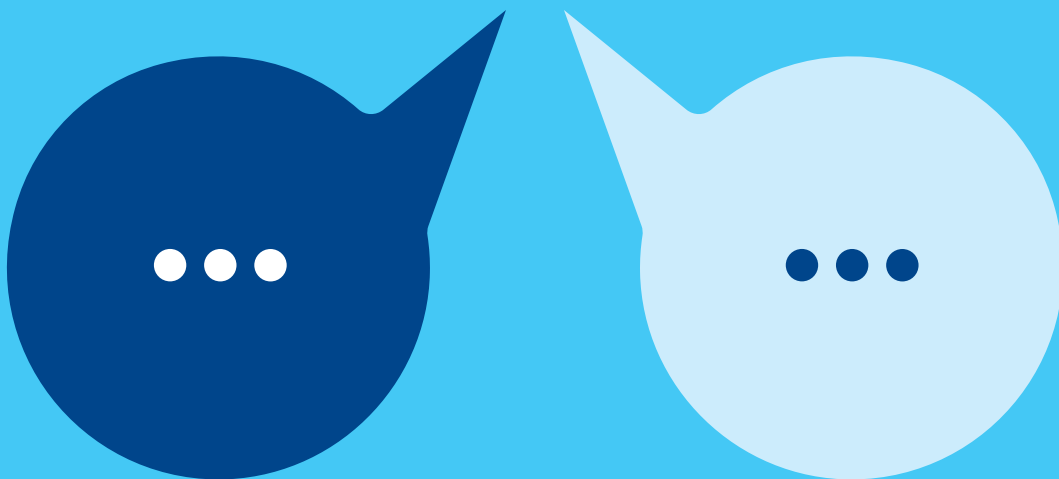
# Who can I speak to at UniSC?

## Student Wellbeing

UniSC has designed its support services with the student in mind. **Student Wellbeing** have trained staff ready to support you and help determine which service best meets your need. Whether it's support for your mental health, disability or a fast-track referral to another service, you can book a confidential call back online by scanning the QR code.



There are also many wellbeing resources on the **Student Portal** you may find useful – we encourage you to take a look!



## Safer Communities

**Safer Communities** provides students with confidential support and advice on concerning behaviour, such as bullying, harassment, sexual assault and domestic violence. We provide information about reporting concerns informally or formally, and reporting to other entities, such as the **Queensland Police Service.**

Safer Communities can also support you to manage conflict between yourself and other students. We will work with you to develop safety and support plans to ensure you feel comfortable on campus and in learning spaces.

**Contact Safer Communities** via Student Wellbeing:  
07 5430 1226 | [safe@usc.edu.au](mailto:safe@usc.edu.au)

## SafeUniSC Security

**SafeUniSC** are available 24 hours a day and can be contacted for support in relation to an emergency or injury, immediate first aid, security matters, building access and safety escorts.

The **SafeZone app** can connect you with SafeUniSC when you are on any UniSC campus. The app is used to send out important information about incidents or emergencies that might impact students at UniSC.

Scan the QR code to download the free **SafeZone App** and register with your UniSC email address.

**Security 24 hours:** 07 5430 1168



Android



iOS

## Student Guild

The Student Guild is a not for profit organisation that is governed by a committee of elected students working alongside a team of professional staff. The Guild provides a range of support to students including:

- Student advocacy and support
- Confidential welfare service
- Foodbank and community kitchen
- Free legal referrals
- Recreational activities and events
- Clubs and societies

**General enquiries:** 07 5456 3769 | [studentguild@usc.edu.au](mailto:studentguild@usc.edu.au)

**Welfare:** 07 5456 3741 | [welfarestudentguild@usc.edu.au](mailto:welfarestudentguild@usc.edu.au)

**Advocacy:** 07 5456 3742 | [advocacystudentguild@usc.edu.au](mailto:advocacystudentguild@usc.edu.au)

# What about community support?



## Counselling services

### Cultural Healing Program

for Aboriginal and Torres Strait Islander people over 18 .....	07 5450 4700
<b>Dads in Distress</b> .....	(24hr) 1800 853 437
<b>QLIFE – LGBTIQ+ support</b> .....	(3pm–midnight, 7 days) 1800 184 527
<b>Gambling Helpline</b> .....	(24hr) 1800 222 050
<b>Mensline</b> .....	(24hr) 1300 789 978
<b>Parenting Counselling Service</b> .....	1300 301 300
<b>Pregnancy Counselling Australia</b> .....	(24hr) 1300 737 732
<b>Relationships Australia</b> .....	1300 364 277

## Sexual assault counselling and support

<b>Laurel Place – Maroochydore</b> .....	07 5443 4711
<b>Laurel Place – Moreton</b> .....	07 5499 209
<b>Laurel Place – Gympie</b> .....	07 5482 7911
<b>Wide Bay Sexual Assault Service</b> .....	07 4121 5999
<b>Statewide Sexual Assault Helpline</b> .....	1800 010 120

## Drug and alcohol counselling

<b>Alcohol and Drug Information Services</b> .....	(24hr) 1800 177 833
<b>Family Drug Support Help Line</b> .....	1300 368 186
<b>Teen Challenge QLD</b> .....	07 3422 1500

## Domestic and family violence support

<b>DVConnect (Women’s line)</b> .....	1800 811 811
<b>DVConnect (Men’s line)</b> .....	1800 600 636
<b>ScopeDV (Sunshine Coast)</b> .....	07 5430 9300
<b>Brisbane Domestic Violence Service</b> .....	07 3217 2544
<b>Centacare (Fraser Coast)</b> .....	07 4194 0172
<b>Centre Against Domestic Abuse (CADA)</b> .....	07 5498 9533
<b>Yoorana Women’s Domestic Violence and Resource Service</b> .....	07 4122 2218

## 24-hour support services

<b>Mental Health Support</b> .....	1300 642 255
<b>Queensland Sexual Assault Helpline</b> .....	1800 010 120
<b>Domestic Violence</b> .....	1800 811 811
<b>Gambling Helpline</b> .....	1800 858 858
<b>Suicide Call Back</b> .....	1300 659 467
<b>Beyond Blue</b> .....	1300 224 636

**Emergency  
services**

**000**

(Police, Fire,  
Ambulance)

# Is this behaviour okay?

We want everyone at UniSC to feel safe, comfortable and supported. **Bullying, discrimination, harassment** and **stalking** are not acceptable behaviours within the UniSC community.

## Remember!

It does not matter if you are on campus, on placement or at a UniSC function. These behaviours are a huge no-no! If you need support regarding bullying, harassment or discrimination you can contact Safer Communities to have a confidential conversation about your concerns.

You can also report your concerns confidentially via a Safe Form by scanning the QR code.





## What is bullying?

Bullying is any repeated and unreasonable behaviour directed towards a group or individual.

Bullying behaviours can include:

- spreading rumours about someone else
- comments that are threatening, abusive or just nasty!
- excluding someone from a study related activity
- not allowing someone access to resources they may require to complete their work.

Disagreement or low-level conflict is not considered bullying. It is normal to disagree with others, and you can expect this may happen throughout your time at university. If you need help to manage conflict, you can seek support from **Safer Communities**.

Bullying can happen in person, through text/email or through online and social media platforms. If you are experiencing bullying it is normal to sometimes feel alone or helpless. Please know there is support available and you can reach out to us at any time! [safe@usc.edu.au](mailto:safe@usc.edu.au)

## What is discrimination?

Discrimination is when someone is treated 'less favourably' because of a specific attribute, such as gender, race, age, sexuality or disability.

Direct discrimination is when someone is disadvantaged or treated less favourably than another person. Indirect discrimination occurs when a policy or practice treats everyone the same way — on the surface this may seem fair, however it can disadvantage people from a particular group.

## What is harassment?

Harassment is any form of unwelcome behaviour, not asked for, not reciprocated and usually (but not always) repeated. This behaviour is likely to cause offence or humiliation and can be intimidating.

If someone has made it known they do not wish for you to contact them and you continue to do so, this is harassment. If you are experiencing harassment it is important to remember it is not your fault and you are not alone.

## What is stalking?

Stalking is when someone continues to act in a way that repeatedly causes another person harm or to fear for their safety. Stalking behaviour can include:

- following, watching
- repeatedly contacting them either online, via text, email or phone calls
- hanging around outside their home or work
- seeking information about them, or monitoring their behaviours via internet, family or friends.

If you are concerned about stalking, it is important to tell someone about it and seek help as soon as possible for SafeUniSC to assist you.



### What happens when I make a report to Safer Communities?

Your details and experiences will remain completely confidential. If there are exceptional circumstances (when there is a chance yourself or others may be harmed) and details need to be disclosed — don't worry, we will always discuss this with you first!

The service will let you know all the support options available to you and help you to decide what to do next.

# Healthy vs unhealthy relationships

As we grow and change, our relationships (romance and friendships!) do as well. Sometimes they grow with us and support us, and sometimes they grow apart – and that’s okay! Relationships are a big part of our lives, so it is important to make sure this part of your life supports you and your studies.

If you’re noticing more from the **“not so good things”** area in your relationship, it is important you recognise this and reach out for support if required! Unhealthy relationships can affect our mood, focus, motivation, social connections and overall wellbeing. It is important to love and support yourself before you focus on loving and supporting someone else.

## Good things!



- Have honesty.
- Have a fair exchange of give and take when it comes to responsibilities, chores and taking care of each other.
- Understand there are good times and not so good times. This is normal.
- Respect boundaries that are set.
- Respect each other's privacy including each other's phones, laptops and social media passwords.
- Have enjoyable, consenting sex.
- Enjoy spending time both together, and apart.
- Appreciate and respect each other's differences.
- Have apologies and acknowledge responsibility when mistakes are made.
- Support each other.
- Take time to listen to each other.

## Red flags



- Over the top jealousy about others.
- Make fun of you or embarrass you intentionally.
- Tell each other what to wear, how to act, what to say, where not to go, etc.
- Isolating from friends and family, including asking partner to block people on social media.
- Constantly check up on you.
- Angry if you don't answer straight away or reply to messages straight away.
- Use your passwords or pin numbers without permission.
- Force you to give up your passwords saying things like; "if you have nothing to hide why does it matter".
- Pressure you to use drugs or alcohol.
- Pressure you to skip class or ignore studies to be with them.
- Pressure you to have sex and getting angry when you don't.

## Setting boundaries

Setting boundaries is knowing what you will allow in relationships, what you won't allow, and communicating these points in a safe way for you. You can, and should set boundaries in areas of your relationships where you feel there are concerns.

### This could look like...

**Time:** I will spend time with my partner and with my friends.

**Communication:** I won't be yelled at. If yelling occurs, I will walk away from the conversation.

**Making time for friendships:** I need some time with my friends without you, and you should have the same. It's healthy for us to have time apart.

**It could be family:** I will tell my family about us when I am ready. I appreciate you already told your family about us. It's important to me to do it when it feels right.

**It could be eating:** I love that you're excited to get takeout again. I'm going to cook as I feel like eating at home.

**It could be money:** I don't like letting my savings go below a certain amount. I know you want me to pay for this, but my budget doesn't allow for it.

# I'm having some trouble where I'm staying!

It is important to feel safe where you live. So, what should you do if your living situation is not great? There are a number of steps you can take to resolve issues with your living situation.

## Have you tried...?

**Roommates:** If you feel safe, talk to your roommates about any small issues – before they become big ones! When you first start living together, you might want to set out some “house rules” or expectations.

**On-site Management:** If you live in one of the student accommodation centres, you should talk to your on-site management about what is going on. They are often the first step in getting your issues resolved.

**Student Guild:** The Student Guild can assist with tenancy issues that are unable to be resolved directly. The Student Guild can advise you on your rights, help interpret your lease agreement or support you through contact with the RTA or QCAT.

**RTA:** The Residential Tenancy Authority website provides advice about your rights as a tenant in Queensland, and links to many forms. Visit [rta.qld.gov.au](http://rta.qld.gov.au)

**QSTARS:** The Queensland Statewide Tenant Advice and Referral Service is a free service for renters in Queensland. You can contact them on 1300 744 263.

**Tenancy Skills:** The Queensland Government offers a free, online tenancy skills course. If you are getting ready to move, why not complete the course? To enrol in the course or to find out more, visit [tenancyskills.com.au](http://tenancyskills.com.au)



## Breaking a lease

**It is very difficult to break a lease without grounds or by mutual agreement.**

**Grounds can include:**

- Non-liveability
- Unremedied breaches of your tenancy agreement
- Lessor's (eg your landlord) intention to sell within two months of the start of your lease.

**If you have exceptional circumstances, you may apply to the Queensland Civil and Administrative Tribunal (QCAT) to request an order to terminate your tenancy agreement. Exceptional circumstances may include:**

- Excessive hardship
- Damage or injury by the lessor or co-tenant
- Harassment, intimidation or abuse by the lessor
- Domestic violence

**Your tenancy or rooming agreement will set out the conditions for breaking a lease, which may involve:**

- A break lease fee
- Advertising fees
- A re-letting fee
- Paying out the remainder of your lease
- Providing supporting documentation
- Providing written notice on a specific form

## Things to remember!



- Never sign anything you haven't read or don't understand. A contract/tenancy agreement/rooming agreement is a legally binding document.
- Tenants and roomers/boarders have different rights. Which one are you?
- If your landlord has taken a deposit, they MUST lodge it with the RTA.
- Complete your entry condition report carefully and thoroughly! You must leave your accommodation clean, and in the same condition as when you first moved in. Take photos of any damaged or dirty areas.
- Many places offer a discount for upfront payment of rent. Consider the pros and cons of this arrangement before making a decision.
- Get all correspondence about a tenancy dispute in writing.

# Sex and consent

The world of sex is big and complex and there are lots of things you might think about. What do you like, who are you attracted to and what are you curious about... just to name a few! Curiosity about sexuality is completely normal and your preferences may change over time.

If you're not thinking about sex right now, that's also completely normal. Don't compare your experience to your friends or others. You might be surprised many other people feel the same way you do!

If you are interested in sex, **CONSENT** and **COMMUNICATION** are the two most important things!



Always listen to your sexual partner's responses. Respecting your partner's responses and signals is an essential part of consent and good sex.

Consent is an enthusiastic, voluntary and intentional **“YES”**. It can be revoked at any time. It is not the absence of **“NO”**, and it is **NOT** implied.

### If you didn't know...

**“Stop”** means **NO**

**“Don't”** means **NO**

**“I'm not interested”** means **NO**

**Drunk or drug impacted** means **NO**

**Passed out** means **NO**

**No response** means **NO**

**Crying** means **NO**

**“Get lost/away from me”** means **NO**

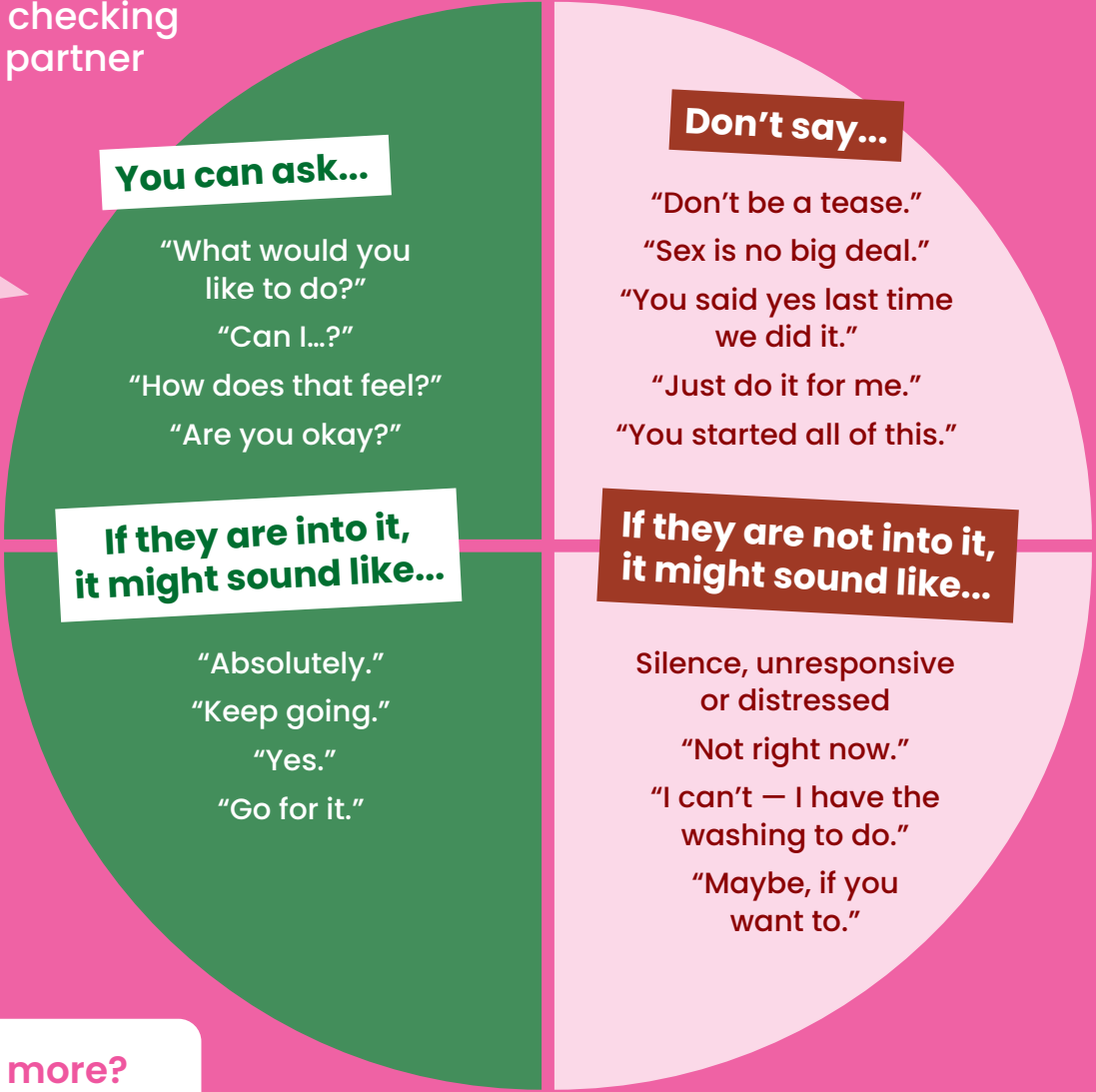
**“I'm not ready”** means **NO**

**Pushing you away** means **NO**

**“Not yet”** means **NO**

**NO means NO**

Some tips about having good sex and checking in with your partner



**Want to know more?**  
Complete the **Respect at UniSC** online training module.

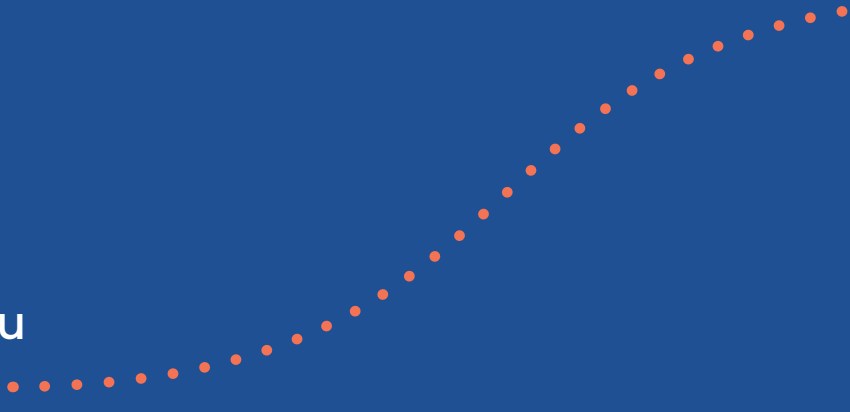
# Sexual assault

Sexual assault is **ANY** unwanted or forced sexual act or behaviour without a person's **informed consent**.

Sexual assault and harassment are against the law.

There is no correct way to react to sexual assault.

**Sexual assault is a crime.**

Sexual assault is never the fault of the survivor and you can always seek support. 



### Sexual assault is indiscriminate

Most survivors of sexual assault are female, however sexual assault happens across all genders, religious and ethnic groups, socioeconomic factors and geographical locations.

### No one asks to be sexually assaulted

It's wrong to think someone encouraged a sexual assault because of how they dress, how they behaved or the amount of alcohol they have drunk – it is always the fault of the perpetrator.

### Perpetrators are often known to the survivor

They can be a relative, friend, intimate partner, co-worker, student, teacher or neighbour.

Sexual assault includes unsolicited attention, harassment or suggestions of a sexual nature. It includes sexual acts that use intimidation, coercion or force to exercise power or deny someone's **right to choose**.

Sexual assault can be a one-off event or part of a pattern of violence and includes things like:

- Unwanted touching
- Rape
- Stealthing (covertly removing a condom)
- Groping or rubbing up against someone
- Flashing/exposing

## Where can I get support?

- Safer Communities
- Student Wellbeing
- Specialist Sexual Assault Services

## What will happen if I tell Safer Communities or Student wellbeing?

A qualified worker will arrange to have a private, confidential conversation with you. The worker will discuss immediate safety and medical issues with you and link you in with specialist services such as counselling, academic and other support as needed.

# Sexual assault and harassment law enforcement reporting options

**There are a range of options  
for formally reporting  
your experience to law  
enforcement.**

**You have choice and options,  
and we have specialist staff  
to support you in making  
your decision.**

## Next steps

For victims/survivors or for individuals worried about someone impacted by sexual violence, download a copy of the Queensland Police Service (QPS) publication:

**“A guide for victims of sexual violence — my questions and my choices”**



## I want to make a report

I want to talk to the police or make a report (includes links to all state police):

➔ To report a sexual assault, use the QPS online report form.



➔ For survivors of a sexual assault, use the QPS Alternative Reporting Option (ARO).



# The online world

**Phones, laptops, tablets and watches** – we have so much technology readily available to us, it's easy to see why we are starting to live on our screens. The online world is exciting and convenient. However, with the fast paced and ever-changing nature of tech, there are some wellbeing and safety points you should be aware of.

Your **social media presence** can present new challenges and safety considerations. UniSC expects social media to form part of a safe, inclusive, diverse, and supportive environment when used as part of employment, study, or other identifiable association with the University.

You are required to use social media in a respectful, courteous, and professional manner, and to comply with relevant legislation, regulatory obligations, and University policies and procedures.

## Cyber bullying

Cyber bullying is repeated and intentional behaviour online that is harmful to others. Cyber bullying can take place over the phone, email, through instant chat, on social media apps and dating/hook-up apps.

### Cyber bullying is considered a crime in Queensland if it involves using a phone or the internet to:

- Make threats.
- Stalk someone.
- Menace, harass or seriously offend someone.

## Don't be a troll!

Trolling is when someone intentionally posts or comments controversial or provocative things to get a reaction from others. Trolls can be mischievous and have intent to raise awareness of social issues. However, this type of online activity can provide a platform for others to spread hateful and harmful messages. It's best to steer clear and avoid trolling behaviour.

### What to do?

- Don't comment or share.
- Block and report!
- Talk to someone for support.

## Your digital footprint

Have you ever posted an embarrassing picture of yourself or your friend online? Try and think of your social media profiles as a part of an application – would you hand over the content you can see to your landlord? Future employers? Universities? Your mum?

### Some tips to keep your digital footprint clean and tidy:

- Set up to approve "tag requests" before they go on your wall – say no to photos you wouldn't want grandma to see!
- Double check those privacy settings to see what information you are sharing.
- Accept friend requests only from people you know and trust.
- View your profile from someone else's account, google yourself, be interested in what others can see.
- Ask your friends to remove content or photos you don't like – or request the site to take them down.

## Keep your online accounts private and secure

- Do a privacy check on all your social media accounts, check where you've been logged in and if there is any unusual activity.
- Check any unusual emails that ask for personal information – make sure the email address is legit – email the company if you are unsure.
- Don't add people on social media that you do not know.
- Keep your passwords private and try not to use the same password for all your accounts.
- Make sure you log out of your accounts when you are using a device that isn't yours, or one that is shared.



# Dating online

- **Do it!** If you want to. **Don't** if you don't.
- **Don't feel pressured** to join an online dating app just because your friends have.
- **Have fun,** meet new people and enjoy yourself.
- **Set up some boundaries for yourself.** Make the experience what you want it to be.
- **Decide what you want from the experience.** Do you want a romantic relationship, casual intimacy or maybe just to make a friend?
- **Ask the other person what they are looking for.** What are their expectations?
- **Organise to first meet** the person in a public place.
- **Do let someone know (eg a friend or flatmate)** when and where you plan on meeting. Let them know what time you are expected to be done.

## What if something doesn't feel right?

- Trust your instincts.
- Never do anything that makes you feel uncomfortable or unsafe.
- Talk to your friends about what's happening. Be open and honest.
- Check the dating site's terms and conditions. Report any behaviour that is not okay!
- Ask for help! Speak with someone from the Safer Communities.
- If you have immediate concerns for your safety you should contact emergency services on 000 (triple zero).

## Nudes

Sending nudes can be fun and exciting. If you choose to do this, it is important you do so in a way you feel safe and comfortable.

### A couple of tips to consider:

- Never send a nude photo to someone without first seeking their consent.
- Sharing a nude picture of someone else without their consent is really horrible and can have a huge impact on that person's emotional and social wellbeing. It is also illegal!
- Never send a nude photo to, or ask for a nude photo from, someone under the age of 18. That's illegal too!
- Never pressure anyone into sending something they don't want to. Also take some time to consider your boundaries and ensure nobody pressures you to send photos you aren't comfortable with.
- Make some ground rules before you start snapping! Are you okay for the photos to be saved or shown to other people? Does the other person keep the photos in a private place with a password? Don't assume the other person has the same expectations — always check!

**It is illegal to share an intimate image of someone else without their consent — even if the image has been altered in some way.**

## If someone shares an image without your consent here's what to do:

- Stay calm!
- Remind yourself this is not your fault and it was not okay for the person to do this.
- Take a picture or screenshot to show who and where the image was shared.
- Report the content to the social media service.
- Report to the eSafety Commissioner ([esafety.gov.au/report](https://esafety.gov.au/report)) and/or police.
- Contact the Safer Communities ([safe@usc.edu.au](mailto:safe@usc.edu.au)) for support at UniSC.

# Bystander intervention

## What is bystander intervention?

You are a bystander when you see something that puts someone's safety or wellbeing at risk. Bystander intervention is taking action to help others by being aware of what's happening around you and stepping in safely to protect or support someone.

## Why is it important?

Bystander intervention is one way you can contribute towards healthy and safe UniSC campuses. Help other students if needed and know that students and staff are there to help you.

## How do I do it?

**Notice what is happening** – people, activities and situations unfolding around you. Identify there is a problem – situations that don't look or feel right.

**You might ask yourself:**

- "Are they okay?"
- "Do they know each other?"
- "Is there potential for harm?"
- "Does the person look concerned or unsafe?"
- "Is this an emergency?"

**Take responsibility** – If you see something that looks a bit suss, it's time to act:

- It's important to remember that being an active bystander is not always about being a 'hero'.
- You don't have to put yourself in a dangerous situation to support or protect someone else.



## How can I intervene?

Choose one or more of the 3 D's:

**1 Distract** the person acting inappropriately:

- Point something out.
- Ask a question.
- Ask for directions.
- Make a joke.
- Change the topic

## 2 Direct

Let the person know that their behaviour is not okay. Ask them to stop.

- "It's not okay to... yell / threaten / touch / harass someone."
- "They have asked you to stop. Can you please stop."
- "You need to leave please."

## 3 Delegate

Call for help:

- Ask someone else to call for help while you respond to the person in need.
- Is there a friend or family member you can contact to assist the person?
- If you are on campus, use the SafeZone App or call SafeUniSC.
- If it is an emergency, contact police on 000 (triple zero).

## What happens if I tell SafeUniSC about an incident?

When you contact SafeUniSC, we will arrange for you to speak with a qualified and specialist sexual assault worker who will provide advice and support options.

## What happens if I do nothing?

Making a decision about **how** to help and having the **confidence** in your ability are also factors when we are determining whether we will or won't respond.

If you see inappropriate behaviour and do nothing, the person may continue this behaviour in the future, believing it is okay.

Other people may be affected by this person's inappropriate behaviour in the future.

# How can I help a friend?

## **Start by believing them**

Believing a person who is disclosing interpersonal violence is one of the most powerful and important things that you can do.

Being at uni is a big part of your life. Some people may spend many years studying and lots of life events can happen in this time.

You and your friends may experience things like:

- Loss of a loved one
- Relationship breakdowns
- Financial stress
- Family stress
- Poor mental health
- Unexplained sadness

It can be hard to know what to do or say when you notice a friend is having a difficult time. If you are worried about someone, the best thing you can do is reach out to see if they need support.

## What if they haven't told me something is wrong?

Sometimes we might notice things about our friends that cause us to feel worried. Some things you could notice about someone who is having a difficult time are:

- Big changes in their sleep schedule, such as sleeping a lot more or a lot less
- They might withdraw from your usual social group
- Changes in personal hygiene, paying less attention to their appearance than usual
- Drinking a lot more alcohol than they would normally, blacking out
- Risk taking behaviours including drug use
- Eating a lot more or a lot less than usual
- Frequent changes in mood.

## If you think something is wrong, check in!

- Find somewhere quiet and private where you can talk to them
- Ask if they're okay
- If they say they're okay, let them know you are worried and you are there for them if they ever want to talk about something
- If you're worried, reach out and ask for help.

## What if they say they are not okay?

- Listen to your friend!
- Make time to talk with them, don't be distracted, prioritise the conversation
- Let them guide the conversation
- Be curious, ask questions
- Don't be forceful, let your friend tell you however much is comfortable for them
- Ask if they need anything, check in with them later to let them know you're there for them.

## Some helpful things you can say:

- "I am so sorry this happened to you, thank you for trusting me."
- "It's great that you've spoken to me about this, maybe it would be a good idea to speak with a specialist support service?"
- "Thank you for letting me know, I'm here for you if you ever want to talk about it again."
- "Is there anything you need me to do to help?"
- "Is there anybody else you want to talk to about this?"



[usc.edu.au](http://usc.edu.au)

University of the Sunshine Coast  
CRICOS: 01595D | TEQSA PRV12082