

HELPING SOMEONE WHO HAS EXPERIENCED SEXUAL HARASSMENT OR ASSAULT

This guide aims to educate students on ways you can help your peers if any one of them faces sexual harassment or assault.



Why is it important?

As members of the **SMU community**, we believe that each and everyone of us has a role to play in creating a safe and respectful environment for all.

Voices@SMU would like to equip you with an understanding of the issues surrounding sexual harassment, the skills needed to be an active bystander, and encouraging everyone to speak up and speak out.

You are important as the bridge between the students and the teams at SMU, to work together with us in ensuring the well-being of the students.

Overview:

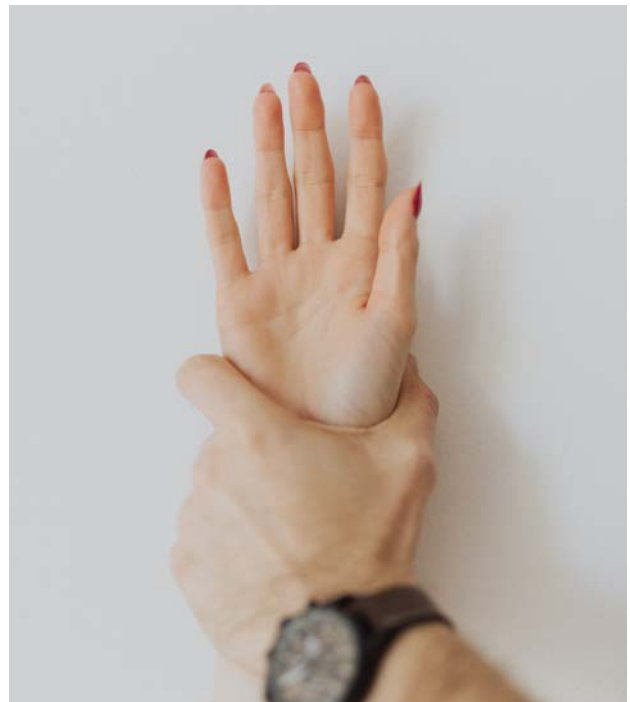
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Sexual Harassment

is when an individual uses threats, abusive language, insulting words or behaviours of a sexual nature that is likely to cause distress or alarm to a person.

These incidents are usually marked by power imbalance, coercion or predatory behavior.



Sexual Assault

is when an individual is forced or threatened into sexual contact against his or her free will or without his or her consent.

It can include acts such as rape, molest, and even incidents such as sex trafficking, forced abortion and dating violence.

Sexual assault is usually seen as a more extreme form of sexual harassment.

DID YOU KNOW?

Flirting vs Sexual Harassment

Flirting can be harassment when it is overly sexual, done in improper or unexpected situations, is persistent and prolonged, and unwanted by the receiver.



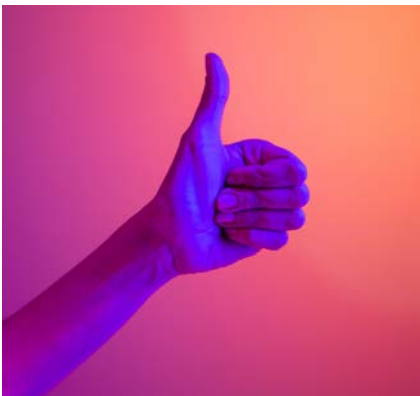
Consent

WHY IS IT IMPORTANT?

Consent is when a person gives permission to someone else to do something. It is important in relationships to ensure that both parties feel safe and comfortable every step of the way.

It ensures that both parties have a mutual understanding of what is going to happen next. It demonstrates responsibility and eliminates entitlement to someone else's thoughts, feelings and physical body.

Without consent given voluntarily and freely, an act could be deemed as a violation and becomes a case of sexual harassment, or even sexual crime.



WHAT IS CONSENT?

BEING ACTIVE IN ASKING

- It should be **granted each time** – having consent before does not mean having consent now
- It should be **confirmed at every level** and occasion of physical intimacy

GIVEN UNDER THE RIGHT CONDITIONS

- The person has to be **fully conscious and awake**
- Their judgement should **not be impaired by drugs or alcohol**
- Has to be given **without coercion, fear, the discomfort of pressure**
- The person has to be aware of all risks involved

ACCORDING TO MUTUAL RESPECT

- It should be **given by willing participants**
- It can be **withdrawn at any time**

CLEAR AND AFFIRMATIVE

- It should **not be assumed or inferred**
- A lack of a "no" does not indicate a "yes"
- A hesitant "yes" is still a "no"

What if someone is unsure if they have consent?

You should tell them the following...

To **STOP** if your partner is intoxicated, asleep or passed out, has said “no”, has not said “yes”, kept silent or is unresponsive, or is under the age of consent.

To **PAUSE AND TALK** if you are not sure what your partner wants, you feel like you are receiving mixed signals, you have not talked about what you want to do or if you assume that it is ok to proceed because consent was given previously.

To **PROCEED (BUT KEEP COMMUNICATING)** if both of you clearly express comfort with the situation, reached a mutual decision about how far to go, or feel comfortable and safe stopping at any time.

BYSTANDER INTERVENTION

Did you know?

The **BYSTANDER EFFECT** shows that when there is a greater number of witnesses, the less likely it is that one of them will help due to a diffusion of responsibility.

Choose to do the right thing and don't be afraid to be different by being an **ACTIVE BYSTANDER** – someone who witnesses an event and decides to take steps to speak up or intervene to prevent the escalation of a problem.

*It is important to intervene so as not to give **SILENT APPROVAL** to the perpetrator.*



5 STEPS TO INTERVENING

1

NOTICE AN EVENT

Recognise actions or patterns of behaviours that might signal sexual harassment.

2

RECOGNISE A PROBLEM

Will the situation worsen if you do not intervene? If yes, then decide to intervene.

3

TAKE ACTION

If this was my friend/ family member, will I want someone to act? If yes, decide to take action.

4

RESPOND APPROPRIATELY

4 Ds of Bystander Intervention



DIRECT



DISTRACT



DELEGATE



DELAY

5

STAY SAFE WHILE INTERVENING

Consider your personal safety. Intervene early before the situation escalates.

Remain calm throughout. Focus on gathering information and being supportive of the victim.

4 Ds

DIRECTLY

intervening in the situation

Don't be afraid to speak out and help just because no one else is doing anything.

Bring the victim as far away as possible from the perpetrator.



DISTRACTING

the perpetrator

Create a diversion to draw more people in.



DELEGATING

help to someone

Get someone to confront the perpetrator if you are afraid of doing so on your own.



DELAYING

intervening if unsuitable at the time and checking in with the victim after

Document the harassment if you can.

Talk to the victim and ask them if they are feeling ok or if they need any other help.

ADVISING SOMEONE ON HOW TO SAY "NO"

Whether it is a stranger, acquaintance, or someone they might have gone out with a few times, here are some tips on how they could say "NO".



Tips:

- To set boundaries and consequences and stand by them.
- To be clear and firm – Tell them not to make jokes about it as it may lighten the situation.
- NOT to elaborate or spend time justifying the "NO".
- Can say "NO" at any point.
- If need to, lie to get yourself out of a bad situation.
- NOT be afraid to have to say it more than once.
- NOT to delay saying "NO".

IF YOU SUSPECT SOMEONE IS SUICIDAL

Stay with them and do not leave them alone.

Empathize and avoid rationalizing the situation
Consult a trusted adult or professional – do not attempt to manage it alone.

Call campus security at 6828 0343, or the police at 999 for assistance if necessary.



IF SOMEONE SAYS THAT THEY HAVE EXPERIENCED SEXUAL ASSAULT

Ensure their Safety

Ask the individual to stay away from the perpetrator or places they know they may be.

Ask them to NOT respond to any of their attempts to contact.

Ask them to call the police at 999 if they feel that they are still in danger.

Seek Medical Support

If they sustained any injuries during the assault, seek medical attention immediately from the nearest GP clinic or hospital.

Call 995 to request for emergency medical help if they are seriously injured.

Ask them to consider getting a test for Sexually Transmitted Diseases (STDs) or emergency contraception if they are worried about the risk of pregnancy.

Post-Incident Support

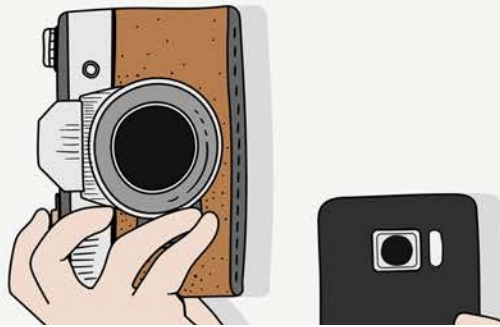


GATHER EVIDENCE



POLICE REPORT

Gather evidence regardless of whether they wish to make a police report – this keeps their options open as there is no time limit on reporting a sexual crime.



TAKE PHOTOS

Of injuries sustained, crime scenes with identifiable location information, ask them to write down details of the incident or place clothing or other relevant objects in a zip-lock bag.



IN THE CASE OF RAPE

Advise them not to shower, use the restroom, change their clothes or personal belongings etc. within the first 72 hours. This will help the police to collect DNA evidence of the assault.

ENCOURAGE THEM TO SEEK SUPPORT

Advise them to reach out to trusted family or friends to confide in them. They may choose to also approach other mental health professionals to help them through the experience.

If they wish to speak with someone within the school, they may make an appointment with the team with Voices@SMU.



RESOURCES

INTERNAL

Voices@SMU

- Email: voices@smu.edu.sg
- Website: voices.smu.edu.sg
- eModule: [Supporting a Harassment Free Environment](#)

Mrs Wong Kwok Leong Student Wellness Centre

- Email: counseling@smu.edu.sg
- Tel: 6828 0786
- Appointment Booking Site: <https://booking.smu.edu.sg/>

SMU Pro Bono Centre Legal Clinic

- Email Referral Contact: probonocentre@smu.edu.sg
- Tel: 6828 1951
- Website: <https://pbc.smu.edu.sg/>



EXTERNAL

SEXUAL HARASSMENT OR ASSAULT



TEL: 6779 0282



TEL: 6555 0390

SUICIDE



CRISIS HOTLINE: 1800-221-444



MENTAL HEALTH



Emergency Helpline: 6389 2222



Counselling and Care Centre

Visit: <http://www.counsel.org.sg/>



Serangoon Central Branch Tel: 6386 1928
Geylang Serai Branch Tel: 6509 0271
Hougang Street 51 Branch Tel: 6385 3714



**Community Health
Assessment Team**

Visit: <https://www.chat.mentalhealth.sg/>
Contact: 6493-6500 / 6501

LEGAL ADVICE OR INFORMATION

Singapore Legal Advice <https://singaporelegaladvice.com/>

Legal Aid Bureau <https://lab.mlaw.gov.sg/>

Statutes of Singapore Online <https://sso.agc.gov.sg/>

Aware Sexual Assault Care Centre <https://www.aware.org.sg/womens-care-centre/sexual-assault-care-centre-sacc/>

Legal Clinics <https://www.lawsocprobono.org/Pages/default.aspx>

WANT TO FIND OUT MORE?

Visit the [Voices@SMU](https://www.voices@smu.edu.sg) website or take the
"Supporting a Harassment-Free Environment"
 module on eLearn

If you, or a friend from SMU, has experienced sexual harassment and
 would like to speak with someone from the school,
 please email voices@smu.edu.sg