



Manchester
Metropolitan
University

Be clear on consent

Ask first. Every time.

Would you like to?

Can I?

Would
you like to?

Do you want to?

Can I?

Do you want to?



Everyone is entitled to feel safe and supported whilst at University.

Manchester Metropolitan University and The Union are committed to raising awareness and understanding of issues surrounding sexual consent, violence, assault and abuse.

This booklet provides information about sexual consent and where to go for support if you or someone you know has experienced sexual assault or rape.

Let's be clear:

What is sexual consent?

To consent to sex or sexual activity, a person must have the **freedom** and **capacity** to make the choice. Consent is necessary in all sexual activity.

Teaching people to acknowledge and respect other people's **personal boundaries** can help create a society where no one feels ashamed to willingly engage in, or to reject, sexual activity.

The **freedom...** to make the choice

Freedom means not being constrained in any way to agree to sex.

If any kind of physical, emotional or psychological pressure, abuse or force is used to coerce someone to have sex then the person being coerced has lost their freedom of choice. In such a situation a person might say 'yes' to sex but do so out of fear.

The **capacity...** to make the choice

Having capacity means the person can make and communicate a decision, understand the consequences and know they have a choice. If they cannot do this, they cannot give consent.

- Someone may not have sufficient capacity to give consent if they have been drinking or taking drugs.
- Someone does not have the capacity to consent if they are asleep or unconscious.
- By law, someone under the age of 16 does not have the capacity to consent to sex.
- Some people who have specific learning and processing related disabilities may find communicating consent a more complex task and may not be able to physically display enthusiasm. Having conversations around how to communicate consent can help to make sure everyone involved is clear and comfortable.

Consent education is important in building healthy and respectful relationships. It's best to ask first, every time.

Sexual consent: Myths VS Facts

There are many misconceptions and myths about sexual violence. These myths create false ideas around sexual violence and consent, instead of addressing the real sources of the problem.

Myth: If you are drunk, under the influence of drugs, behaving flirtatiously or wearing provocative clothing then you are partly to blame for being sexually assaulted.

Fact: No matter what, none of the above gives someone the right or excuse to rape or sexually assault you. This myth blames victims or survivors for what has happened, and takes the blame away from perpetrators.

Myth: It's not rape or sexual assault if the victim or survivor didn't say 'no' or struggle.

Fact: Rather than thinking "no means no", we really should be thinking "only yes means yes". Because anything less than a "yes" is not clear-cut consent, and therefore if you're in a situation where your partner doesn't say yes or encourage you to continue, you should stop.

Myth: Only women can be raped or sexually assaulted.

Fact: Whilst there are gendered dynamics to sexual violence that mean women and girls are disproportionately affected, it's important to remember that anyone, of any gender can experience sexual violence and everyone is entitled to be believed and supported.

Myth: You cannot be raped or sexually assaulted when you are in a relationship.

Fact: Sexual assault and rape can take place within a marriage or relationship, when you have agreed to sex in the past, whether in a relationship between people of the same or different gender.

Myth: Most people are raped or sexually assaulted by strangers.

Fact: The vast majority of rapes and sexual assaults are committed by someone known to and trusted by the victim. Less than 10% of rapes and sexual assaults are committed by strangers.

Getting Help

If you have been a victim of rape or sexual assault, recently or in the past, there is a range of support available to you, whether or not you choose to make a report to the police.

University Support

The Counselling, Health and Wellbeing Service

Counselling, Health and Wellbeing offers you the chance to talk to a professionally trained counsellor, in confidence. The counsellors will listen and respond to disclosures of rape or sexual assault and can support you to access relevant specialist services, should you choose to take further action.

Tel: 0161 247 3493

Email: counselling@mmu.ac.uk

www.mmu.ac.uk/counselling

The Union Advice Centre

The Union Advice Centre can help you to manage the impact which rape or sexual assault can have on your life as a student. If you need support with exceptional factors or time off from University, the Advice Centre can help you.

Tel: 0161 247 6533

Email: s.u.advice@mmu.ac.uk

www.theunionmmu.org/your-advice-centre/

Are you at immediate risk?

In an emergency, call 999.

The police are specially trained to help with sexual offences.

On Campus Security

Our security team is on campus 24 hours a day, 7 days a week, offering crime prevention advice, patrolling the campus, investigating crimes and responding to alarms and emergencies. You can contact them for information and advice, or to report an incident.

Manchester Campus Security: 0161 247 2222

Cheshire Campus Security: 0161 247 5200

What kinds of support are available locally?

St. Mary's Centre (Open 24hrs)

Tel: 0161 276 6515

High quality, comprehensive and co-ordinated forensic, counselling, and medical services for men and women in Greater Manchester who have experienced rape or sexual assault, and their supporters.

Survivors (Open Mon-Fri 9am-6pm with later appointments available Tues & Thurs)

Tel: 0161 236 2182 Email: support@survivorsmanchester.org.uk

Support and counselling for men who have been raped or sexually abused.

Rape Crisis (Open Mon-Fri 10am-4pm, Weds & Thurs 6pm-9pm)

Tel: 0161 273 4500

A support service run by women for women and girls who have been raped or sexually abused.

Savana (Open 24hours)

Tel: 01782 433204

Support, resources and counselling for girls and women, boys and men, who have experienced sexual violence.

GALOP

Tel: 0800 999 5428

Advice and support to LGBT people who have experienced hate crime, biphobia, homophobia, transphobia, sexual violence or domestic abuse.

LGBT Foundation support

Tel: 0345 3 30 30 30

A national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities. As well as being a third party hate crime reporting centre, they also run a free monthly police advice surgery here at the LGBT Foundation, supporting with issues such as hate crime, domestic violence, bullying and homophobia.



Student Support Services
Manchester Metropolitan University
All Saints Building
All Saints
Manchester
M15 6BH

Website: www.mmu.ac.uk/sexualconsent

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