

# “DOING THE KNOWLEDGE”

## PREVENTING SEXUAL VIOLENCE IN UNIVERSITY SETTINGS



THE UNIVERSITY  
*of* EDINBURGH



THE UNIVERSITY *of* EDINBURGH  
Sports Union

Edinburgh  
University  
**Students'**  
**Association** 

**With support from:**



**GRAHAM GOULDEN**

CULTIVATING MINDS UK

## **FACTSHEET: RAPE & SEXUAL ASSAULT**

**Introduction:** The following information relates to incidences of Rape & Sexual Assault in Scotland. Whilst it is clear that many more victims of rape are reporting the numbers of rape and sexual assault across Scotland are currently at worryingly high levels.

**What is Rape?** – The Sexual Offences (Scotland) Act, 2009 defines rape as: “Penetration of the vagina, anus or mouth by the penis without consent”. Rape Crisis Scotland further suggests that there is a range of sexual assault and abuse which does not fit with the legal definition of rape. These can be just as distressing and have as much of an impact.

**What is Sexual Assault?** - Sexual Assault occurs when any of the following sexual acts takes place and only if the victim did not consent.

- Penetrating the victim's vagina, anus or mouth by any means in a sexual way.
- Touching the victim in a sexual way
- Having any other sexual physical contact with the victim, whether directly or through clothing and whether with a body part or implement.
- Ejaculating semen onto the victim.

**What is Consent?** – Under the 2009 Act consent is defined as ‘free agreement’

**NOTE - THE ACT COVERING THE CRIME OF RAPE PROVIDES A LIST OF SITUATIONS WHERE CONSENT OR ‘FREE AGREEMENT’ IS DEEMED TO BE ABSENT. THESE INCLUDE**

- WHERE THE VICTIM IS INCAPABLE OF CONSENTING BECAUSE OF THE EFFECT OF ALCOHOL OR ANY OTHER SUBSTANCE.
- WHERE THE VICTIM IS ASLEEP OR UNCONSCIOUS.
- WHERE THE VICTIM AGREES OR SUBMITS TO THE CONDUCT BECAUSE OF VIOLENCE OR THREATS OF VIOLENCE USED AGAINST THEM, OR ANY OTHER PERSON.

## **Useful facts:**

- Rapes 1,809 in 2015-16 (1)
- Sexual assaults 3,727 in 2014-15 to 3,963 in 2015-16 (2)
- The majority of rapes and sexual assaults are committed by men and by men known to the victim (3).
- A study by the NSPCC showed that a third of teenage girls in a relationship suffer an unwanted sexual act (4)
- Women are more likely to be victimized in their own home than in any other location (5).
- It is estimated that between one in five and one in eight women report to the police (6)
- Research suggests that false allegations of rape are no higher than those of other crimes (7).

## **DISPELLING THE MYTHS:**

- **Myth - Women who are drunk or who wear revealing clothing are partly responsible for being raped.**

A Scottish survey in 2008 found that 24% of participants think that a woman can be at least partly responsible if she is drunk at the time of the attack. 27% thought that women who wear revealing clothing bore some responsibility. The only person responsible for rape is the rapist.

- **Myth - Force needs to be present during rape.**

In most cases no additional violence is used during the commission of the crime. Force does not have to be present. The main issue is whether consent was present and was the victim able to consent to sexual intercourse.

- **Myth - She didn't say no**

The law clearly states that a female or male who is under the influence of alcohol is incapable of giving consent to sexual intercourse. Also consent to one course of behaviour is not consent to another.

- **Myth – Most rapes involve strangers**

The majority of rapes in Scotland, over 90% are committed by a person known to the victim.

**Note to Trainer:** These myths can easily be used within the Agree / Disagree / Unsure activity as statements to test knowledge and understanding

## **USEFUL LINKS**

- [www.rapecrisisscotland.org.uk/facts](http://www.rapecrisisscotland.org.uk/facts)
- Rape Crisis Helpline 08088 01 03 02

### **Index**

- 1&2 Statistical Bulletin Crime and Justice Series, Recorded Crime in Scotland 2014/15
3. British Crime Survey 2004
4. Barter, McCarry, Berridge and Evans – Partner Exploitation and violence in teenage intimate relationships, 2009.
5. British Crime Survey 2002.
6. British Crime Survey 2000.
7. Kelly, Lovett and Regan, 2005.

## **Disclosure of Rape/Sexual Assault**

**How would you respond to a friend disclosing a rape or sexual assault? How would you react?**

Sexual violence is something that we all need to be aware of. Why is that? Why do we all need to be concerned about rape? Why should we feel the need to be more socially aware of sexual assault?

The ugly reality of sexual violence is that it is happening to people we care about. It's happening to our friends and to family members. As a friend, your support could make a big difference to someone.

Put yourself in the shoes of a friend who may have been the victim of a sexual assault. Ask yourself what would put me off discussing this with someone else let alone reporting it to the police.

One of the major concerns for any victim is whether they will be believed. If alcohol has been in the mix this will be a major barrier. Why is that? Because society is often too quick to blame any victim if they had placed themselves in a vulnerable situation. Alcohol as a contributory factor is a classic rape myth and one that needs dispelled. If we as a society maintain a focus on the victim there is a person missing from the conversation, the perpetrator.

Others barriers to reporting are:

- **Will my parents find out?**
- **What's the point? Will my attacker be charged?**
- **Will the forensic examination hurt?**
- **What will my work or university think?**
- **Will I be judged?**
- **Will I have to talk about what happened to me in public?**
- **What will my friends/family/partner think of me?**

These barriers and many others are at the forefront in the mind of any victim. We as friends and classmates need to be mindful at this time. We should never underestimate these barriers and never judge a friend.

If a friend makes such a disclosure the fact that they are speaking to you about an incident should tell you that they want someone to help them. The following will help you in supporting your friend at this horrible time.

1. **Don't Panic** – The reality of rape and sexual assault are that unfortunately these are common occurrences. Boys and men can be victims of these horrible crimes too. Try not to look shocked about what they are telling you about. Remember they have chosen you to talk to about this incident.

If a friend discusses an incident that happened in the past, even in childhood you should never assume that they have told anyone else. It is likely that you will be the first person they have spoken to about this. Be that friend and listen.

2. **Believe them** – The reality of these incidents is that something is likely to have happened. Yes, there are allegations of rape made that are later found to have been fabricated. A very small minority – only about 3% - of allegations are false<sup>1</sup>. How would your friend feel if you

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<sup>1</sup> Kelly et al, 2005 <http://www.rapecrisisScotland.org.uk/campaigns-projects/false-allegations/>  
University of Edinburgh  
Handout - 2019

used language that inferred you doubted their story? Be that friend and listen to what is being said. Never judge your friend.

3. **Never feel that you have to go into detail** – This is particularly relevant if your friend says they want to report this to the police. If this is the case you could be used as a witness in the case. Don't let this prospect put you off being that supportive friend. If you don't go into too much detail then you cannot be asked probing questions at court. Ask yourself do I need to know what exactly happened or do I just need to focus on the welfare of my friend. The latter is the best course of action. Take the lead from your friend. Listen.
4. **Your friend is in control** – You can offer to report this to the police or be present when your friend reports the incident. You should not take it upon yourself and report this to the police. The crime of rape involves the perpetrator taking power and control away from a victim. It is important that they start to regain some of this control.

You should never try to influence the decision of your friend. You may deem it obvious to report this. Put yourself in their shoes and think of the barriers we discussed above.

5. **Don't react** – Your role is not to fix things, it's to support your friend and give them an opportunity to explore what they think they need to help get them through this. You are the support your friend needs at this time. Don't make promises or threats against the perpetrator especially if you know the other person. Offer support and use language that shows you care: "I'm so sorry this has happened", "Is there anyone I can call for you?" Try not to show your anger.
6. **Refer** – Throughout the United Kingdom there are many Sexual Assault Referral Centres (SARC) <http://thesurvivorstrust.org/sarc/> (in Scotland, the closest one is the Archway Centre in Glasgow <http://archway.sandyford.org/>) and Rape Crisis centres <http://www.rapecrisisscotland.org.uk/help-information/local-rape-crisis-centres/>. They have individuals who are able to provide further support and advice to your friend. Consider asking your friend to speak to

someone from these organisations. Victims of these crimes do not have to directly go to the police. It may be that speaking with this subject expert may make your friend feel stronger and reporting to the police may be a result – but that will always remain their choice. Remember let your friend maintain the control in these conversations.

The above advice has been collected to give you some tools to use should a friend or classmate disclose that they have been the victim of a rape or sexual assault. Year on year the number of disclosures of these crimes is rising. We cannot all be experts but we can educate ourselves on how to respond should a friend put their trust in you.

You can find out more about how to respond sensitively and appropriately to a disclosure of sexual violence at <http://www.stir.ac.uk/tacklingsexualmisconduct/> Have a look at the guidance and resources on our [“supporting a survivor of sexual violence”](#) page.

**“Don’t be a bystander, be a friend”**

## SEXUAL HARASSMENT

### What is Sexual Harassment?

Sexual Harassment is a broad term covering behaviour which takes place in private and in public. It may make you feel uncomfortable, threatened and distressed. It can be committed by a friend or work colleague and includes:

- ***Making unwelcome verbal or physical advances***
- ***Touching you in a way that makes you feel uncomfortable,***
- ***Making offensive or sexually explicit remarks***
- ***Telling sexually embarrassing jokes***

The following provides some information about sexual harassment. Whilst we know men are victims it is clear that women make up the biggest victim group.

- Fewer than half of Scots who witnessed sexual harassment stepped into help a colleague (censuswide Scotland report 2019)
- Just fifth surveyed did not see it as their place to intervene with many saying they were too afraid to intervene (Censuswide Scotland, 2019)
- A quarter of people surveyed had been a victim of sexual harassment. A third of women surveyed had been the victim of sexual harassment in the workplace. (Censuswide Scotland 2019).
- 68% of those surveyed did not report it to their manager. Main reason was "What's the point". (Censuswide Scotland 2019)
- A 2016 TUC report on sexual harassment in the workplace, '***Still just a bit of banter?***' found that 52 per cent of women would say they have experienced some sexual harassment in the workplace, with the number going up to two-thirds among 18-24 year olds.
- Common issues involved jokes of a sexual nature or comments made about their body or clothes.
- Nearly a quarter had experienced unwanted physical contact, such as on the knee or lower back, while a fifth had had unwanted sexual advances and one in 10 had had unwanted sexual touching or attempts to kiss them.
- In the majority of cases, the perpetrator was a male colleague, with one in five reporting that it was their manager or a senior colleague with authority over them. Four out of five women had not reported the harassment.



## DOMESTIC ABUSE IN SCOTLAND

### What is Domestic Abuse?

The police and Crown office jointly define domestic abuse as:

***‘Any form of physical, verbal, sexual, psychological or financial abuse which might amount to criminal conduct and which takes place within the context of a relationship. The relationship will be between partners (married, cohabiting, civil partnership or otherwise) or ex-partners. The abuse can be committed in the home or elsewhere, including online.***

***It is acknowledged that domestic abuse as a form of gender -based violence is predominantly perpetrated by men against women. The above definition also includes abuse of male victims by female perpetrators and includes abuse of lesbian, gay, bisexual, transgender and intersex (LGBTI) people in relationships”.***

The following presents some current statistics on domestic abuse. These also reflect the gender bias:

- Annually there are approximately 60000 domestic incidents reported to the police. **Source: 2014/15 Scottish Crime and Justice Survey.**
- 85% of these incidents take place in the home. Other places include: at work, online, in the street. **Source: 2014/15 Scottish Crime and Justice Survey.**
- Approximately 82% of these incidents involve a male perpetrator and female victim. **Source: 2014/15 Scottish Crime and Justice Survey.**
- It is estimated that 14% of adults in Scotland (18.5% women and 9.2% men) will experience abuse in their lifetime. **Source: 2014/15 Scottish Crime and Justice Survey.**
- Two women each week in the UK are killed by their partner or former partner. **Source: Woman’s Aid England**
- Police Scotland receive a call relating to domestic abuse every 9 minutes.
- It is recognised that there is a significant under-reporting of domestic abuse.

### **Useful contact information:**

**Scottish Domestic Abuse Helpline – 0800 0271234 Abused Men in Scotland Helpline – 0808 8000024**

## HOMOPHOBIA IN SCOTLAND

### What is the extent of homophobia in Scotland?

The following provide some current statistics on this subject:

- Hate crime remains an issue in Scotland. Racial crime remains the most commonly reported for of hate crime. Sexual orientation is the second most common type of hate crime. There were 1112 charges reported in 2017-18 an increase of 3% from previous year. Since 2010 there has been a year on year increase in cases.

The following presents some finding of a UK Government survey of 100,000 people from LGBTI community in UK

- 68% of LGBTI people said they didn't feel safe when holding hands in public
  - 70% of those surveyed didn't feel comfortable showing their sexual orientation in public.
  - 59 percent of trans women, 56 percent of trans men, and 76 percent of non-binary people said they had avoided expressing their gender identity for fear of a negative reaction from others. dislike of or prejudice against homosexual people. Respondents were significantly "less satisfied with their life" in general than the UK population, scoring it 6.5 out of 10 on average – compared with 7.7 for the general UK population.
  - See <https://www.pinknews.co.uk/2018/07/03/gay-couples-hold-hands-lgbt-survey/> for further information.
- **88% of young people thought homophobia was a problem for Scotland and almost 70% had** experienced homophobic or bi- phobic bullying. **Source: LGBT Youth Scotland.**

## University support

### **Contact the Advice Place**

The Students' Association **Advice Place** is the best provider of frontline support for students who have experienced sexual harassment or assault, and we strongly encourage you to make contact with staff there as soon as possible. Whatever action you decide to take is your choice, but the Advice Place can advise you on what options there are, including:

- Taking action against the perpetrator using the University or Edinburgh University Students' Association complaints procedures (including the possibility of a University order to suspend the perpetrator from any further contact with you).
- Changing accommodation, if necessary.
- Referring you to other support agencies such as Rape Crisis Scotland.
- Facilitating "Third Party Police Reporting" (this means that Advice Place staff can help you report your experience to the police, or report it for you, without you needing to be in contact with the police).

The Advice Place will not disclose any of your details to a third party (including the University or the police) without your consent unless the staff believe that you or someone else are at imminent risk of harm. In this case, the staff would discuss this with you first.

You do not need an appointment to access the Advice Place. Their offices are in Potterrow (central) or at King's Buildings, and contact details are below:

Telephone: 0131 650 9225 / 0800 206 2341 (Freephone)

Text: 07537 402004

Email: [advice@eusa.ed.ac.uk](mailto:advice@eusa.ed.ac.uk)

You can make an appointment in person during the opening hours below.

Advice Place opening hours

**Potterrow    Kings Buildings House**

Mon 9.30-5    Mon 11-2

Tues 9.30-5    Tues 11-2

Wed 10.30-6    Wed 11-2

Thurs 10.30-6    Thurs 11-2

Fri 9.30-5    Fri Closed

Outside of these times the Rape Crisis Scotland helpline (08088 01 03 02) is open from 6pm-midnight every day.

### **Further support**

You can also access the services of the Student Counselling Service (link below) or tel. 0131 650 4170 or seek further advice and support from the Student Support Team in your School.

[Student Counselling](http://www.ed.ac.uk/student-counselling) (www.ed.ac.uk/student-counselling)

You can find out more about the range of national and local support services available to survivors of rape and sexual assault in Scotland in the Scottish Government publication "Information and help after rape and sexual assault". You can view this document via the link below:

[Scottish Government: Information and help after rape and sexual assault \(www.gov.scot/publications/2015/04/3584\)](http://www.gov.scot/publications/2015/04/3584)

If you have experienced rape or sexual assault, you may want to contact Rape Crisis Scotland directly. Contact details can be found here:

[Rape Crisis Scotland](http://www.rapecrisisscotland.org.uk) (www.rapecrisisscotland.org.uk)

They provide a national rape crisis **helpline** on 08088 01 03 02 and also offer email support for anyone affected by sexual violence, regardless of gender, no matter when or how it happened.

The helpline is open from 6pm to midnight, 7 days a week, and offers free and confidential support.

They publish a useful and comprehensive set of FAQs for survivors of rape and sexual assault within their website. Further information is available via the link below:

[Rape Crisis Scotland: Information about sexual violence](http://www.rapecrisisscotland.org.uk/help-information/information-about-sexual-violence/)

www.rapecrisisscotland.org.uk/help-information/information-about-sexual-violence/

The Edinburgh Rape Crisis Centre (ERCC) offers emotional and practical support, information and advocacy to women, all members of the transgender community, and non-binary people who have experienced

sexual violence at any time in their lives. ERCC is located at 17 Claremont Crescent, Edinburgh, EH7 4HX.

You can leave them a message on 0131 556 9437, or email [support@ercc.scot](mailto:support@ercc.scot).

Their website can be viewed via the link below:

<http://www.ercc.scot/>

SurvivorsUK provide a national helpline for men who have experienced sexual abuse and offer support through web chat, WhatsApp, phone, and text. More details can be found via their website:

[SurvivorsUK: male rape and sexual abuse](http://www.survivorsuk.org) (www.survivorsuk.org)