Report + Support: I think someone I know has been harassed.

If you think that someone has been the victim of sexual misconduct, including rape or sexual assault there are ways in which you can help. Educating yourself and understanding the behaviours associated with sexual misconduct is a good place to start. Remember you don't have to be an expert to support someone but there are some simple things you can do to help.

What should I do?

- **Listen:** If someone discloses an experience of harassment to you it is important to listen in a non-judgmental way.
- **Believe:** Validate what you are hearing and what they have to say.
- **Give Options:** provide support options available that may assist in helping them to determine their next steps. It is important they feel they have the agency to make their own choices, guide them by asking what they need or want.
- **Take care of yourself:** It is important you take care of yourself. If you have heard something distressing or if something is troubling you, you can contact the College's counselling service or a member of the student wellbeing team.
  - **Email:** wellbeing@birdcollege.co.uk
  - **Telephone:** 020 3846 0322 (extension: 211)
- If you feel you need to talk to someone immediately you can contact Shout, a free 24/7 text service for anyone struggling to cope. Text Shout to 85258.