Report + Support: I think I have experienced sexual misconduct.

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What should I do? If you think you have been affected by sexual misconduct, it may be hard to know what to do or feel. What happened was not your fault. What you do next is your choice.

- **Think**: Are you in immediate danger? If you are in immediate danger or seriously injured, you can call 999 (or 112 from a mobile).
- **Find a safe space**: if an incident has just happened, try and find somewhere you feel safe.
- **Talk to a friend**: talking things through with someone you trust can sometimes help.
- **Seek specialist support**: For more information please refer to **What support is available if I experienced sexual misconduct?**
- **Report**:
  - **Reporting to the police**: if you are thinking of reporting to the police, rape crisis has produced a useful list of things to think about.
  - **Report+Support**: students and staff can report an incident anonymously or you can request support from an advisor. If you chose to talk to an advisor, they will be able to talk you through the options available to you. Reports can be made through:
    - Email to Reportandsupport@birdcollege.co.uk
    - In person or by letter to the Learning and Wellbeing Officer or Dean of Students.
    - Report Anonymously: Report + Support Form
- **Take care of yourself**: It is important you take care of yourself. For details in internal and external support please refer to **What support is available if I have experienced sexual misconduct?**