Report + Support: I think someone I know has experienced sexual misconduct.

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.

- **Listen**: If someone discloses an experience of sexual misconduct to you it is important to listen in a non-judgmental way. Listen to understand rather than respond.
- **Believe**: Validate what you are hearing and what they have to say. If you do ask questions, ensure they are open and avoid 'why'.
- **Reassure**: Reassure them is not their fault; and they are not alone.
- **Boundaries**: Be clear with obligations of confidence and duty of care you may have. State your boundaries and clarify what kind of support you can provide going forward.
- **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.
- **Respect**: Respect the affected person's decision as to the next steps they want to take, they may not want to report the incident to the police or the College. There are a lot of reasons why someone may choose not to report, only they can decide what is best for them.
- **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.