

Intro

At University you will meet lots of new and diverse people, with differing views, values, cultures and beliefs. You will build many new relationships, and your interactions with others will help to shape and enhance your time at University. For the most part, your relationships will be positive experiences, however, relationships can also sometimes be challenging, so it is important that we know how to access support if we need it.

What is a healthy relationship?

Healthy relationships allow people to feel safe, supported and respected. Whilst everyone has to decide for themselves what they want in a relationship, and what defines a good relationship, here are some qualities to consider:

- Open communication
- Compromise
- Trust
- Acceptance
- Have privacy in the relationship
- Enjoy the time you spend together
- Feel secure and comfortable
- Encourage other friendships

In addition, everyone has a right to feel safe and respected at all times in their relationships. For example, a partner checking up on you constantly, but saying they do this because they love you, could be cause for concern. Some other situations to consider include: does your partner make you feel on edge as they are loving and caring one minute, but angry and accusatory the next? Do they tell you they love you, but make regular negative remarks about your appearance and personality? Answering yes to these questions may indicate that the relationship is not healthy.

What is consent?

Consent is when someone agrees, gives permission, or says "yes" to sexual activity with another person. Consent must always be freely given, and all people in a sexual situation must feel that they are able to say "yes" or "no", or stop the sexual activity at any point. (Cup of tea video).

For the year ending March 2016, the Crime Survey England and Wales found that as many as 6 in 100 adults experienced domestic abuse in the last year. Therefore, it is important that we are aware of the signs and signals to look out for, in order to protect ourselves and our friends, and that we also know how to access support if we need it. Below are a few statements about domestic and sexual violence, let's see how much you already know! (but don't worry, this is not a test).

(<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/domesticabuseinenglandandwales/yearendingmarch2016>)

True or False

- 1. Domestic abuse and/or sexual violence only occur in heterosexual relationships – False.**
Domestic abuse and/or sexual violence affects people of all sexual orientations. Studies have shown that around 25% of LGBT people experience violent or threatening relationships with partners or ex-partners, which is about the same rates as domestic abuse against heterosexual women. (<http://www.endthefear.co.uk/same-sex-domestic-abuse/>)
- 2. If a person is unconscious, or their judgement is impaired by drink or drugs, they may be unable to give consent – True**
The Sexual Offences Act 2003 states that a person cannot consent if they do not have the capacity (i.e. the understanding) to make a choice about whether or not to take part in the sexual activity. If a person is intoxicated, they may no longer have the capacity to consent. (<http://www.cps.gov.uk/legal/p to r/rape and sexual offences/consent/#a02>)
- 3. Domestic abuse is characterised by physical violence – False**
Domestic abuse affects people from all different races, gender identities, ages, sexual orientations, and abilities, and can include, but is not limited to, the following:
 - Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
 - Psychological and/or emotional abuse
 - Physical abuse
 - Sexual abuse
 - Financial abuse
 - Harassment
 - Stalking
 - Online or digital abuse(<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/>)
- 4. Domestic abuse mainly affects adults aged 30+ – False**
The British Crime Survey 2009/10 found that 16-19-year-olds were the group most likely to suffer abuse from a partner. 12.7% of women and 6.2% of men in this age group experience abuse, compared to 7% of women and 5% of men in older age groups. (<https://www.gov.uk/government/news/new-definition-of-domestic-violence-and-abuse-to-include-16-and-17-year-olds--2>)
- 5. Men are never the victims of domestic or sexual abuse – False**
Statistics published by the ManKind Initiative report that 13.2% of men state they have been a victim of domestic abuse, (<http://new.mankind.org.uk/wp-content/uploads/2015/05/30-Key-Facts-Male-Victims-Mar-2016.pdf>) and approximately 75,000 men are victims of sexual assault or attempted assault a year. (<https://www.gov.uk/government/news/new-support-for-male-rape-and-sexual-violence-victims>) .
- 6. Nobody deserves to be subject to domestic or sexual violence – True**
Everyone has a right to feel safe, respected, and supported within their relationships, whether that is a professional relationship, intimate relationship, or a friendship.

Support available

University provides a fantastic base for meeting new people and building relationships, whether with those from your halls of residence, on your course, or in sports societies, to name but a few. Whilst you're at University, the people around you will be there to support and guide you, and may also become lifelong friends.

However, if you do find yourself in a situation where you have concerns about any of your relationships, or if you have concerns regarding a friend, then please do not hesitate to speak to the Health and Wellbeing Team at the University of Hull, who will be able to support you to receive appropriate and specialist advice and support. The Health and Wellbeing Team work with a number of agencies, such as; Hull Women's Aid, Mesmac, Blue Door and Renew, the majority of whom provide support to our students on campus. The wellbeing and safety of our students is a top priority at The University of Hull, and any concerns you raise will be treated seriously.

White Ribbon Video https://youtu.be/ce3_eJ5rByg