

Sexual Misconduct Support Guide (For Students)



Surviving sexual misconduct

Though no one would like to experience any form of sexual violence, assault or misconduct, it can happen to anyone. This booklet aims to inform and allow students in TP to know what to do, if such an incident happens.

What is sexual misconduct?

Sexual misconduct refers to sexual acts done by force, intimidation, manipulation, coercion or without the consent of the victim. It includes the below:

- Sexual harassment
- Sexual exploitation
- Unwanted physical contact
- Rape
- Molestation
- Indecent exposure
- Stalking
- Exhibitionism
- Voyeurism
- Unwelcome/unwanted sexual advances
- Sexually explicit remarks or innuendoes of a sexual nature
- Offensive body language or gestures

Experiencing a sexual misconduct incident

After a sexual misconduct incident, some people may develop some disturbing reactions and feelings. Though each person responds differently, below are some common reactions:

- Denial
- Confusion
- Numbness
- Shock
- Guilt
- Depression
- Shame
- Anger
- Fear
- Problems concentrating
- Developing a negative self-image
- Disruptions in close relationships

Need emergency support?

If you are experiencing or have just experienced sexual assault and misconduct, please call:

Campus Security: 6780 5999 (if on campus)

Police: 999

Ambulance: 995



What to do beyond the sexual misconduct?

A survivor of sexual misconduct may take a long time to recover. If you are the survivor of a sexual misconduct, please:

- Allow yourself to be angry
- Do not hurt yourself or others
- Remember you are not to blame
- Seek support group
- Practise self-care strategies
- Be patient as recovery can be slow

It can be extremely distressing to go through a sexual misconduct experience. Please seek help, you need not go through this alone.

Seeking help!

Talking about it can be scary, but it allows people to join you in resolving the frightening situation.

1. You may confide in a trusted friend;
2. Approach your Care Person, a lecturer or a staff in TP;
3. Call Care@TP and request to speak with a counsellor at 6780 5959.

Student Support & Career Services (SSCS)

Care@TP

Blk 26B, Level 1, Unit 49 (Beside Sports Complex)

Hotline: 6780 5959

Email: care@tp.edu.sg

Make appointment: <https://bit.ly/booktpcs>

Operating Hours:

Mon—Thu: 8.30am—6.00pm

Fri: 8.30am—5.30pm

Supporting survivors of sexual misconduct

You may have difficulty in finding the right things to say to help your peers. It is okay to not have all the answers. Let them know that you care and believe in them.

You may follow these steps to help you ensure that your response is supportive, compassionate and non-judgmental.

1. Listen

Provide a safe and supportive environment for your peers to share.

Do's

- Be available to listen
- Give your full attention

Don'ts

- Interrupt them
- Ask why questions:
 - “Why were you walking alone?”
 - “Why were you wearing that?”
 - “Why did you agree to meet them?”
- Nod to show your understanding and support
- Talk about your own experiences

2. Support

Acknowledge their experience and their difficulty when they share their story. Remember that survivors may not be ready to discuss all the details and you need not know all the things to show your support.

You may use supportive phrases like:

- I'm here for you
- Thank you for telling me
- This must be really tough for you
- You are not alone

3. Refer

It is important that you do not provide survivor with misleading information or advice. Instead, link them up with professional helping services. At the same time you may also need support yourself.

To get connected with help: **Student Support & Career Services (SSCS)**

Hotline: 6780 5959

Email: care@tp.edu.sg

Other Community Resources

Sexual Assault Care Centre (SACC)

Hotline: 6779 0282

(Mon—Fri: 10am—6pm)

Email: sacc@aware.org.sg

Samaritans of Singapore (SOS)

Helpline: 1800 221 4444 (24-hour)

Email Befriending: pat@sos.org.sg

Family Service Centres

(Click [here](#) for the nearest FSC in the MSF directory)