

STICHTING OUR BODIES OUR VOICE x LEIDEN UNIVERSITY COLLABORATION INFORMATION FLYER

TRIGGER WARNING:
SEXUAL VIOLENCE

Consent

Consent is a **clear, coherent, willing,** and **ongoing** agreement for something to happen between different people.

- **Clear:** it is actively expressed through words or actions that create mutually understandable permission.
- **Coherent:** all parties need to be in a state in which they are able to make reasonable and rational decisions.
- **Willing:** consent can never be given under pressure or through physical, psychological, or emotional manipulation.
- **Ongoing:** it must be obtained every time and each step of physical intimacy.

Consent is as easy as FRIES!

Freely given
Reversible
Informed
Enthusiastic
Specific



Sexual Violence & Rape Culture

Sexual violence is an all-encompassing term that refers to crimes like sexual assault, rape, harassment, and sexual abuse.

Rape culture is the subtle beliefs embedded in the way we think, speak, and move that normalize sexual entitlement and violence, and consequently deprioritize consent. It is the societal and cultural norms that tolerate transgressive behavior and enable sexual violence to occur.

Examples of what this looks like:

- **Victim blaming:** “But why were you that drunk/wearing that?”
- **Trivializing:** “It was their partner so it couldn’t be that bad.”
- **Sympathizing** with the perpetrator: “Their future/career will be ruined.”
- Rape jokes, catcalling & ‘locker room banter’
- **Defending** public figure with a known history of sexual abuse.
- Lyrics in songs spreading a **false understanding** of consent

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Supporting Survivors

How to talk to survivors:

- Ensure confidentiality of your conversation
- Create a safe, supportive, and distraction-free environment for your conversation
- Remind them that what happened was not their fault
- Believe their story
- Help them access services if they want to

Caring for survivors with trauma:

- Educate yourself
- Respect their boundaries
- Be there to provide comfort
- Help them maintain a routine and return to normalcy
- Anticipate triggers (specific people, places, things, or situations)
- Practice grounding exercises when flashbacks and panic attacks arise

This flyer was created by Stichting Our Bodies Our Voice in collaboration with the Well-being Office and the D&I Expertise Office of Leiden University to introduce students to basic concepts related to (the prevention of) sexual violence and inform students on help-seeking options at Leiden University.

Help-Seeking Options

• Contact the Confidential Counsellor for undesirable behavior:

[universiteitleiden.nl/
vertrouwenspersonen-studenten](http://universiteitleiden.nl/vertrouwenspersonen-studenten)

• In case of sexual violence, the Sexual Assault Centre can offer professional help.

0800-0188
centrumseksueelgeweld.nl/csg-zuid-holland/

• If you experience difficulties with your studies because of sexual violence, you can inform your study adviser or coordinator, or make an appointment with a student psychologist:

www.student.universiteitleiden.nl/en/study--studying/guidance--advice/study-guidance-and-advisors/student-psychologist

• Victim Support Netherlands helps people who have experienced sexual violence, by providing emotional support, and practical and legal advice.

<https://www.slachtofferhulp.nl/>

• If you are worried about the behaviour of your fellow student(s)? Contact the helpdesk for conduct giving rise to concern:

adviespuntzg@sea.leidenuniv.nl
071 527 8025/071 527 8026



To learn more about sexual violence prevention, visit www.ourbodies-ourvoice.com.
Well-being Office: studentwellbeing@sea.leidenuniv.nl
D&I Expertise Office: diversiteit@leidenuniv.nl