Unblurred Lines

Student Booklet

Basis yorkshire

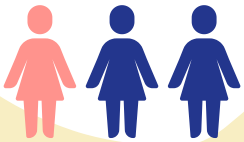
Basis training

Tracy Brabin Mayor of West Yorkshire

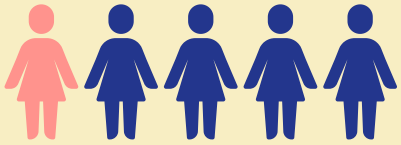
Unblurred Lines: Key Messages

Why is this important?

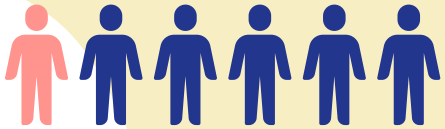
Worldwide research clearly identifies that sexual violence against women and girls is a significant public health issue. Sexual violence can have long-term physical and psychological effects.



1 in 3 women and girls experience physical or sexual violence in their lifetime



1 in 5 female victims of sexual assault are students



1 in 6 men and boys will experience sexual violence in their lives

What is Sexual Violence?

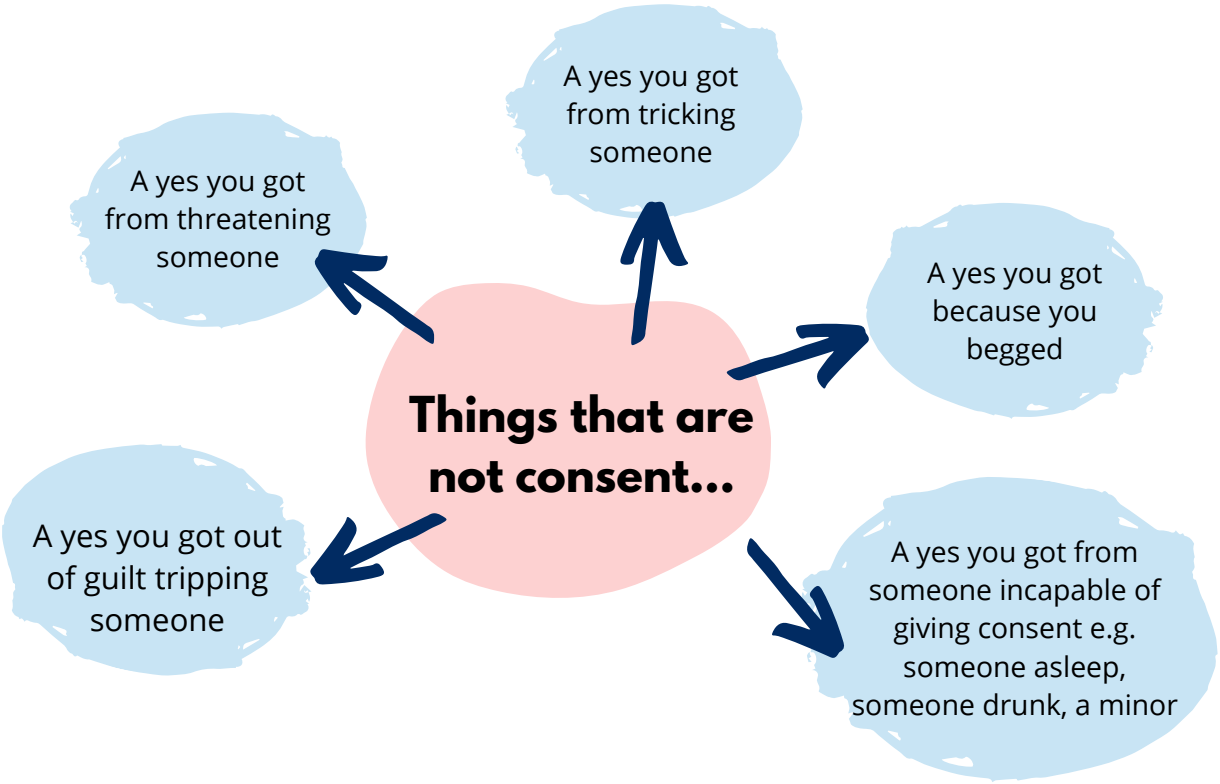
Sexual Violence

- Rape
- Sexual Assault
- Sexual Harassment
- Child Sexual Abuse
- Child Sexual Exploitation

What is Consent?

Consent Is	Consent Is Not
Agreeing to something	Feeling pressured
Able to say no	Always assumed
Giving permission	Forceful
Having a choice	Feeling scared to say no
Ongoing	Threatening
Respecting other people's choices	Certain just because you're in a relationship
Feeling comfortable	Taking advantage of someone

*The Sexual Offences Act 2003 (England and Wales) says that a person consents if they agree "**by choice, and has the freedom and capacity to make that choice**"*



Remember non-verbal signs, body language, eye contact, facial expression and noises!

Silence does not = consent



Looking worried or tense



'Freezing'

Avoiding being touched



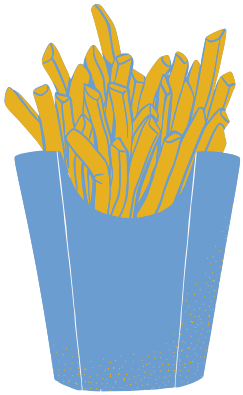


Turning body away

No eye contact



When it comes to consent remember: fries!



F reely given
R eversible
I nformed
E nthusiastic
S pecific

Unblurred Lines

Basis yorkshire

Basis training

Tracy Brabin Mayor of West Yorkshire

How to check in with your partner

Are you comfortable with us doing this?

Will you show me how you want to be touched?

Do you like how this feels?

Am I ok to kiss you here?

I'd really like to ... would you like to ...?

Would you like to go further?

Ways to say Yes

That feels good

Yes

This is Okay

Absolutely!

I like that

Ways to say No

I don't feel comfortable

I've changed my mind

I'd like to pause for a bit

I don't want to today

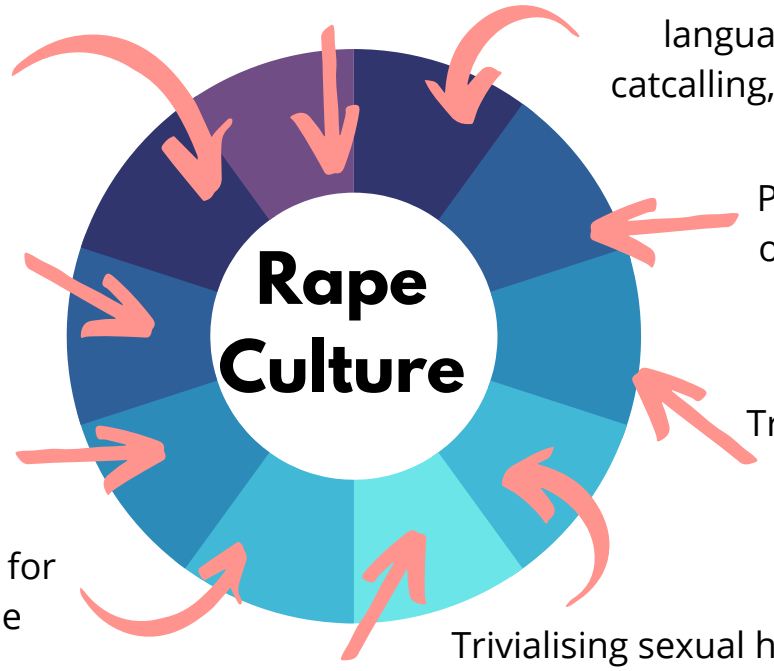
I'm asking you to stop now

I'm not really into this anymore

I've told you my boundaries

It's not really my thing

Rape Culture



Slut shaming/ prude shaming

Victim blaming: "well she was flirting with him"

Lad culture: misogynistic language, 'banter', crude, catcalling, unsolicited 'di*k pics'

Rape myths: "she didn't scream or hit back, it can't have been rape"

Putting responsibility on women not to get raped

Sexual violence

Trivialising rape and sexual violence through 'jokes'

Believing it common for women to 'cry' rape

Trivialising sexual harassment: 'boys will be boys', 'its just locker room talk'

Objectification and sexualisation of women

What can we do to challenge rape culture and create a consent culture?

- Believe victims-survivors
- Listen to victims-survivors
- Acknowledge gender does not need to follow rigid stereotypes
- Recognise sexual violence and the intersection with race, class, disability and gender
- Challenge rape myths
- Interrupt sexist jokes / locker room banter
- Respect boundaries
- Ask first!

- Think critically about media representations of sexual violence
- Advocate for equal rights
- Educate and teach people on sex, sexual violence, rape culture and consent
- Value your partner's sexual pleasure / experiences
- Support groups and campaigns
- Create a culture of enthusiastic consent
- Communicate consent

How to Access Support

Call Basis, or message us on social media. Our office phone operates from 9am-4pm everyday, and we check our social media on weekdays.

Call us: 0113 243 0036
Our social media: @basisyorkshire on Instagram and Twitter | Basis Yorkshire on Facebook

Survivors West Yorkshire offers support for boys and men who have experienced sexual abuse and sexual violence. For more information on the support they can offer go to their website:
www.survivorswestyorkshire.org.uk
Male Advice line: 07393 140 250
Male Advice Text: 07393 140 259
Email Advice: ops@survivorwestyorkshire.org.uk

Rape Crisis have Rape Crisis Centres all across the UK providing support to women and girls who have experience sexual violence. You can find the closes local branch on their website, or ring or talk to them on their live chat helpline during opening hours.
Website: https://rapecrisis.org.uk/get-help/want-to-talk/
Call: 0808 802 9999

Victim Support provides support to people in the UK who have experienced a crime or traumatic incident. You can call them 24/7 on 08 08 16 89 111
You can live chat 24/7 on their website
https://www.victimsupport.org.uk

Childline provides support for anyone aged 18 or under, you can call them 24/7 or contact them online about anything.
Call: 0800 111
Find out about their online support on their website:
https://www.childline.org.uk/get-support/

The Hazlehurst Centre
Sexual Assault Referral Centre for anyone living in West Yorkshire
http://www.hazlehurstcentre.org/
0330 233 3617