

Sexual Safety Programme

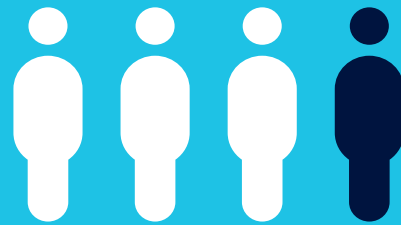
Prevent. Educate. Support.

A Maastricht University initiative that aims to create a safe environment for all, free from sexual violence.

Why do we have a Sexual Safety Programme?

There are many misconceptions about sexual violence. People often think of it in terms of old-fashioned stereotypes, but incidents can take many different forms. From catcalling and unwanted messages to sexual assault, it includes any behaviour that violates your boundaries.

As a university, we want to promote awareness and offer support. This programme aims to make information accessible so that everyone can learn about sexual safety, get help, and take action.



1 in 4

students experience sexual violence during their studies



Inside UM

Social Safety Team – Students

Share your experience confidentially, get advice and options, discuss what you want to do, and receive support inside or outside of UM. The team can also help you file an internal complaint.

Study advisor

If your studies are affected by your experience, get in touch with the study advisor for your faculty or department.

UM psychologist

The UM psychologist is there to talk things through with you. If you need further specialist psychological support, they will help you find out where to get it.

External

Sexual Assault Center

Receive free, anonymous support from experienced professionals by calling 0800-0188 or using the chat at www.chatmetcsg.nl. Available 24/7.

General Practitioner (GP)

You can visit your local doctor or GP (huisarts) for medical care or a referral for psychological support.

112

In an emergency, call 112.



If you need support

If you want to help others

Take action

Inform yourself

Learn more about inappropriate sexual behaviour using the resources listed on our website.

Sign up for training and workshop

Check the website for upcoming training events (and bring your friends!).

Raise awareness

For example by sharing information and starting conversations about the issue.

Ask 'are you okay?'

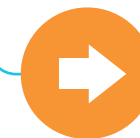
Check in with others if you see or hear inappropriate behavior.

Speak out

Trust your feelings and speak out against inappropriate behaviour when it feels safe to do so.

Want to know more about how you can help?

Then scan the QR code on the last page!



Find out how to challenge inappropriate behaviour – as a bystander or as a friend

Learn how to support your peers if they experience sexual violence

Increase your sense of autonomy in your own relationships

Increase trust between UM community members

Break the taboo on sexual violence

Develop skills and knowledge around consent, bystander intervention, victim-blaming, and more

Teach yourself to approach relationships and sexuality in a positive and respectful way

Build stronger social networks and relationships

Promote wellbeing, a sense of community, and a positive atmosphere at the university

Contribute to a safe and enjoyable experience for all members of your university, work, sports, and friend groups



We are building a safer university

Be a part of it

SCAN the QR code and find
Support, information and
training opportunities at UM

www.maastrichtuniversity.nl/sexual-safety

Follow us on Instagram [@sexualsafetyum](https://www.instagram.com/sexualsafetyum)

