

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



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

Sexual Safety Programme
Prevent. Educate. Support.

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

Inside UM

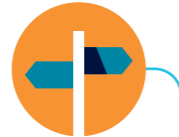
Social Safety Team – Students

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

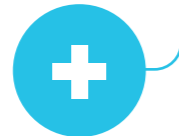
Sexual Assault Center

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.



What you can do

If you need support

If you want to help others



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 back page!

Take action

Learn how to support your peers if they experience sexual violence

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

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

Increase your sense of autonomy in your own relationships

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

Increase trust between UM community members

Build stronger social networks and relationships

Break the taboo on sexual violence

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

Join the initiative!

Join us in our efforts

