



What can I do if I've been subjected to Sexual Violence?

What you choose to do next is completely up to you. We hope that you feel supported in whichever decision you take. It is important that you are empowered and aware of your options, however, this is likely to be a difficult time and long process.

You can:

Report the incident to the University.

The University will guide you through your different options and, if you want to, you can make a formal complaint to the University. We will then investigate the incident and take any appropriate action under the [University's disciplinary procedures](#). In order to make a complaint to the University you can contact the [Security Team](#) or [Student Services](#) and ask to speak with someone confidentially.

The University will only be able to take disciplinary action against individuals that are connected to the University (students, staff or contractors).

Report the incident to the police.

You can do so at any time by calling 101, or 999 in an emergency. The incident does not have to be recent for you to report it. The police have specially trained officers across various teams and depending on your situation will contact you and explain the process to you. You should preserve any possible physical evidence you may have, such as text messages, screenshots, records of phone conversations or voicemails, photos or emails. The police will arrange for a forensic examination to be carried out if appropriate. You will also be asked to make a statement. In the event of a recent sexual assault (within previous 7 days), it is advised that you **do not**:

- Wash any part of the body, including hair.
- Brush teeth.
- Smoke.
- Eat or drink (including non-essential medication).
- Change clothes (if you do, you should avoid washing them - instead place them in a clean plastic bag).
- Go to the toilet (including change tampons or sanitary towels).
- Tidy up or remove items that the assailant has touched or clean the area where the assault has occurred.

Unsure about reporting? Visit the local Sexual Assault Referral Centre (SARC).

If you are not sure whether or not you want to report the incident to the police, you might choose to go directly to a Sexual Abuse Referral Centre, or SARC. SARCs are funded by Public Health. The closest SARC to Loughborough is at [Juniper Lodge](#) in Leicester. The SARC can offer a forensic examination, medical services and sexual health services. They can keep hold of any forensic evidence so that this can be used if you choose to report the incident to the police at a later stage. They can provide you with support and specialist counselling services. If you are not in Loughborough you can find your nearest SARC through the [NHS Choices website](#).

Take no action.

You can still access the support available on campus through the [Counselling Service](#) or the [Medical Centre](#)/your GP practice if you think you need some medical attention.

You can also still choose to visit a SARC, and any other off-campus support service, such as [United Against Violence and Abuse \(UAVA\)](#).

Urgent support.

If you need urgent support, please contact:

- [Mental Health Crisis Support](#): 0808 800 3302,
- Visit your GP or.
- Phone 111.