Defining gender-based violence: Gender-based violence describes a spectrum of behaviour that starts with objectification and unwanted comments and includes intimate partner violence, emotional abuse, physical abuse, sexual assault and emotional abuse, stalking, intimate image-sharing, domestic abuse, and unwanted pregnancy. The term also includes commercial sexual exploitation and forced marriage, forced sterilization, forced abortion, and female genital mutilation.

1. Believe them. Be kind and reassure them they are not to blame. Confuse them, or ask what you are feeling frightened. Concentrate on what they are afraid of. Car on, let them know you are bound to tell someone immediately. Let them know that you will be doing something as soon as possible.

2. Explain. Explain what you are afraid of. Explaining the reasons why they are behaving this way. Explain that what is happening is not normal or healthy. Explain that it is never the victim's fault. Explain that there is help available. Explain that there are people who will help you.

3. Speak with an advocate. Speak with someone who understands. Speak with someone who can listen and offer support.

4. Listen actively. Listen to what they have to say. Listen to their concerns. Listen to their fears. Listen to their needs. Listen to their feelings. Listen to their suggestions. Listen to their needs. Listen to their feelings. Listen to their concerns.

5. Protect. Protect yourself. Protect your family. Protect your friends. Protect your loved ones.


What we're asking you to do:

- Please review your own experiences and ensure you are familiar with the concepts of gender-based violence.
- Please take steps to ensure your safety and personal well-being.
- Please take steps to ensure the safety and personal well-being of those around you.
- Please take steps to ensure the safety and personal well-being of those you care about.

Press out, fold & keep. The card fits into your staff ID lanyard, purse or wallet so you always have it at your fingertips.

In an emergency call 999

Specialist and confidential support is available from:

Search Rape Crisis Scotland or call: 0808 801 0302 (daily 18.00 - 00.00)

Visit Scotland domestic abuse and forced marriage helpline: edasfhm.org.uk or call: 0800 027 1234 (24hrs)

LGBT+ people can search Galop or call 0800 999 5428 (various times, weekdays)

Students at the University of St Andrews can:
Email support.advice@st-andrews.ac.uk with the subject field "report.support" or book an appointment with a specialist adviser at www.universityofstandrewsstudentservices.simplbybook.me/v2
Staff can email: hrconfidential@st-andrews.ac.uk

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Gender based violence is an issue in society: that includes our universities and colleges. Research suggests that as many as 1 in 4 female students experience unwanted sexual behaviour during their studies.

Colleges and universities are working to prevent gender based violence. We want to encourage staff and students to make disclosures and ensure they receive the support they want. You might have a role in intervention, so we’re asking for your help.

You may receive a disclosure of gender based violence from a student or colleague. Or you may witness something that isn’t right. We want you to have information about specialist support services at your fingertips so you can help in the moment. We don’t expect you to be an expert. We’re simply asking you to carry this card so that if you find yourself in this situation, you can quickly and safely empower the person to get the help they want.