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# What do we do now?

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**A guide to helping people who  
have been sexually assaulted.**

Together Consent  
Student Counselling Services  
Trinity College Dublin

# Contents and Introduction

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<b>What is this guide?</b>	<ul style="list-style-type: none"><li>• This guide is intended for <b>Staff of Trinity College Dublin</b>, who might be placed in a situation where someone would come to them, or they could find someone in the <b>immediate aftermath of sexual violence</b>.</li><li>• Because Trinity is a <b>residential university</b>, and sexual violence could occur to anyone at any time, it is a good idea for us all to give ourselves the knowledge we might need should this happen.</li><li>• This guide will provide you with <b>basic information</b> to help you in case of an emergency, when someone is a victim of sexual violence. It is not intended to replace any training, advice from managers, Gardaí or medical professionals.</li><li>• This guide was created by the Together Consent Team in the Student Counselling Services of Trinity College Dublin</li></ul>
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<b>Get in touch</b>	You can contact the Together Consent Team, in the Student Counselling Services, via email: <a href="mailto:Student-counselling@tcd.ie">Student-counselling@tcd.ie</a> . Ruth McMahon The Student Counsellor for Sexual Consent and Disclosure, is contactable at <a href="mailto:mcmahoru@tcd.ie">mcmahoru@tcd.ie</a> , and Aoife Grimes, The Research Assistant in Sexual Consent Education and Sexual Violence Prevention, is contactable at <a href="mailto:grimesa1@tcd.ie">grimesa1@tcd.ie</a>
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# Sexual Violence

<b>What is sexual violence?</b>	<p>“Sexual violence refers to <b>assaults that have an explicit sexual content</b> and includes a variety of forms including rape, sexual assault and sexual harassment. These forms of sexual violence can be perpetrated by family members, current and former sexual partners, other relatives and friends, acquaintances (including colleagues and clients), those in a variety of authority positions, and strangers.</p> <p>The many possible combinations of location and relationships mean that sexual violence can be in private or public locations, and in terms of rape, for example, can include many forms – marital rape, familial/incestuous rape, acquaintance/date rape, stranger rape, gang rape, custodial rape, and rape as a war crime.”</p> <p>Cosc (2010) National Strategy on Domestic, Sexual and Gender Based Violence 2010-2014. Dublin: Government Publications Office</p> <p>Sexual violence and assault covers a wide range of actions, from rape, to unsolicited nude photos, to emotional abuse by partners. It is important to remember that sexual violence can happen to any person, and can be committed by any person.</p>
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<b>Remember</b>	<p>In our role as response staff in the college, we do not have to <b>figure out what happened to someone</b>, or the details of <b>how the incident happened</b>.</p> <p>Our role is to make sure <b>everyone who comes to us is safe, and feels protected</b>.</p> <p>We have a duty to ensure that there is no <b>ongoing immediate danger</b> to the student who comes to us, or any other people, especially children. When we have done this, the only thing we can do is make sure the person <b>gets the support they need from services they access</b></p>
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<b>In an emergency:</b>	<p>In an emergency situation, you should always contact emergency services. This might be when</p> <ul style="list-style-type: none"><li>• The student(s) involved are unconscious, or unable to communicate with us</li><li>• We believe other people are in danger</li><li>• The student(s) who have come to us are visibly physically hurt</li></ul>
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# How will it happen?

<b>How will I know if someone is a victim of sexual violence?</b>	<p>It can be hard for us to tell if someone is a victim of sexual violence, especially as we know it's really important to not ask for details of what happened to someone.</p> <p>Sometimes, we can tell by context if something isn't right. For example, someone could be crying, or seem to have been on the ground or in some mud. If someone is really intoxicated, but it doesn't seem like it was from alcohol, there is a possibility they could have been spiked.</p> <p>A good rule of thumb is that if you suspect something, <b>ask the questions</b>—briefly, and not pressing them for details.</p> <p>Here are some examples of things you can ask (use your discretion when doing so)</p> <ul style="list-style-type: none"><li>• “I’m not going to ask you for any details, and don’t worry, no one will ask you to make a report right now—but did you get assaulted?”</li><li>• “I don’t want to make you worried, but just checking in—is everything ok? Did something happen tonight that you want to get some help with?”</li><li>• “I am worried about you—and I think we need to call a doctor—is that ok?”</li></ul> <p>Someone may also approach you and inform you that they have been assaulted, attacked or raped.</p>
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<b>Remember</b>	<ul style="list-style-type: none"><li>• We should <b>never</b> assume something happened to someone based on appearance or demeanor. When we are checking in, we are only doing so to be on the cautious side.</li><li>• If someone says that nothing happened to them, and they don’t want to contact any supports, <b>that is their choice</b>. If this happens, you can gently let them know that if they change their mind at any point there are supports and services available.</li><li>• If we suspect something happened to someone, it’s a good idea to check in with <b>one trusted colleague</b>. Don’t take someone into a separate space alone, but also don’t tell everyone who is working with you and ask them what they think. As few people as possible who know about the situation, the better for the victim.</li><li>• We can only do so much to help victims, but we do have a duty to fulfil our role to ensure we have a safe community for all. Check in with people if you have a concern, and most importantly, don’t assume someone else will.</li></ul>
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# What should we do now?

<b>Step one: Make Safe</b>	<p>Make sure the person who has come to you is <b>safe</b>.</p> <ul style="list-style-type: none"><li>• Check for<ul style="list-style-type: none"><li>— Visible wounds/cuts</li><li>— Shaking/shivering</li><li>— Torn/open clothes</li></ul></li><li>• Bring them to a <b>quieter, more private area</b> if they are in public. Do not do this alone, make sure at least one more person is with you, ideally someone who is the same gender as the student in question.</li><li>• Give them water and something to cover themselves with if they need it</li></ul>
<b>Step Two: Assess</b>	<p>Try and figure out the <b>basics</b> of what happened. <b>Do not ask for details.</b></p> <ul style="list-style-type: none"><li>• It is generally sufficient to ask if somebody hurt them, and they would like to get some medical help.</li><li>• Its good to try and see if the person, or people, who hurt them are students, nearby, or if the Gardaí (police) have been contacted.</li><li>• Try and see if the student is underage. If they are, the Gardaí (police) should be contacted immediately</li><li>• Try and assess if there are other people at risk currently from the same person, or people</li></ul>
<b>Step Three: Take action</b>	<p>Talk with the person about what the next steps you should take are.</p> <ul style="list-style-type: none"><li>• Never call, or contact, a service or people without checking with the student first</li><li>• Never contact someone because you assume you should, for example a parent or a partner of the student.</li><li>• We can advise the student on the people we can contact to help them using the information on the following pages.</li><li>• If the student doesn't want to contact anyone, and just wants to go home, this is their choice.</li></ul>

## Remember:

- Reassure the student that they are **safe now**.
- Don't make any decisions without asking the student.
- If you are worried that there is another person at risk, you should call the Gardaí (police).
- If the student is visibly injured externally, you should seek medical attention for them.

# Immediate Aftermath (up to a day after incident)

## Sexual Assault Treatment Unit

You can attend the Sexual Assault Treatment (SATU) unit in the Rotunda by calling 01 817 1736 weekdays from 8am to 5pm, or 01 817 1700 after 5pm and weekends. Ask for the SATU.

**If you have been raped or sexually assaulted, you should go to a Sexual Assault Treatment Unit as soon as possible after the incident.** This service is free, confidential and open to everyone. They are here to help you if you've been raped or sexually assaulted. They are available 24 hours a day, 7 days a week, 365 days a year.

A Sexual Assault Treatment Unit (SATU) is a safe place to go if you have been raped or sexually assaulted. They help anyone who has had unwanted sexual contact of any kind. They can also help if you cannot remember what happened but think you may have been sexually assaulted. They look after all genders and gender identities, aged 14 years and over. You can bring a friend or family member with you if you wish.

**All SATU care is free.**

If you want the rape or sexual assault to be investigated, you should get a forensic exam as soon as possible. This is because DNA evidence deteriorates (breaks down) quickly. They will offer you medication to prevent sexually transmitted infections (STIs) and pregnancy. This medication works better when taken as soon as possible also.

### 9-5 Monday to Friday

- The **Student Counselling Services** have emergency appointments available every day for students. These are open to all TCD students.
- If you ring the counselling services with the information at the back of this booklet, they will be able to set the student up with a counselling appointment as soon as possible.
- The student should consider going to the SATU
- It is a good idea to make the person feel safe while you are waiting for other services to come. This could be, for example, moving them to a quieter place, or to a place where people are around them.
- If they are in distress, it is a good idea to see if they have a friend who they could call to be with them.
- If they are going to a SATU, they should not wash or change their clothes before they go

### After Hours

- The student should ring the **Rape Crisis Centre**, and consider going to a SATU.
- They can get advice from the rape crisis centre, and they will help them plan out what to do next.
- You should contact the **Assistant Wardens** or **Assistant Junior Deans** who can offer support to the student.
- If it is late at night, the person may just want to go to bed. It is good to advise the to consider going to a SATU before they do.
- It is a good idea to make the person feel safe while you are waiting for other services to come. This could be, for example, moving them to a quieter place, or to a place where people are around them.
- If they are in distress, it is a good idea to see if they have a friend who they could call to be with them.
- If they are going to a SATU, they should not wash or change their clothes before they go

# Short Term Aftermath (longer than a day)

## 9-5 Monday to Friday

- The **Student Counselling Services** have emergency appointments available every day for students. These are open to all TCD students.
- If you ring the counselling services with the information at the back of this booklet, they will be able to set the student up with a counselling appointment as soon as possible.
- It is a good idea to make the person feel safe while you are waiting for other services to come. This could be, for example, moving them to a quieter place, or to a place where people are around them.
- If they are in distress, it is a good idea to see if they have a friend who they could call to be with them.

## After Hours

- The student should contact the **Rape Crisis Centre**, or **Women's Aid**, to get the support they need following the incident.
- They can get advice from the Rape Crisis Centre, or Women's Aid, and they will help them plan out what to do next.
- You should contact the **Assistant Wardens** or **Assistant Junior Deans** who can offer support to the student.
- If it is late at night, the person may just want to go to bed.
- It is a good idea to make the person feel safe while you are waiting for other services to come. This could be, for example, moving them to a quieter place, or to a place where people are around them.
- If they are in distress, it is a good idea to see if they have a friend who they could call to be with them.

## Further Resources

- If you have more questions about what to do if someone comes to you as a victim of sexual violence, you can contact the Together Consent Team at our emails (mcmahoru@tcd.ie or grimesa1@tcd.ie). Alternatively the Student Counselling Service: student—counselling@tcd.ie **They will be able to provide you with emergency information or help in a crisis situation.**
- You can attend **First Responder Training**, which is a day long training that gives you the skills to help someone who has made a disclosure of sexual violence to you.
- You can find resources on our **Together Consent Website** which can provide you with more information and understanding of sexual violence, as well as learning how to get involved with the campaign.
- On this site there are a series of **videos** which can give you more advice on what to do if someone makes a disclosure to you, and what Sexual Consent is.



Scan this code to be taken to the **Together Consent Website**



Scan this code to be taken to the **Together Consent Videos**

# Contact Information

## 24 hour services

Service	Contact	Information
Rape Crisis Centre	24-hour helpline 1800 77 8888 Text 086-8238443	The Rape Crisis Centre has a <b>24 hour helpline</b> that students can ring after being sexually assaulted. You can also ring the hotline to ask for advice on next steps in a situation. The Rape Crisis Centre also offers a service where they can <b>accompany someone to a Sexual Assault Treatment Unit.</b>
Pearse Street Garda Station	<a href="tel:016669000">(01) 666 9000</a>	Pearse Street Garda Station is located directly beside TCD. They can help if someone would like to speak to a <b>police officer</b> , or if you think someone is in <b>danger</b> . If someone does not want to speak to the police, they don't have to.
Women's Aid Domestic Abuse	1800 341 900	If someone would like to discuss an incident of <b>domestic violence</b> or <b>intimate partner violence</b> , they can contact Women's Aid for support. Women's Aid can also offer shelter for women who are unable to go home following domestic violence.

## Services in TCD

Service	Contact	Information
Assistant Junior Deans (on-campus support)	cdeans@tcd.ie (01) 896 1551	These are residential staff members who live on the <b>Main campus</b> . They can offer support and assistance to <b>residential students</b> . They are available <b>24/7</b> .
Assistant Wardens (Trinity Halls support)	<a href="tel:+35318968024">+353 1 896 8024</a> <a href="mailto:trinity.hall@tcd.ie">trinity.hall@tcd.ie</a>	These are residential staff members who live on the <b>Trinity Hall Campus in Rathmines</b> . They can offer support and assistance to <b>Halls students</b> . They are available <b>24/7</b> .
Student Counselling Service	<a href="tel:+35318961407">+353 1 896 1407</a> <a href="mailto:student-counselling@tcd.ie">student-counselling@tcd.ie</a>	There are <b>counsellors available on campus</b> for students in distress. They can take emergency appointments. They are generally available <b>9-5:30, Monday to Friday</b> . They are generally open for <b>exceptional circumstances emergencies until 8pm on Tuesdays and Wednesdays</b> .
College Health Centre	(01) 896-1591	There are <b>doctors available on campus</b> in the Health Centre, across from the security office. They are available <b>9-4 Monday to Friday</b> .
TCDSU Welfare Officer	<a href="mailto:welfare@tcdsu.org">welfare@tcdsu.org</a>	The TCDSU Welfare officer has an office in House 6. They are <b>sometimes available to meet a student who is in distress</b> , and this option may be useful if a student does not want to speak to a 'staff' member of the college.