



Group FAQs

How will I know if this group is for me?

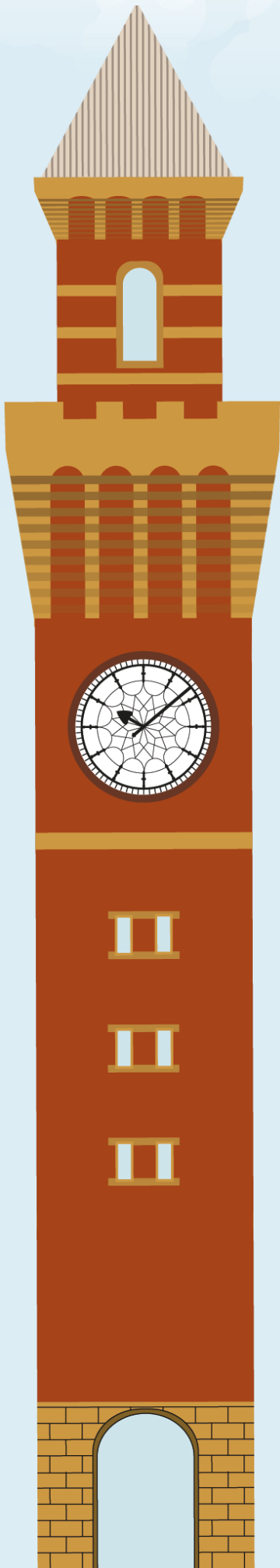
How do I know if I have been sexually assaulted or raped? The definitions below may help you to assess if this has happened to you:

- **Rape** – When someone has sex with you without your consent. This can mean penetration by a penis or other object, can involve anal or oral sex, and is irrespective of the length of time it happened (30 seconds or 3 hours).
- **Sexual assault** - is a physical sexual act that is carried out without your consent, e.g. If someone intentionally grabs or touches you in a sexual way, or you're forced to kiss someone or do something else sexual against your will. This includes sexual touching of any part of someone's body, and it makes no difference whether you are clothed or not.

Rape and sexual assault can happen to any gender and by any gender, age, race or sexuality. It doesn't need to be a stranger; it can be a partner, friend, colleague, or anyone. It can be male to female, male to male, female to male and female to female.

It's a myth that victims of rape or sexual assault always look battered and bruised. A sexual assault may leave no outward signs, but it's still a crime. An assault can occur anywhere, in your own home, someone else's home or on a night out.

The group is not suitable for people who have been sexually abused in their childhood. We would then suggest individual support.



Will it be confidential?

The Mental Health and Wellbeing Service at the University of Birmingham offers a confidential and private service to our clients.

This means:

- Your contact with us is not disclosed to anyone else, inside or outside the University without your clear, written consent, except in certain circumstances; see link below.
- Your academic department does not have access to any information about your contact with us, including the fact that you have made contact with us.
- We do not discuss your contact with us with family members, or anyone else who contacts us requesting information about you.

Although we do not keep notes, we do keep a record of attendance. Further information on confidentiality can be found at: <https://intranet.birmingham.ac.uk/wellbeing/about>

What can I expect?

It is not a therapy group but more an opportunity to talk together about how you are coping and develop some skills through giving and receiving support from each other.

You will never be asked to share what has happened to you and we won't put you under pressure to report to the police. It is for students who either have or have not reported the incident to the police.

Topics covered will include:

- Effects of trauma
- How have things changed – thinking, feelings, behaviours
- Coping strategies
- Feelings of powerlessness
- Relationships
- Self-esteem and self-care
- Regaining the power (assertiveness)



How many people will there be?

Up to 12 students.



What if I recognise someone else?

Confidentiality is an important part of the group. We talk about this at our first meeting.

What if I don't fit in?

Most people are nervous about meeting new people, this is a normal reaction to have.

Do I have to attend all 6 sessions?

It is really important that you clear your diary for all the sessions as what you give to the group and others is as important as what you receive.

Do I have to speak?

You decide for yourself how much you want to disclose, when you are ready. However the more you get involved, the more you will benefit from the group.

When is the group being run?

10/02/20—16/03/20 on Monday afternoons between 13:00 and 14:45.

How do I join the group?

If you are interested please complete the online booking form at www.intranet.birmingham.ac.uk/wellbeing/workshopsandgroups

Following your booking, you will have an initial appointment with one of the counsellors leading the group, Sue Anderson or Dorothy Loudon. We will give you further information, answer any questions or concerns you have about joining the group and talk with you about the group's suitability for you.

If you have any further questions or concerns, please contact us on cw-workshops@contacts.bham.ac.uk or call 0121 414 5130.

The group runs at Aston Webb Student Hub, University of Birmingham, Edgbaston, Birmingham B15 2TT (R7 on the campus map).