

Survivors/Victims of rape, sexual assault and domestic abuse will often want to talk to someone who can provide a specialist service tailored to their needs and circumstances. For that reason there are local and national organisations that provide support based on specific experiences of violence or abuse, as well as on identity characteristics such as gender identity, sexuality or cultural background.



## LOCAL SUPPORT SERVICES

### STUDENT COUNSELLING AND DEVELOPMENT

☎ 021 490 3565  
✉ counselling@ucc.ie

### STUDENT HEALTH & WELLBEING

☎ 021 490 2311

### UCC CAMPUS WATCH

☎ 021 490 2103  
☎ 087 192 8619

### UCC CAMPUS SECURITY

🕒 24 hour service  
☎ 021 490 2266  
☎ 021 490 3111 (Emergency Phone)

### UCC WELFARE OFFICER

☎ 086 383 6794  
✉ welfare@uccsu.ie

### UCC NITELINE

🕒 Mon-Thurs 9pm to 1am  
☎ 1800 323 242 (Helpline Freephone)

### ANGELSEA STREET GARDA STATION

☎ 021 431 3031

### BRIDEWELL GARDA STATION

☎ 021 454 1012

### SEXUAL HEALTH CENTRE

☎ 021 427 6676  
✉ info@sexualhealthcentre.com

### CORK SEXUAL VIOLENCE CENTRE

☎ 021 450 5577  
☎ 1800 496 496 (Helpline Freephone)  
☎ 087 153 3393  
✉ info@sexualviolence.ie

### CORK SEXUAL ASSAULT TREATMENT UNIT

🕒 24 hour service  
☎ 021 492 6297 (Mon-Fri 8.30-16.30)  
☎ 021 492 6100 (Out of Hours & Weekends)

### OSS CORK

☎ 1800 497 497 (Helpline Freephone)  
✉ advice@oss cork.ie

### MNÁ FEASA CORK

🕒 Mon-Fri 10.00-16.00  
☎ 021 421 1757



## NATIONAL SUPPORT SERVICES

### CRIME VICTIMS HELPLINE

☎ 116 006 (Freephone)  
☎ 085 133 7711  
✉ info@crimevictimshelpline.ie

### AN GARDA SÍOCHÁNA

☎ 999/112  
If you are deaf, deafened, hard of hearing or have a speech impairment: Text 112, you need to register your phone on www.112.ie before using this service.

### SAFE IRELAND

🌐 www.safeireland.ie  
☎ 090 647 9090  
✉ office@safeireland.ie

### WOMEN'S AID

🌐 www.womensaid.ie  
☎ 1800 341 900  
✉ helpline@womensaid.ie

### AMEN SUPPORT SERVICES

🌐 www.amen.ie  
☎ 046 902 3718 (Mon-Fri 9.00-17.00)  
✉ info@amen.ie

### RAPE CRISIS NETWORK IRELAND

🌐 www.rcnie.ie

### RAPE CRISIS HELP

🕒 24 hour service  
🌐 www.rapecrisishelp.ie  
☎ 1800 778 888 (Helpline Freephone)

### ONE IN FOUR

🌐 www.oneinfour.ie  
☎ 01 662 4070 Mon-Fri 9.30-17.30  
✉ info@oneinfour.ie

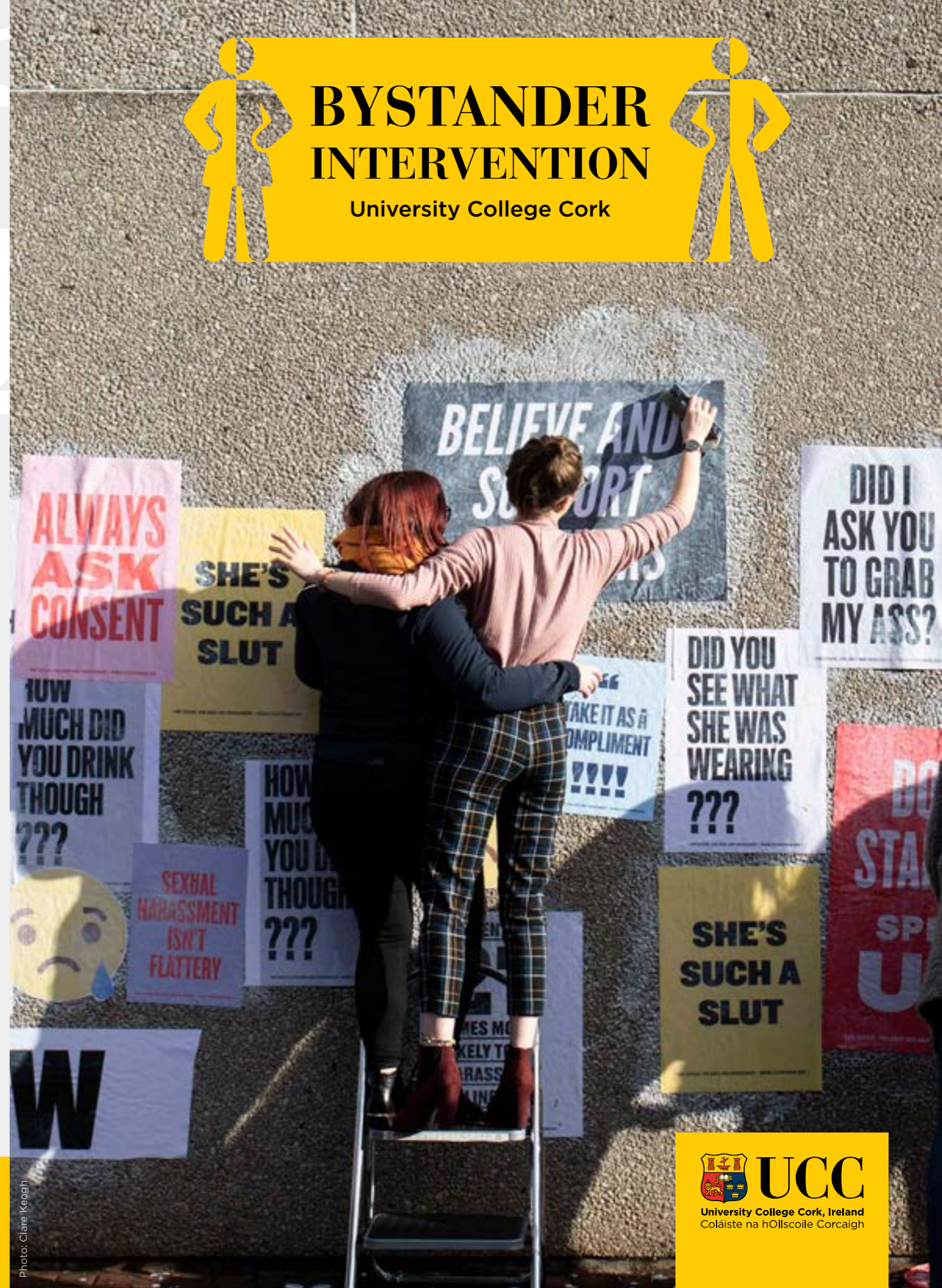
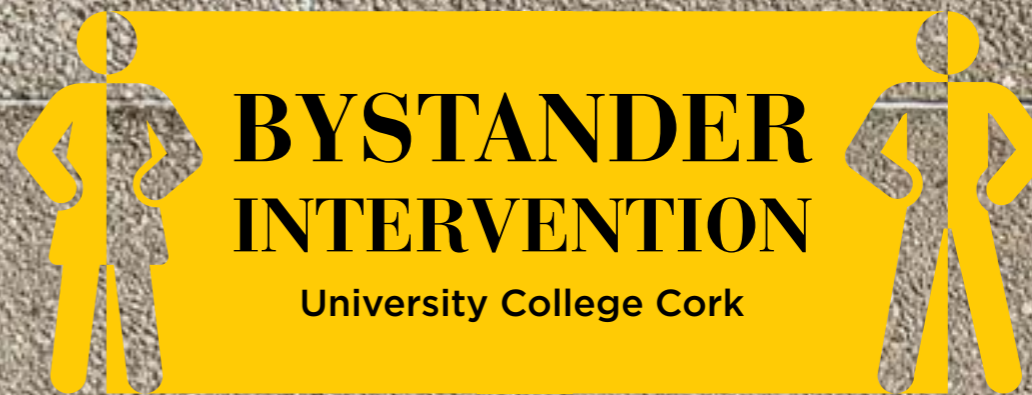
### PIETA HOUSE

🌐 www.pieta.ie  
☎ 021 434 1400 (Cork)  
✉ mary@pieta.ie (Clinical Support)  
✉ info@pieta.ie

### LGBT IRELAND

🌐 www.lgbt.ie  
☎ National LGBT Helpline - 1890 929 539  
☎ Transgender Family Support - 01 907 3707

**UCC CRISIS TEXT LINE** - Text UCC to 086 180 0280 to chat anonymously to a trained volunteer 24/7. Any issue. Any time.



Only intervene when it is safe for you to do so.  
If not safe to intervene, in an emergency, dial 112 or 999.



🌐 bystanderintervention.ucc.ie

✉ bystander@ucc.ie

🐦 @BystanderUcc



Photo: Clare Keogh



# Bystander Intervention at UCC

The UCC Bystander Intervention programme was developed to tackle issues of sexual and relationship violence, by educating and empowering students to support the development of a visible, pro-social institutional culture which stands against unacceptable behaviour and abuse but instead fosters a culture of positivity and support. The programme, modelled on the work of Dr Rachel Fenton, highlights the danger of normalising abusive behaviour, and cultivates an understanding of a bystander's capacity to intervene. The blended learning programme at UCC provides students with a safe environment to better understand appropriate social interactions and to identify unacceptable behaviour, ensuring an understanding of the importance and meaning of consent, but also more broadly, personal assertiveness and social responsibility. Students take the online modules at their own pace, completing a series of quizzes and interactive engagements, culminating with an in-person reflective group workshop where students share their learning experience and participate in role-plays to articulate their learning and intervention capacities.



## NATIONAL IMPACT

The programme is led by Professor Louise Crowley, School of Law UCC, a member of the National Expert Group established by the Minister For Higher Education Mary Mitchell O'Connor, responsible for the drafting of the National Framework to End Sexual Harassment and Violence in Irish HEIs. UCC is proud to share our programme and research findings to support cross-sector responses to the National Framework and to date it has been shared with 10 Irish HEIs and will be available for first year orientation 2020/2021 on campuses across Ireland, under the direction and leadership of Minister Simon Harris.



*"I can't stress enough how important it is that more students get the opportunity to participate in this workshop. I didn't actually realise that I was personally affected by the material, but it meant that I could go and talk about it."*

## IMPACT OF BYSTANDER AT UCC

Since completing the programme UCC students report:

- 76% believe it should be compulsory
- 76% have noticed events where an intervention would be appropriate
- 69% have made an intervention
- 61% intervened directly; 39% intervened indirectly
- 83% feel they now have the necessary skills to intervene
- 68% stated they would attend a refresher workshop



**ENROLL NOW!**



## WHY BYSTANDER?

A 2020 USI/NUIG Sexual Experiences survey reported

- 29% of females, 10% of males, 28% of non-binary students reported non-consensual sex by incapacitation, force, or threat of force;
- 51% of first year students, 62% of second year students and 66% of third (or subsequent) year reported experiencing sexual hostility since beginning college.
- Students who had attended workshops, events, and talks related to sexual conduct consistently reported higher awareness of supports and services.

“

I have a lot more confidence being able to speak and voice my opinions on the matter after taking part in the class

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