1. ESTABLISH WITH THE PERSON ANY IMMEDIATE ISSUES OF SAFETY This may involve phoning police on 000, or campus security:
   - Hobart, Launceston, Burnie and Rozelle: (03) 6226 7600

2. LISTEN AND BE SUPPORTIVE
   - Listen and empathise without judgement. Do not try to investigate or counsel them. Believe them.
   - Focus on the person’s physical and emotional wellbeing – what do they need at this moment? Only seek information necessary for facilitating access to support services.

3. DISCUSS SUPPORT OPTIONS AND FACILITATE ACCESS TO SERVICES: Advise of available specialised support services and if the person requests your assistance, help them to contact a support service for immediate and confidential support and advice:
   - Hobart: Sexual Assault Support Service (SASS) 1800 697 877
   - Launceston and Burnie: Laurel House 1800 697 877
   - Sydney: NSW Rape Crisis Service 1800 424 017
   - University counselling services:
     - 24-hour crisis support 1300 511 709

Medical attention may be required and in the case of a recent sexual assault, a forensic medical examination is possible to assist with evidence collection.

4. REPORTING OPTIONS
   It is the person’s choice what steps they choose to follow and when.
   In cases of recent sexual assault, it is advisable for the person to report to police if they may wish to bring criminal charges now or in the future, so that evidence is collected at the earliest possible stage.
   Sexual assault and sexual harassment can also be reported to the University via the Safe and Fair Community Unit:
   - online at utas.edu.au/safe,
   - by phone 6226 2560, or
   - email SaFCU@utas.edu.au

5. YOUR OWN WELLBEING
   Hearing disclosures of sexual assault or sexual harassment can be difficult, so practice self-care too.
   Students can call 1800 817 675 or 1300 511 709 after hours for support, and staff can call 1800 650 204.