Where you can find help!

Help and Support in Osnabrück, Vechta, and Lingen
Sexualised violence does not only take place in the private sphere, but in many areas of our society. Relationships of dependency favour sexualised violence, which is why sexualised violence also occurs at universities. Students experience sexualised violence from university staff or other students; on campus, in the hall of residence or at parties.

The Studierendenwerk Osnabrück has already adopted a guideline in 2019 against sexualized discrimination, harassment and violence, which provides affected persons with initial options for communication and action.

The Studierendenwerk Osnabrück would like to counteract sexualised violence on campus through educational work. As a responsible service provider, the Studierendenwerk feels obliged to provide students with information and support. By raising awareness of this issue, we hope to promote a mindful and respectful approach to each other.
What is sexualised violence?

Sexualised violence is any intentional sexual act, whether physical, verbal or non-verbal, that is carried out against the will of the person concerned.

Examples of sexualised violence:

- Derogatory, insinuating, probing looks
- Whistling
- Insinuating jokes
- Derogatory/sexist remarks and insults about appearance, behaviour and private life
- Showing pornographic images
- Unwanted invitations, approaching by letter, email
- Unwanted touching
- A „no“ is not accepted
- Criminal offences such as stalking, sexual assault, bodily harm, rape

Forms of sexualised violence also include:

- Sexualised admission rituals at universities (e.g. chain of dresses until everyone is in underwear or naked)
- Advertising for student events with pornographic word and/or image content
- Inappropriate names of student associations/groups/teams (e.g. football club FC Siewillja)

Sexualised violence violates the principle of equal treatment and is an attack on the dignity and personal rights of those affected.
There is no justification for sexual violence or sexual violations of boundaries. Perpetrators are guilty, victims have the right to defend themselves and get help.

What is ok?
Everything that is fun for both sides:

- Friendly compliments
- Flirting (e.g. eye contact, small talk, smiling at someone)
- Going out together

Everyone has their own personal boundaries.
Sexualised violence begins where boundaries are crossed. The subjective feeling of the person concerned is decisive in the assessment of sexualised violence.

Sexualised violence is always one-sided behaviour that is fundamentally different from flirting or compliments and often leads to stress, insecurity, malaise, anxiety, depression as well as psychosomatic complaints and consequently to reduced or failed performance in those affected.

Out of fear of being considered prudish, sensitive or humourless, many victims deny or gloss over sexualised violence. If victims dismiss assaults, treat them jokingly, adapt to the behaviour of the harasser or ignore the assault, perpetrators will feel encouraged in their behaviour and may assault again.
What can you do to protect yourself?

- Be confident (speak clearly, stand up straight).
- Avoid dark, deserted paths at night.
- Go out in pairs or in a group (to parties, through the night, to the doctor’s office, ...).
- Inform others of your whereabouts.
- Make a phone call if you are alone and feel uncomfortable (on the bus, in the dormitory kitchen, ...).
- Be aware of your surroundings.

What can you do in an emergency?

- Take your feelings seriously and trust your gut feeling.
- Realise that you are not to blame.
- Walk away from the situation, if possible.
- Tell the person that you feel harassed by them and give clear instructions: e.g. „Take your hand off my leg!"
- Say loudly, „No!"
- Address the person who is assaulting you - this way outsiders will recognise that it is not a private dispute.
- Physically defend yourself by shouting, kicking, hitting.
- Call the attention of others to the assault. Speak to them specifically and get their support, e.g. „You in the red mackintosh, I need your help. Or „Please call the police.“
- Inform the police and file a complaint.
- Talk about the experience with a trusted person.
- Document the experience in writing in a timely manner.
- Contact a counselling centre.
What can witnesses do?

- Stand by the affected person, talk to him/her and offer help.
- Look and don’t look away.
- Call the police in an emergency and never put yourself in danger.
- Be available as a witness.

Do you need help? Here you will find it!

Police and Fire Brigade

Are you a victim of a crime?

- Tel.: 110
  Police Services:
  2 Winkelhausen Street, 49090 Osnabrück, Tel.: +49 541 327-2215
  6-8 Kollegienwall, 49074 Osnabrück, Tel.: +49 541 327-2115
  *If you cannot speak German, please bring someone who can translate.*

In case of fire or injuries

- Tel.: 112
Contact Persons on Campus

Osnabrück University's Equal Opportunity Office
· Tel.: +49 541 969 45 20
  annkatrin.kalas@uni-osnabrueck.de

Osnabrück University's Student Council
· Tel.: +49 541 969 48 72

Osnabrück University of Applied Sciences' Central Equal Opportunity Office
· Tel.: +49 541 969 29 65
  b.c.belker@hs-osnabrueck.de

Counseling by Osnabrück University of Applied Sciences' Equal Opportunity Office in case of sexual harassment and violence
· Tel.: +49 173 9 61 92 98
  hilfe-bei-belaestigung@hs-osnabrueck.de

Osnabrück University of Applied Sciences' Student Council
· Tel.: +49 541 969 21 18
  in Lingen: +49 591 80 09 82 73

Vechta University's Equal Opportunity Office
· Tel.: +49 4441 156 55
  tanja.meyer@uni-vechta.de

Osnabrück Student Services' Psychosocial Counseling for Students (psb)
· Tel.: +49 541 969 25 80
  psb@sw-os.de
Further Support and Counseling Services

Women’s Counseling Service Osnabrück
- Tel.: +49 541 80 34 05
  www.frauenberatung-os.de

The Diaconia’s Women’s Counseling Service
- Tel.: +49 541 7 60 18-822

Women’s Emergency Hotline
- Tel.: +49 541 8 60 16 26
  www.frauennotruf-os.de

Women’s Shelter Osnabrück (independent)
- www.frauenhaus-os.de

SOLWODI – Expert Advice Centre, Osnabrück
- www.solwodi.de

Women’s Counseling in case of violence for the district Cloppenburg and Vechta
- Tel.: +49 4471 93 08 30
  www.drk-cloppenburg.de
Further Support and Counseling Services

Domestic Violence Counseling and Intervention Centre (BISS)
- Tel.: +49 591 4129
  frauenhaus@skf-lingen.de
  www.biss-os.de
  www.skf-lingen.de

Nationwide Helpline for Violence against Women (multilingual)
- Tel.: +49 8000 1160 16
  www.hilfetelefon.de

Expert Advice Centre Fist Violence Prevention
- www.diakonie-os.de

Catholic Association for Social Services’ Men’s Counseling
- www.skm-osnabruceck.de/maennerberatung
Further Support and Counseling Services

Network ProBeweis (pro-evidence)
· www.probeweis.de

Partnering clinic in Osnabrück:
(only when the police have not been involved yet)
Niels-Stensen-Kliniken
Marienhospital Osnabrück
· Tel.: +49 541 326-0
  1 Bischof Street, 49074 Osnabrück

The Victim Assistance Foundations' Victim Assistance Office
· Tel.: +49 541 315 39 50
  www.opferhilfe.niedersachsen.de
  (only if a complaint has already been filed with the police)

Victim Assistance Weisser Ring e.V.
· Tel.: +49 151 1174 02 44
  www.osnabrueck-niedersachsen.weisser-ring.de
  (there is no prerequisite to first file a complaint with the police)

AMEOS Clinic Osnabrück
Regional Centre for Mental Health
· www.ameos.eu

Social Psychiatric Service of the Health Department of the City and District of Osnabrück
· www.service.landkreisosnabrueck.de
Further Support and Counseling Services

Counseling for people affected by racism, anti-Semitism and racist violence offered by Osnabrück Exil-Verein
· www.exilverein.de

The Diaconia of the City and District of Osnabrück
· www.diakonie-os.de

Efle Counseling Centre of the Diocese of Osnabrück
· www.efle-beratung.de

pro familia
· www.profamilia.de

Osnabrück against violence
· www.osnabrueck-gegen-gewalt.de