

A problem shared

Your Union Advice newsletter – a little bit of help when you need it most

Issue 14 (Mar 2022)



Mental health and *us* by your Vice President (Welfare) Owen Marques

Let this be an article to relate to, know that these words are coming from a place of understanding and a battle that is very well known to myself. This isn't a Vice President talking, but a friendly face with ears wide open. Whether you are experiencing mentally ill health or know someone that is, the journey is never the same, but we all have the same destination – to come out at the end a better you.

So much can be said about health and what that means to an individual. It could come down to eating healthy foods, exercising, healthy relationship, etc. However, mental health is on everyone's radar and 'solutions' go far and wide to maintaining a good and healthy mental state of mind, especially in the unprecedented times we have experienced with more and more pressure put onto this generation of students. Despite all of this, the positive is that we are able to talk more openly about mental health and address something that has been and continues to affect a large population of the world.

By shifting attitudes towards mental health we are in turn growing a greater sense of empathy for each individual we meet, understanding this is something that can affect the strongest and most confident of individuals.

feeling heard. Whether it's someone who is having a bad day or had a history of poor mental health it's always a good thing to reach out to open up a conversation or acknowledgement of their health and it all starts with simple questions: "how are you doing?", "do you want to talk about it?", "do you need a distraction?", "do you need some space?". I hope to show the importance of asking someone the simple question "how are you doing?" and understanding that there are 4 approaches to support:

- Give them the time to be heard
- Be a distraction to the issues they are facing
- Give them the space they need
- Give them the options of support

Statistically, these are the student demographics affected the most by ill mental health:

- LGBT: (mind.org.uk) (studentminds.org.uk)
- Ethnic Minorities: (mind.org.uk)
- Men and Mental Health: (studentminds.org.uk)

Supporting Each Other...

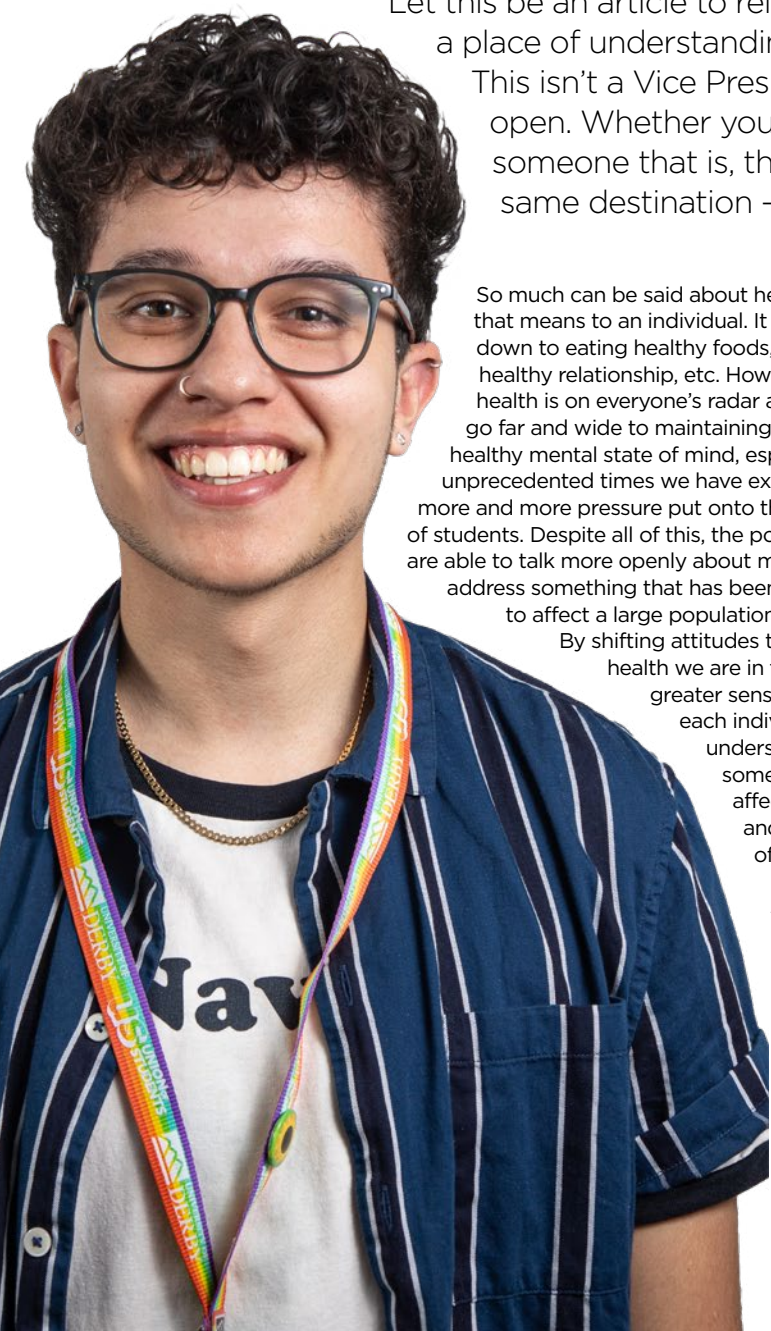
If there is anything that I would want someone to take back from this, it's to truly know the importance of listening and

if you or someone you know are struggling with your mental health, there is support available.

Student Wellbeing offer a free, confidential service to all students and applicants. Their contact information is: [01332 593000](tel:01332593000) or wellbeingcentre@derby.ac.uk.

Derby Samaritans will now be doing bookable appointments at the Union once a month. You can [book your free, confidential appointment](#) online.

[Student Space](#) are offering 24/7 support during Coronavirus.



Support Around Consent

Consent is... mutual, reversible, given freely, specific, retractable, enthusiastic, checking, informed.

Here at the Union of Student's, our aim is to educate and raise awareness about consent. We want to ensure that everyone feels safe and confident to reject sexual activity and we recognise that it's important to normalise the conversations around sex and consent.

Educating about and discussing consent is vital in identifying sexual assault and supporting survivors, so we've partnered with Remedi and SV2 to ensure that the students at the University of Derby have the necessary support around them.

Who are Remedi?

A confidential, free service for young people affected by abusive or controlling behaviour in relationships. You could be a witness, a friend, a son or daughter, or the person in the abusive relationship.

Students can come and chat to them for a one-off conversation or see a particular practitioner more regularly at times chosen by them.

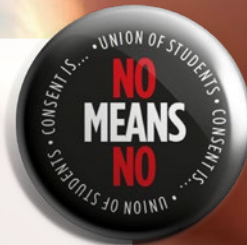
During a drop-in session, they will offer emotional support, practical advice, and guidance around the best services and safety measures for those in relationships.

Who are SV2?

SV2 is a Derbyshire based charity service and is here to help anyone who has experienced any form of sexual violence or abuse. It doesn't matter when it happened, whether you are male or female, young or old. SV2 can also support family and friends if needed.

An Independent Sexual Violence Advisor (ISVA) will be accompanied by the SV2 Learning and Development Officer offering drop in sessions for students who wish to speak confidentially about any issues that may be affecting them.

The drop in sessions will be based in one of our advice rooms at the Union.



Educating Around Consent

Consent is... mutual, reversible, given freely, specific, retractable, enthusiastic, checking, informed.

To ensure that there is awareness and education about consent and harassment, the University are now providing two compulsory modules for all students and staff. The University worked with a company called Epigium to provide the training, in collaboration with leading subject experts and practitioners, students, and higher education professionals.

The first module Consent Matters will look at boundaries, respect and positive intervention. The second module Tackling Harassment aims to promote cultural change in higher education.

Where can I find the modules?

You can find these within Blackboard (Course Resources). To access them you need to find your college area within Course Resources (Blackboard). Go to the Programmes and Organisations menu option, followed by the 'university training' menu option to access.

If you can't find the training, you can contact IT and they'll be able to help.

Telephone (24/7): +44 (0)1332 591234

Email: itservicecentre@derby.ac.uk

Benefits of doing the modules:

- Build your knowledge, skills and confidence
- Helps us to build safe and supportive communities
- Future employers will be keen to hear about how you ensure you're aware of crucial issues and how you are positive agents of cultural change.

REMEDI are delivering a free specialist course called CEASE – The course specialises in identifying and safeguarding abusive and controlling relationships. Students can sign up to the sessions and will receive a certificate on completion. Students are to email: katie.measures@derbyunion.co.uk as soon as possible for more information and to sign up to the sessions.

March Courses

- Course 1** Session 1 - 7th, 10.00am-12.00pm
Session 2 8th, 10.00am-12.00pm
- Course 2** Session 1 - 23rd, 1.00pm-3.00pm
Session 2 - 24th, 1.00pm-3.00pm

April Courses

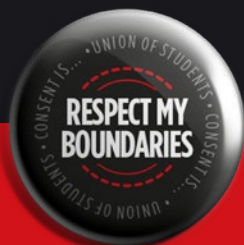
- Course 1** Session 1 - 4th, 10.00am-12.00pm
Session 2 5th, 10.00am-12.00pm
- Course 2** Session 1 - 20th, 1.00pm-3.00pm
Session 2 - 21st, 1.00pm-3.00pm

May Courses

- Course 1** Session 1 - 9th, 10.00am-12.00pm
Session 2 10th, 10.00am-12.00pm
- Course 2** Session 1 - 25th, 1.00pm-3.00pm
Session 2 - 26th, 1.00pm-3.00pm

June Courses

- Course 1** Session 1 - 6th, 10.00am-12.00pm
Session 2 - 7th, 10.00am-12.00pm
- Course 2** Session 1 - 22th, 1.00pm-3.00pm
Session 2 - 23th, 1.00pm-3.00pm



Representing your academic interests: Suspected Academic Offences

At the Union, we are noticing a rise in suspected academic offences and so we want to ensure that all students understand what an academic offence is, what the potential consequences are and share some top tips on how to prevent being suspected. The Advice Team are available to offer 1-1 support if you have been suspected of an academic offence. We can support from the moment you are made aware that there is a suspected academic offence, ensuring you understand the procedure fully, to attending the meetings with you for added support.

An academic offence occurs when a student tries to gain an unfair advantage by breaking or not following the academic regulations, even by accident. Therefore, it's important for you to be aware of the academic offence regulations in order to prevent a suspected academic offence investigation.

The types of academic offences are:

- **Plagiarism** (submitting work that isn't your own). This is the most common and can occur when students don't reference properly or copy and paste large chunks of text from other resources.
- **Collusion**: This is when a student knowingly allows another student to copy their work.
- **Impersonation**: Sitting an exam for another student or submitting another student's work.
- **Contract Cheating**: Obtaining academic work from a third party.
- **Improper exam conduct**: being in possession of an unauthorised paper, materials or devices in an exam
- **Self-Plagiarism**: When a student has submitted the same piece of their own work for assessment and award of credit in two (or more) modules
- **Fabrication**: Misrepresenting data

What happens when you are suspected of an academic offence?

If you are suspected of an academic offence, you will receive an email inviting you to a meeting with your Programme Leader. This is an informal meeting, where you will be given the opportunity to explain how the suspected academic offence may have occurred and gives the Programme Leader an opportunity to decide whether the offence occurred due to a misunderstanding, inexperience or whether it needs to be referred to a step 2 meeting.

Possible outcomes:

- Advisory note placed on file
- Referral which is capped at 40%
- Referred to a Step 2 Deans meeting

A step 2 meeting will be with the Dean of college or Director of department. They will hold a meeting with you to investigate and determine an appropriate course of action. At this meeting, you can bring evidence, witnesses and a written statement. The outcomes of this meeting include the outcomes for the step 1 and:

- A written warning
- Failure of exam of assignments
- Failure of module
- Expelled from programme
- Referred to a step 3 panel made up of University staff.

How we can help:

Whilst it can be very daunting to go through these procedures, you don't have to go through it alone. You have the right to have a Union Student Advisor attend all meetings with you for support. We can help prepare you for each meeting and answer any questions you may have. Appeal We can support you through the appeals process if needed

Top tips to prevent an academic offence:

- Use Turnitin to check your similarity score
- Don't share your work with anyone else
- Make sure to paraphrase (put the work into your own words)
- Use [cite them right](#) for referencing guidance.

Academic offences

A Union self-help guide

Your Union of Students'
Independent advice service
01332 591507
advice@derbyunion.co.uk
derbyunion.co.uk/advice

Talk to
US

Find out more on your Union's website at derbyunion.co.uk/advice/resources/academicoffences/



FREE Condom Postal Service from the NHS

Your Sexual Health Matters provides a free and confidential condom and lube by post service to people who live in Derbyshire and Derby City.

Packs are sent in a discrete plain envelope with a plain postmark and will fit through a letter box.

They will process one order per month per person.

For more information, please visit:
yoursexualhealthmatters.org.uk/contraception/condoms/postal-condoms



The Hollie Guard app is best described as a digital personal alarm. Instead of carrying an extra device with you, Hollie Guard is an app on your smartphone that can help keep you safe.

The free plan will allow you to add trusted contacts, raise alerts, track a journey, monitor a meeting, record audio and visual evidence and send accident alerts.

To activate the app, you just shake or tap your device which will notify you chosen contacts, pinpoint your location and activate camera and microphone to record potential evidence.

hollieguard.com

Improve the advice service

Any ideas on how to improve your advice service, we'd love to hear them.

Either pop them onto the ideas forum via derbyunion.co.uk/ideas or contact us directly using the contact details below.

Live Chat

The Advice Team are now available through the Live Chat function on the Union website for quick guidance and information

derbyunion.co.uk/advice/livechat/

Your Union's independent advice service

Contact us on 01332 591507 if you need advice or help or email advice@derbyunion.co.uk

derbyunion.co.uk/advice