



**VICTIM,  
COMPLAINANT,  
SURVIVOR,  
CONQUEROR**

**BECAUSE YOU  
MATTER**

[www.ufs.ac.za](http://www.ufs.ac.za)

## What does this include?

Incidents of violence, abuse, and sexual misconduct are rising at alarming rates in South African higher education institutions. Many cases remain underreported, highlighting the need for a culture that prioritises respect for personal and social boundaries. Your voice matters, whether you identify as a victim, survivor, or conqueror. If you see something, say something.

## ABUSE

Domestic abuse can result in *long-term health effects*, including:

- PTSD-like symptoms, such as flashbacks, dissociative states, and violent outbursts against the abuser;
- health issues caused by stress, such as high blood pressure and associated cardiac problems;
- health issues from the physical abuse, such as damaged joints or arthritis;
- chronic back pain or headaches; and
- increased risk of developing diabetes, asthma, depression, and immune dysfunction due to long-term stress.

*Signs of abuse that can be observed*

immediately, include:

- bruises, black eyes, scars, broken teeth, deep cuts or gashes, fractures or broken bones, sprains or dislocations;
- depression, loss of interest, isolation, trouble thinking, difficulty sleeping, and poor appetite;
- feelings of worthlessness;
- damaged relationships with friends and family;
- severe anxiety, panic attacks, avoiding social situations, and irritability;
- feeling like they have no control;
- work or academic tasks suffer; and
- crying more.

*Source: Healthline; Student Counselling and Development*

## SEXUAL MISCONDUCT

- Sexual misconduct includes any non-consensual or unwelcome sexual conduct – whether physical, verbal, or non-verbal – committed without consent or by force, intimidation, threat, coercion, or manipulation. Remember, there is a legal obligation to report all sexual offences against vulnerable individuals, including registered female students under 25 years. Failing to report can lead to prosecution.



**Safety in your neighbourhood,  
even on campus,**

**is also YOUR  
responsibility**



### Reporting a rape

- Victims can file a criminal charge with their nearest South African Police Service (SAPS). If you do not have transport, request Protection Services (PS) to take you to the SAPS where you can open a case and get a case number. Alternatively, sexual violence could be reported to any of the Sexual Offence Response Team (SORT) role players, including the Gender Equality and Anti-Discrimination Office, Protection Services, Kopsie Health, and Student Counselling and Development, or any other UFS staff member, who must report it via the SORT process.
- Victims should visit the Tshepong

Thuthuzela Care Centre at the National District Hospital or the nearest facility within 72 hours for a medical examination, prophylactic medication, and to complete a rape kit (kept for three months as evidence). If pursuing an internal disciplinary matter at the UFS, the victim must obtain a copy of their SAPS statement for Protection Services.

- The Tshepong Thuthuzela Care Centre offers care without the obligation to report to the SAPS immediately.

Scan the QR code.



Source of information: CSMP units provided by ISMI

### CONTACT DETAILS

*Report any signs of abuse and sexual assault to any of the following numbers.*

### Sexual Offence Response Team

- **BLOEMFONTEIN CAMPUS:**  
051 401 3982
- **QWAQWA CAMPUS:**  
058 718 5431
- **SOUTH CAMPUS:**  
051 401 7544
- **TOLL FREE:**  
0800 204 682  
(0800 GOTA)



### Protection Services

- **BLOEMFONTEIN CAMPUS:**  
051 401 2911 (as well in cases of GBV)
- **QWAQWA CAMPUS:** 058 718 5032 / 5029 / 5033
- **SOUTH CAMPUS:** 051 505 1298

### Student Counselling and Development

- **BLOEMFONTEIN CAMPUS:**  
051 401 2853
- **QWAQWA CAMPUS:** 058 718 5032 / 5029 / 5033
- **SOUTH CAMPUS:** 051 505 1298

### Life Health Solutions

- Toll free: 0800 004 770

### SAPS

- 10111 / 112 from a cellphone

