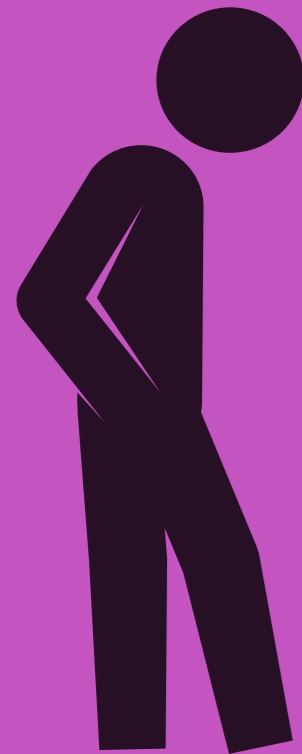


HAVE YOU EXPERIENCED OFFENSIVE BEHAVIOUR AT AALBORG UNIVERSITY?

AT AALBORG UNIVERSITY WE DO NOT ACCEPT ANY FORMS OF OFFENSIVE BEHAVIOR

WHO CAN HELP YOU?



E-MAIL:
studievejledning@aau.dk

TELEPHONE:
99 40 94 40

(Opening hours for phone conversations: Monday, Tuesday and Thursday from 12-14)

OR YOUR HEAD OF STUDIES

EMAIL:
studieleder@plan.aau.dk

They have the competence to handle inquiries that deal with offensive behavior, and can help you further with the handling of your experience.

EXTERNALS YOU CAN TALK WITH

If you as a student has experienced offensive behavior you can contact; police (112 if it is urgent otherwise 114), your own doctor or the emergency room.

Do you have the need to process your experience, you can also contact the Student Priests, Student Counseling, Headspace or The Social Emergency Room.

ADVICE IF YOU HAVE EXPERIENCED OFFENSIVE BEHAVIOUR

It is extremely important that you share your experience with someone you feel comfortable with.

Talk to someone you trust. Describe to him/her what you feel and think about what has happened. It is important that you trust your feelings and thoughts, and listen to what your loved ones have to say about your situation

Your reactions are normal. It is healthy to express any anxious or strange feelings you may have. Sometimes it is easier to show your feelings than talk about them e.g. by drawing, painting, writing or running

Respond quickly when you experience abusive behavior - don't just live with it

You must maintain your habits as far as possible. Keep doing the things you usually do - especially things that make you happy

Keep your mood and courage up and be extra caring to yourself


Stay healthy, get your sleep, eat healthily, get exercise, keep studying and stay socially active


If you feel excluded or your boundaries keep getting crossed, then practice saying "no" and distance yourself from the negative situation. It requires strength, courage and lots of exercise to say no

Seek support from family, friends, fellow students, and student counselors


Be aware of your health and habits - consult your doctor if you are in doubt


WHAT HAPPENS IF YOU COMPLAIN?


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1 Once your Head of study has received your complaint, he or she will promptly call you in for an interview.
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* You have the right to bring an attendant to the meeting.

2 Typically, your complaint will then be sent to the person you are complaining about.
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3 The person in question will be summoned to a meeting with the Head of study so that the Head of study can hear his or her version.
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4 In the vast majority of minor complaints, it is the Head of study who makes the decision.
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5 In the event of completely extraordinary, repeated or serious violations, the case will be passed on to the rector (the administrative case processing is handled by the secretariat in Studie-service), who makes a decision in the case.

