

# Awareness Concept Of The Physics Study Program, TU BS

Original version 2.0

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## 1 Foreword

As part of the Technical University Braunschweig, the physics study program's student council should ensure within their frame of possibilities, that all participants and contributors of a student-council-organized event experience a discrimination-free, inclusive, respectful, and safe environment, in which everyone feels comfortable. In general, all members of the physics study program are invited to partake in events organized by the student council. The participation of external people should be weighed up carefully.

This concept is the **general awareness concept** of the student council of the physics study program and is only setting a framework. It explains which standpoints are pursued and implemented. Although the majority of the rules should appear as obvious, the concept reminds one of the core principles. **The intention of this concept is to aid at organizing respectful, discrimination-free and inclusive events.**

The implementation of the herein listed points is up to the representatives (of trust) so that they can adjust the points with respect to the given situation.

The concept is meant for the summer semester of 2026 and the winter semester of 2026/2027. The concept is to be evaluated and adjusted annually. If there is no up-to-date version to be found online, the current uploaded one is valid. Awareness is timeless!

## 2 Contacts

The student council tries to hang up up-to-date contacts for a variety of (emergency) contact points in the physics center and to ensure that they are indeed hung up. *All numbers are of German contacts, however, all contacts are sensitive for emergencies and can be expected to provide help for English speaking people, too.*

### 2.1 Sexual harassment and violence

Contact point	Phone number
Help telephone for violence against women	+49 800 011-6016
Help telephone for violence against men	+49 0800 1239900
Counseling service for sexual violence against girls and women	+49 531 233-6666
Weißer Ring (Counseling service for victims of crime), victim telephone	116006
Phoning while going home	+49 30 12074182
Specialist center against sexual crimes	+49 531 233 66 66
Police directory Braunschweig	+49 531 4760
Free, anonymous securing of evidence after domestic or sexual violence	+49 511 5324599

#### Link collection

- Link and telephone collection of the city of Braunschweig
- Contact points of TUBS
- Flyer about sexual harassment/violence
- Phoning while going home
- Free, anonymous securing of evidence after domestic or sexual violence

### 2.2 Violence

Contact point	Phone number
Police	110
Ambulance	112
Victim counseling (rightist, racist, anti-semitic violence)	+49 179 1255333 or +49 159 06390203 or +49 159 06849290
Help telephone for violence against women	+49 800 0116016
Help telephone for violence against men	+49 800 1239900

#### Link collection

- Link collection of the Federal Ministry for Education, Family Affairs, Senior Citizens, Women and Youth

- Victim Counseling Lower Saxony
- Anti-discrimination contact of the Federal Ministry for Education, Family Affairs, Senior Citizens, Women and Youth
- Help in case of domestic violence

### 2.3 Mental health

Contact point	Phone number
Phone pastoral care	+49 800 1110111 or +49 800 1110222 or 116 123
Mental emergency ambulance of the municipal clinic (Städtisches Klinikum)	+49 531 595-2871 or +49 531 595-2284
Medical on-call service Braunschweig	116117
AWO psychiatry center	+49 535 3900
Der Weg e.V. (sponsor of social-psychiatric daycares)	+49 531 242910

#### Link collection

- Psychotherapeutic counseling of the Studierendenwerk OstNiedersachsen
- Living in Braunschweig - suicide
- Living in Braunschweig - Psychological and mental crises - what to do?
- 116117-Website - Navigates users to medical specialists with free appointments
- Debt help

### 3 Awareness authorities

#### 3.1 Representatives

*Information: As of now, there are no representatives. For the general student assembly of the summer semester 2026, it is planned to find, present and vote candidates. As soon as there are representatives officially, they will be named here.*

Representatives (of trust) concern themselves with the distribution and improvement of the awareness concept of the physics student council. Outside of official events, they can offer confidential conversations to the physics students. Contents of confidential conversations are not to be told to the student council. The election of the representatives takes place at the general student assembly of the physics students. Should representatives resign before the next general student assembly takes place, a new team is to be elected at the next possible student council meeting.

Currently, the following individuals are representatives and can be reached out to:

Representatives	Phone number	Mail	Languages
Person A	Phone number A	Mail A	
Person B	Phone number B	Mail B	

#### 3.2 Awareness team

For events, the student council makes efforts to provide an at least two-headed awareness team of equal representation. They act as *first responders* for people who feel unwell, may it be for mental or physical reasons. They provide an open ear and help to the affected person/people. There, **Confidentiality, empathy and appreciation** are the highest principles.

**Confidentiality** The conversations are treated with confidentiality. This includes that all conversation contents are not to be passed on. The sole exception is posed by the evaluation of the awareness concept, where a discrete report of the conversation's circumstances by the representative is allowed- of course without revealing information on the individuals.

Should a person from the awareness team experience e.g. mental suffering due to the conversations, reaching out to professional counseling services for coping is valid. There, one has to refrain from passing on information on individuals, too.

**Empathy** Empathy describes the ability to put oneself into the emotional shoes of another person, show understanding for their perspective and react to their emotions with compassion. To create an empathetic environment for the affected person, it is necessary to actively listen and continuously show compassion to them. It might be helpful to ask questions and maybe share common experiences to better understand the perspective of the affected person. There, one should pay attention to and respect personal boundaries. Offering help might be done best by asking how one could offer support.

**Appreciation** The awareness team's function is not to resolve disputes, but to listen and accept the emotions of a person who is seeing them. This also means that one is to believe every report at first. Should party A and B approach the team with contradicting reports, the team is to listen to both with respect and not question their credibility. The basic approach is unconditionally positive

In preparation to an event, the awareness team is responsible for hanging up contact information of counseling individuals from the team and external counseling services, e.g. in toilet stalls, if not already installed. At the beginning of every event, the team is to present itself and their task to the participants. With bright armbands or comparable indentifying features, the team ensures visibility.

The setup of a quiet room, the xx of information material and water in that room as well as granting access to the quiet room are also incumbent upon the awareness team. Rooms, which are closed for the duration of the event, like the student council room, pose as good options. To gain access to the quiet room, the affected person approaches a member of the awareness team and can then be guided to it. This room can also serve as an environment for a confidential conversation. The room should not be used to sober up.

It is aimed on ensuring a continuous presence of the awareness team on events, however, a lack of staff has thus far lead to time-limited attendance. With the hung-up contact lists, a reachability of the representatives is ensured.

The awareness team is not the police, nor the organization team, and is not responsible for taking care of drunk people.

### 3.3 Organization and helping hands

On events, the organization team and their helping hands are faced with special responsibilities- they should be aware of their role model position and behave accordingly.

For a smooth event process, people in charge of organization tasks should be capable of fulfilling their tasks at any time. This includes an appropriate amount of team members staying sober. At any given time, someone from the organization team should be reachable.

It should be clear to the organization team and their helping hands that there is a power imbalance between them and the participants, especially at first-semester events. This power balance should not be abused.

Among other things, a task of the organization team is to hang up the code of conduct in an appropriate amount.

Should there be a person who is drawing attention onto themselves with a hand signal, no questions are to be asked. Nobody needs to explain themselves are state reasons. The help-seeking individuals are immediately referred to the representatives and thus guided to a safe space.

## 4 Code of conduct

### 4.1 Basics

1. Whoever attends an event **agrees with the code of conduct**.
2. Take serious what an affected person is saying. Respect when a person feels harassed, touched, or discriminated. Only do what a person agrees to. The decision on which steps are to be taken or not is solely depending on the affected person.
3. **Misunderstandings** happen, and sometimes people just happen to disagree with one another. **Clarify it or don't, but stay respectful and respect boundaries**. The attendees commit to be considerate with each other. They are to behave so no one is hurt, endangered, obstructed, or harassed.
4. **Violence has no place at our events!**
5. **Yes means yes, everything else means no!** Sexual assaults, may it be physical, verbally, or any other way, are not tolerated. The boundaries of others are to be respected. Boundaries are individual and are defined by the affected person.
6. **We respect the personal intimate space of others**. This includes private rooms like showers, restrooms, or foreign rooms, especially at sleepover events.
7. **Tolerance and open-mindedness are core principles of every event**. Everyone, no matter the gender, sexual orientation, religion, etc. is welcome. Discrimination, racism, homophobia, misogyny, ableism, transphobia, and other exclusions of individuals/groups are not accepted. Cross-border or discriminating language and comments, palpabilities, assaults, and harassments are not tolerated.
8. **The consumption of illegal narcotics is forbidden on our events**. Each person should also be aware of their own limits when consuming alcohol. Nobody should be forced to drinking alcohol.

### 4.2 What to do in case of violations

In case a person does not stick to the herein describes basics, or disturb a peaceful process of a given event, or harass or even attack participants or the organization team, a variety of consequences can occur. Which countermeasure fits most depends on the case. The assessment of an appropriate measure is done by the authority in charge. Possible consequences could be: Admonition, exclusion from the current (and upcoming) events, reporting to the TUBS, filing a police report. Any discussion upon violating the code of conduct and the house rules of the TU is pointless.

## 5 Dealing with...


### 5.1 ... harassments

- Pay attention to code words or hand signs signaling harassment. The question „Where’s the way to PANAMA“ is one of such examples. In that case, the person will refer the victim to the awareness team.
- Do not ask the victim what exactly happened. Ask them how you can help (e.g. offer tea, water, ...).
- Inform the victim on the existence of the quiet room as a place to retreat to. Should the victim feel like talking, the quiet room offers a confidential space for a conversation with the awareness team.


### 5.2 ... drugging

- Unfortunately, the only thing helping with avoiding getting drugged is being cautious when consuming drinks. It is also important for everyone to be attentive of one’s surrounding. No drinks should be left unsupervised.
- The following symptoms could be indicative of drugging: Nausea, vomiting, dizziness, shortness of breath, headache, seizures, muscle cramps, and confusion. An especially indicative symptom of drugging is major memory loss that begins at the time of drugging.
- Drugging symptoms often barely differ from symptoms caused by heavy alcohol consumption.
- The victim should be brought into a safe space, like the quiet room. Should the victim be completely incapacitated, they are to be positioned into the recovery position (see image 1) as there is a risk of suffocating on their vomit.
- Should the suspicion of drugging arise, an ambulance should be called or the victim should be driven to a hospital by someone else. Evidence of drugging can be found until 6 hours after the incident. In urine, it can be found until after 12 hours. Evidence of drugging does not automatically lead to a police report.
- A medical test to check for drugging is not free of charge- unless a police report is filed before. The costs of this test (around 200€) will then be taken over by the police when they find the suspicion of drugging reasonable.


**ANLEITUNG: STABILE SEITENLAGE**  
BEI BEWUSSTLOSIGKEIT UND AUSREICHENDER ATMUNG



**1.** An gestreckter Person nahen Arm anwinkeln. Handinnenfläche zeigt nach oben.



**2.** Fernen Arm über Kreuz legen und Hand an Wange betten.



**3.** Fernes Bein am Oberschenkel greifen und beugen.



**4.** Person seitwärts drehen. Oberschenkel in den rechten Winkel bringen.

Abbildung 1: Recovery position. Translation: (1) Angle the closer arm to the stretched-out person. The palm should point up. (2) Lay the arm that is further away across the person. Lay the hand on the cheek. (3) Grab the further-away leg and angle it. (4) Turn the person on the side. Position the leg in a right angle. Source: <https://www.fernarzt.com/wissen/studien/erste-hilfe-report/so-gehts/>.

### 5.3 ... violence

- Help the victim but do not get yourself in danger. Establish a physical and communicative barrier to the culprit and behave in a de-escalating way, meaning that you should not provoke nor insult the culprit. In turn, do not get provoked yourself. Speak to the victim and get them into your vicinity. Running away or turning a blind eye is not an option.
- Call the police. The sooner help is organized, the shorter the violent situation is. On the phone, tell the officers who you are, where you are, what happened, when it happened and **wait** for follow-up questions.
- Ask others for help. For this, addressing them in a concrete and direct way is important. Do not wait for the reactions of the other person(s) but act yourself first.
- Survey the situation and memorize the culprit's features. Every single detail helps with the conviction of a culprit.
- Take care of the victim(s). This is the first step to avoid trauma-related disorders. If necessary, bring the person into the recovery position (describes above with the numbers (1) to (7). Light touches and a calm language might help the victim with getting through the shock and calming down.
- Offer yourself as a witness. Fear, lack of time and comfort are no reasons to not become a witness.