

**voting open
4-5 march**



**EMMA
CRAIG**

MEMBER FOR STUDENT HEALTH



***here to help with your
wellbeing sitch***

HELLO!

My name is **Emma** and I am running for the SRC position of **Member for Student Health** because over the last three years I have seen and experienced the ups and downs of health and wellbeing at university-- from learning how to drink safely, finding a social circle and support network, to sexual violence and accessing support-- and I want to help strengthen and improve the systems in place to support St Andrews students through it all.

In my work with Nightline, GotLimits, and the Wellbeing Subcommittee, I have had the chance to witness all of the different health and wellbeing initiatives developed by various student groups, and I have had experience coming up with creative campaigns and events around mental health and student safety. I believe my experience as Nightline Publicity Officer will prepare me to help the Wellbeing Subcommittee expand its reach within the student body, and my experience as GotLimits Coordinator will help me be an organised and empathetic chair for the Wellbeing Subcommittee.

As a member of the Subcommittee for the past year, I feel I have a good grasp of the remit and responsibilities of the Member for Student Health role, and I would love to continue upon the work of the current Subcommittee by seeing through existing projects as well as introducing several new ideas. Supporting the mental and physical health of the St Andrews community is an important task, especially right now, and I am ready and keen to work hard to listen to students in the wake of this pandemic and advocate for the support you need.


ORGANISATION

One of the main challenges of this role is using the weekly Wellbeing Subcommittee meeting time strategically, maintaining an agenda that is consistently relevant to the varying interests of all of the interviewed and invited members. To meet this challenge, I would:

Send out a survey at the start of the year to all members of the subcom to determine which awareness days/weeks/months (see examples here) members are most interested in working on together. This will help determine an agenda for the year that everyone is invested in.

Upload a calendar for the full academic year to Teams or other shared workspace with important dates such as Raisin, Wellbeing Week, Elections, Pride, and decided upon Awareness days/weeks/months, so that all members (especially new members) can have a sense for what the year is like for the subcom. This calendar could also be editable to add events, projects, or Instagram takeovers as they are planned throughout the year by subcom members.

Introduce a minutes template similar to existing format, but with an additional section to keep track of the tasks specific members intend to work on between meetings in relation to collaborative projects and campaigns.



ACADEMIC WELLBEING

WELLBEING OFFICERS

Current wellbeing representatives (including current Member for Student Health and Director of Wellbeing) have been working hard to introduce designated Wellbeing Officer roles for members of staff within academic schools, so that students have someone they can go to about wellbeing concerns related to their studies. To help this project succeed, I would:

Follow up with departments not yet containing Wellbeing Officers, and see this system through to implementation in every academic school.

Introduce wellbeing office hours as a tenet of the role for an approachable and low-pressure way for students to get in contact with their school's Wellbeing Officer.

Encourage school presidents to include Wellbeing Officer contact information (including office hours) at the end of their regular emails to students.



ACADEMIC WELLBEING

SENSITIVE & TRIGGERING COURSE MATERIAL

Many courses at St Andrews involve intense or personal tutorial discussions, which can go a long way in enriching students' learning experience, but can also be triggering or deeply upsetting to many students. I want to ensure all students feel comfortable going into their contact hours and that their education is never impeded by the presence of sensitive content (such as sexual abuse, suicide, violence, and more). To address these concerns, I would:

Work with the Director of Wellbeing and teaching staff to **develop a policy mandating content warnings** in all module reading lists and course descriptions.

Work to **create a guide** available for continual reference that walks teaching staff through different ways to write and introduce content warnings, considerations when covering sensitive topics in class, and strategies for making students feel comfortable and safe.

Review training given to teaching staff on how to approach conversations in classroom settings about potentially triggering topics;

Particularly look to find and recommend tools and strategies to make students feel comfortable in these situations during online learning (for example, presenting students with the option to turn their cameras off or leave the meeting during these discussions with no questions asked)

Ensure teaching staff not only warn students in advance of introducing sensitive topics, but also broach these subjects with empathy and an understanding of how the way they present information and ideas may affect students.

PERIOD PRODUCTS

The University receives funding from the Scottish government to provide free period products to students. A little over a year ago, the Union transferred from only ordering single-use products (such as cotton pads and tampons) to also ordering a variety of reusable products (menstrual cups, washable fabric pads, and 'period panties') from Hey Girls, a company which donates high-quality period products to low-income families in the UK.

I attended a training run by a representative from Hey Girls and had the opportunity to help hand out products outside the Union this past semester. Not only did I learn a lot about menstrual health, but I also got to witness how big of a hit these reusable period products were with students; in a matter of days we handed out the Union's entire stock of reusable pads and made a significant dent in the boxes of menstrual cups.

To continue on this great momentum, I would:

Ensure that the Union **continues to restock on reusable period products.**

Ensure that the Union **orders a wider variety of sizes and a larger stock of the period panties.** Last semester we only had a few size small panties to give out and they were very popular; I would like to see a wider selection to make this product available to more students.

Set the dates of each giveaway before the semester starts, so that this information can be set in stone and advertised in freshers materials and other University resources.

Work with Wellbeing Subcommittee members to **launch a campaign around menstrual health awareness**, to educate the student body about what is normal, different medical conditions to look out for, options for period products, dismantling stigmas and myths around periods (including calling these products 'sanitary' or 'feminine' products), and more.

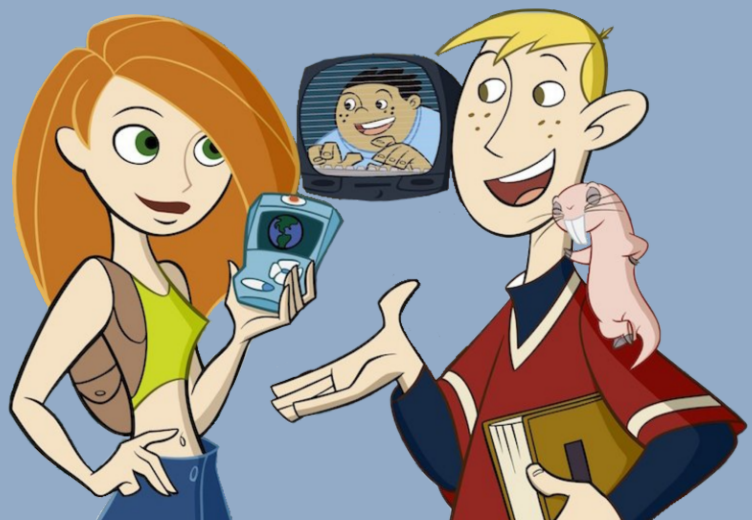
DIVERSITY IN WELLBEING

The Wellbeing Subcommittee is currently largely female-led, partially due to a predominantly female applicant pool for the interviewed positions. I would like to work to diversify the gender identities represented on the committee.

To tackle this, I would:

Work with the current Publicity, Events and Outreach Officer as well as the Design Officers to **develop publicity strategies around recruitment** that specifically aim to appeal to a wider audience.

Work with the Director of Wellbeing to continue the process of **instituting a Men's Mental Health Representative, or a similar position**, as an interviewed member of the Wellbeing Subcommittee. This is something that was introduced as an idea to the subcommittee last semester and I would like to continue this discussion with current members to come to a solution that everyone would feel comfortable with.



SEXUAL VIOLENCE SUPPORT ACCESSIBILITY

FORENSIC EXAM TAXI FUND

If a student has been sexually assaulted or raped in St Andrews, they may wish to receive a forensic exam soon after the assault has occurred-- a forensic exam involves collecting forensic evidence from a survivor's body and clothes which may later be used as evidence in a police investigation or criminal trial if the assault is reported. Many survivors will not want to involve the police or have to report what happened right away, but the window for collecting viable forensic evidence is about 7 days, and the sooner the better. In these cases, the only service which currently allows a survivor in St Andrews to receive a forensic examination without police involvement is SARN (Sexual Assault Referral Network), run collaboratively by WRASAC, RASAC, and NHS Tayside. SARN helps connect survivors in need of a forensic exam with the Forensic Nurses at Queen Margaret Hospital in Dunfermline, which contains a Forensic Suite established in 2019 and stocked with clothes, toiletries, and staff who are trained to provide person- and trauma-centred support to survivors. The only problem is that the hospital is about an hour's drive from St Andrews.

SUMMARY

The only place for survivors of sexual violence to receive a forensic examination without police involvement is at Queen Margaret Hospital in Dunfermline, an hour's drive away from St Andrews.

A taxi ride from St Andrews to Dunfermline can cost upwards of £80, and not only should survivors never have to pay this fee to access a forensic exam, but **money should never have to be a barrier or consideration affecting survivors' ability to access important services.**

SEXUAL VIOLENCE SUPPORT ACCESSIBILITY

FORENSIC EXAM TAXI FUND

I would like to:

Communicate with Student Services and the Director of Wellbeing about the best way to go about **setting up a taxi fund for students in need of a forensic exam**. This could take a number of forms, such as:

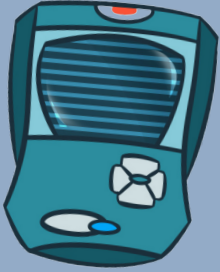
Granting Security & Response Team staff access to this fund so that if a student calls them and discloses they need a forensic exam (saying they need to get to Queen Margaret Hospital should suffice), a member of SRT staff could meet them and pay for a taxi on their behalf.

Setting up a reimbursement scheme whereby students who have had to pay the taxi fee out of pocket at the time can later, when they feel ready and comfortable, email someone at the University or fill out a form allowing them to be reimbursed for this fee.

Establishing communication with SARN so that a SARN worker may be able to pay for a student's transport and receive reimbursement from the University without having to identify the student to the University.

Continuing to brainstorm ways this fund could be made available to students who prefer to remain anonymous.

IN CONCLUSION



call me, beep me

Whatever policy, campaign, or other project I work on, I would always strive to be as approachable as possible for anyone to ask questions, get involved, or share ideas. I would be sure to make myself available to all Wellbeing Subcommittee members for whenever they may need support or help with their projects.

we're a team

With the committees I currently lead, I do my best to look out for the wellbeing of committee members -- checking in with them regularly, dividing up tasks evenly, and being cautious not to

take on more work as a committee than we can reasonably handle. By keeping a comprehensive calendar and noting down everyone's tasks at the end of meetings, I feel I could help spread out the work of the Wellbeing Subcommittee evenly over the semester so that no individual members ever have to feel too stressed out or overwhelmed by their tasks.

