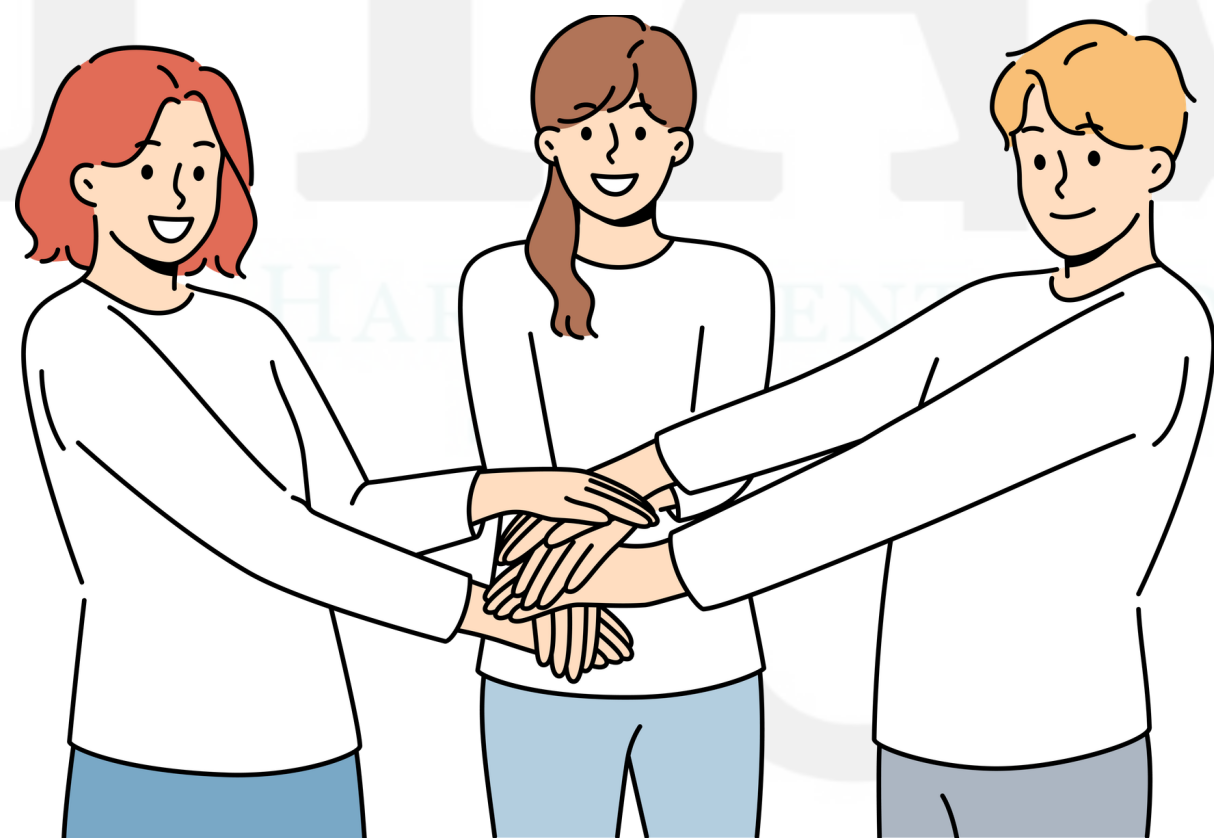




2026-2027 Orientation

HASA

Harassment and Assault Student Advocacy



Who We Are & Why We Exist

HASA is a student-led organization focused on making

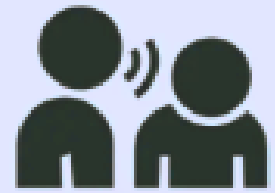
PUMS a safer campus for all!

- Offer support, advocacy, education, and resources against harassment and assault
- Work closely with
 - Resident Advisors (RA team)
 - EPSU
 - EPSU Care and Peer Support (CAPS)
 - Dean's Office
- 100% supportive and confidential environment



**Zero tolerance for
bullying and harassment**

Forms of Harassment & Assault

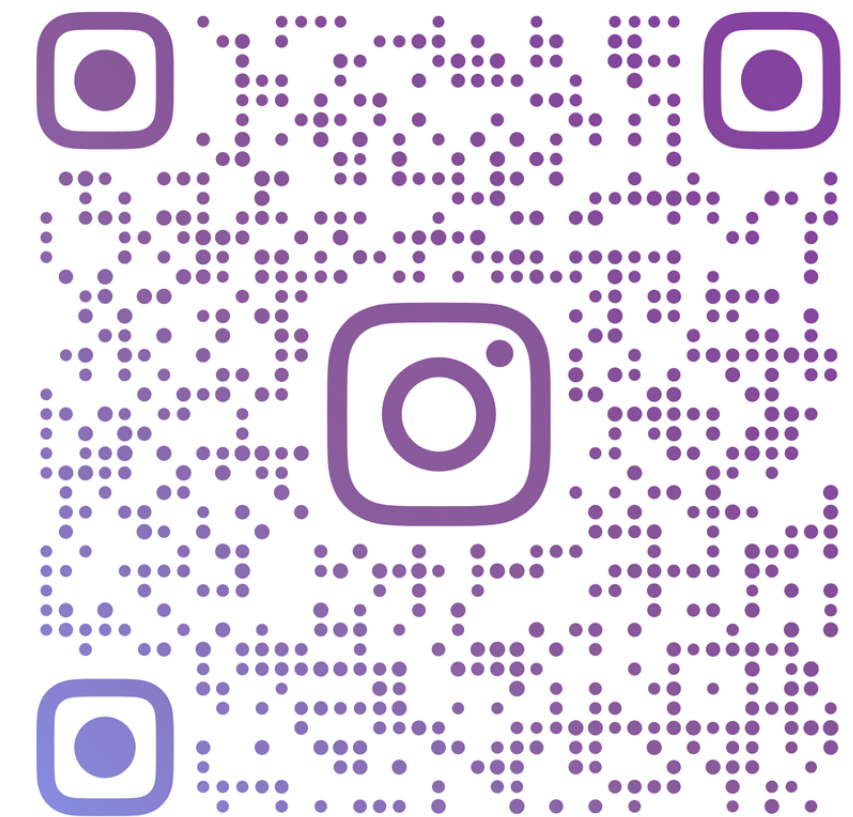


- **Harassment:** Unwanted behavior that makes a person feel uncomfortable, humiliated, or mentally distressed
- **Assault:** Causing physical harm or unwanted physical contact, or threat/attempt to do so
- **Bullying & Cyberbullying:** Repeated verbal or online attacks
- **Discrimination:** Biased treatment (race, gender, religion, etc.)
- **Stalking:** Following, messaging, or intimidating someone
- **Sexual Harassment:** Inappropriate touching, gestures, or comments
- **Sexual Assault:** Any non-consensual sexual contact

These actions are not tolerated and can be reported to the Dean's Office or HASA if carried out by a PUMS student or employee.

What HASA Offers

- **Student Support** – Peer support officers available to talk and help in difficult situations
- **Language Assistance** – Connects students with Polish-speaking volunteers for help with **hospital/doctor visits, NFZ/ZUS appointments, banks, police stations, document translations, and more**. Students can reach out via Instagram **@hasa_pums** or a **support officer**, and volunteers are matched to assist.
- **Resource Connection** – Guides to CAPS, hotlines, and university policies
- **Education & Events** – Workshops, talks, and guidance on reporting, consent, and creating a safe campus



HASA_PUMS

How to Reach Out

Contact HASA:

Email: pums.hasa@gmail.com

Instagram: @hasa_pums

In-person: Approach any HASA member

Process:

1. Contact Dean's Office/ HASA members
2. Confidential conversations
3. Options: Disciplinary Action, CAPS, or self-handled

Report misconduct to the Dean's Office:

Report Misconduct by a PUMS student/employee
(racism, sexism, discrimination, misconduct)

Step 1:
Submit report to Dean's Office
harassment@ump.edu.pl

Step 2:
Review by Disciplinary Committee

Step 3:
Case Outcome

- a. An admonition (written warning), A reprimand, A reprimand with a warning, A suspension of the student from the university for up to one year, Expulsion from the University.
- b. Case Closed



Student Responsibilities

- Show respect to peers, staff, and professors
- Understand the impact of your words and actions
- Accept and support diversity
- Learn and follow the PUMS Student's Ethics Code - <https://pums.ump.edu.pl/student-zone/school-regulations.html#student-s-ethics-code>

Meet the Team



Jasmine Menjivar
Student Leader
Student Support Officer
+48 571 528 394



Deshna Prakash
Treasurer
Student Support Officer
+353 892 697 729



Asmita Addanki
Social Media Officer
Student Support Officer
+48 502 910 146



Noor Syed
Social Media Officer
Student Support Officer
+48 791 161 753



Gabriela Kuniec
Event Coordinator
Student support officer
+48 512 811 231



Charan Jonnalagadda
Event Coordinator
Student support officer
+91 8297 479 999



Kushal Kumar
Event Coordinator
Student support officer
+48 575 562 487

Workshops & Events



Art & Threads
HEALING THROUGH CREATIVITY



Lead by:
Kata Dorottya Pál
Counselling Psychologist

ART THERAPY is a therapeutic practice that uses creative processes like drawing, painting, and sculpture to help individuals express emotions, improve mental health, and enhance self-awareness.



Self Defense
WORKSHOP PT. 2



Learn the skills to stay safe and protect yourself - please wear athletic clothing.

December 7, 11:30
Karolek Gym



FEB 28 2025

**OUR TABLES
to OUR STORIES**
EVENT RECAP



WE'RE BACK!

Self Harm Awareness Workshop

NOVEMBER 27TH @4:30PM
KAROLEK MEDIA ROOM



SIGN UP



ALICJA ANNA DOMINIAK
PSYCHOLOGIST AND PSYCHOTHERAPIST

Key Resources and Contacts

In case of immediate danger or serious abuse, call **112/997** (24/7 Emergency Services).

Health Appointments – PUMS Dean's Office Contact

- Assists students in scheduling medical or hospital appointments

☎ **61 854 7224**

✉ **Anna Tomczak, atomczak@ump.edu.pl**

24/7 PIK Crisis Hotline – Poznań

- Municipal crisis center providing psychological and legal support
- Assists with personal, family, or relationship crises, domestic violence, assaults, accidents, and disasters

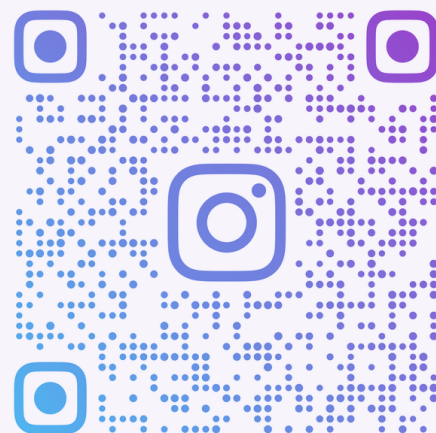
☎ **509 111 508 / 516 183 943**

✉ **pik@m.poznan.pl**

Free Counseling and Psychological Services

- Support for mental health and personal challenges.
15 Free Counseling & Psychological Services
for all PUMS students!

🔗 Find out more on their **Instagram Linktree**

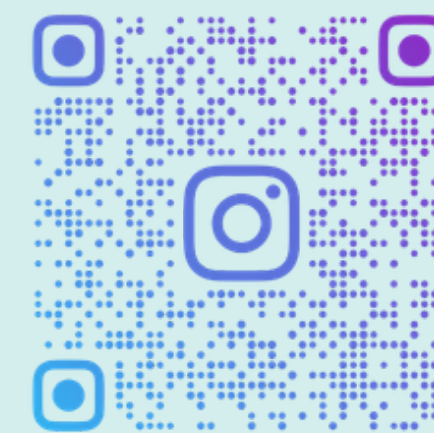


CAPS.PUMS

EPSU Women's Health Services

- Free HIV/Syphilis testing
- Free gynecology consultations
- Pregnancy and contraception options

🔗 Find out more on their **Instagram Linktree**



EPSUWOMENSHEALTH



Thank You!

We hope you enjoy your journey at PUMS and know HASA is here for you!