Community of Practice

FISU Healthy Campus: Risk Behaviour Criteria #90–94



Tuesday, 17 November 2026

Building safer, more informed and more respectful campus communities.

Agenda

1. Welcome and Risk behaviour overview
2. UniSport RISE
3. Keynote: University of Sydney
4. Keynote: University of Tasmania
5. Global best practice
6. Australian best practice
7. Healthy Campus Hack (University of Waikato, NZ)
8. Wrap-up and next steps



Why Risk Behaviour matters

Risks to address

- ❑ Alcohol, tobacco and other substance-related harm
- ❑ Gambling and emerging digital risks
- ❑ Unsafe events and travel
- ❑ Bullying, discrimination and harassment
- ❑ Gender-based violence and sexual harm
- ❑ Unclear support and reporting pathways

Why prevention matters

- ❑ Student safety and wellbeing
- ❑ Participation, belonging and campus culture
- ❑ Academic engagement and retention
- ❑ Trust in university systems
- ❑ University responsibilities and reputation



Risk behaviour: five areas of prevention

Summary of Criteria #90–94

#90 Tobacco	Tobacco and nicotine education, smoke-free settings and help to quit.
#91 Alcohol	Safer drinking advice, alcohol-free options, safer events and travel, and referral to support.
#92 Drugs and addiction	Substance-related harm prevention, education on illicit or misused substances, gambling initiatives and specialist support.
#93 Safer behaviour	Informed choices, peer and bystander education, risk management in campus and sport activities, and referral information.
#94 Respect and safety	Prevent bullying, harassment and gender-based violence. Teach consent, respectful relationships and bystander action, with clear reporting and response pathways.

Criterion #94 specifically includes preventing bullying and violence towards groups that may experience discrimination.

UniSport RISE: Prevention Module

A global approach, applied locally

Why UniSport introduced RISE locally

- Apply a global prevention approach in local clubs
- Support safer, more inclusive university sport environments
- Promote respectful behaviours and student wellbeing
- Align education with local policies and support



How it can help

✓ Support consistent prevention education across university sport clubs.
✓ Use completion records to follow up participation and support Healthy Campus evidence.

RISE uptake: Progress so far

258
participants

231
completed

89.5%
completion rate

61 of 787 clubs represented. 59 have at least one completion.

118 of 125 club participants completed the module.

Universities leading on club coverage

University	Clubs completed / recorded	Club coverage	People completed / total
University of Tasmania	16 / 21	76.2%	110 / 118
Edith Cowan University	7 / 11	63.6%	20 / 21
University of Technology Sydney	13 / 47	27.7%	21 / 22
University of Sydney	11 / 40	27.5%	20 / 22

Coverage = clubs with at least one completed participant ÷ recorded clubs. People include club and other participants.

Keynote Speaker

University of Sydney

Presented by: Kellie Maxwell & Leonie Lum

Topic: Pilot wellbeing and safety initiative for UniSport Nationals

What You'll Hear

- Why embedding Safer Communities staff in the Sydney Uni Sport delegation was needed
- How the pilot was planned, approved and delivered
- What the surveys found: strong confidence and literacy, with self-stigma as a focus area, and 83-89% feeling safe and supported
- Real examples of support and incidents managed in Perth
- What students and staff told us, plus our 2026 Nationals results
- Next steps for the University and Sydney University Sport

Student Wellbeing Prevention and Support Initiative

for UniSport Nationals 2026

Kellie Maxwell
Manager, Safer Communities | The University of Sydney

Leonie Lum
Head of Sport | Sydney Uni Sport

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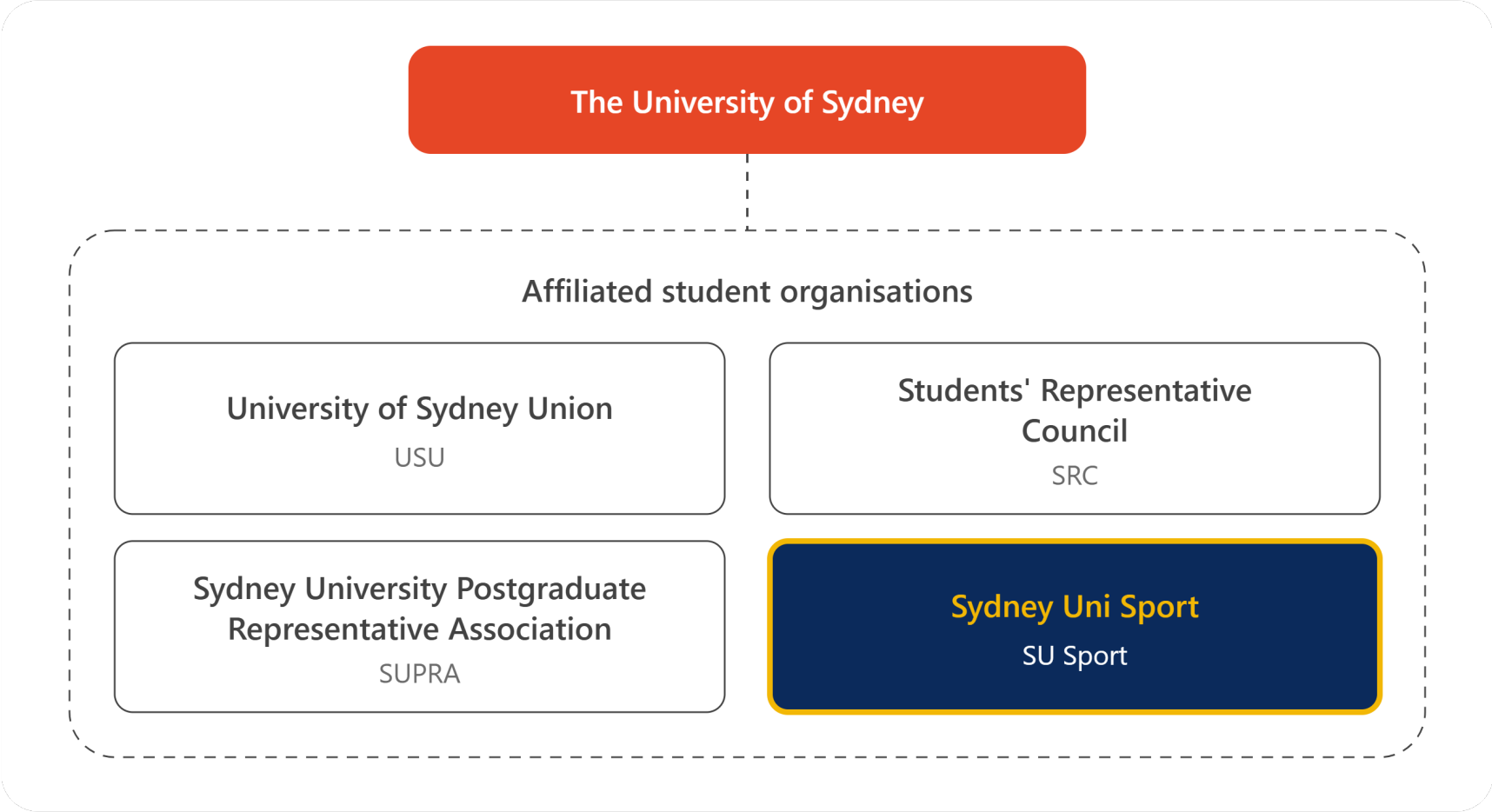




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Sport at the University of Sydney



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The Problem to be Solved

The challenge

- UniSport Nationals 2026, Perth: Sydney University delegation: 500+ students across 25+ sports
- Multi-day, interstate travel, shared accommodation, alcohol and reduced oversight raise the risk of sexual harm, gender-based violence (GBV) and critical incidents
- Harm often goes unreported and unchallenged when students feel distant from the University and support mechanisms.

The gap

- University GBV and Critical Incident Procedures set clear expectations for prevention and response, including off campus and interstate
- Sydney Uni Sport's welfare model was strong, but specialist in-person response sat beyond the scope of operational staff

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UniSport Nationals Student Wellbeing Support Project

- Embed Safer Communities and Student Wellbeing staff within the Sydney Uni Sport delegation
- Provide dedicated support, advice, referrals and incident response.
- Support student wellbeing, safety, inclusion, respectful behaviour and positive team culture.
- Gather feedback and insights from participants to evaluate the pilot and inform future initiatives.

From concept to onsite support

PLAN & APPROVE

01 Initial consultation

Meeting with key Safer Communities and Sydney University Sport staff

02 Develop a business case

Approved by Sport CEO and PVC Students

PREPARE

03 Engagement

Staff and Team Captains meet and greet

04 Education

Pre-departure sessions for 520 athletes

05 Survey

Pre-departure student survey

06 Communications

Messaging via Team Leaders

DELIVER & FOLLOW UP

07 On-site support

Responding to student and staff needs

08 Post-event survey

Staff and student post event survey

07

09 Post-event follow-up

Staff debrief and student follow-up

A coordinated approach spanning governance, prevention education, event support and follow-up

Pre-departure UniSport Nationals event survey *The Sport Psychological Safety Inventory* (SPSI)

Domains	Average	Standard Deviation
Mentally Healthy Environment	4.28	0.68
Mental Health Literacy	4.33	0.64
Mental health Self-stigma	2.49	1.09
Teammate Support Confidence	4.47	0.70
GBV Help-seeking and Intervention Confidence	4.27	0.73

- Over 250 students responded to 16 questions. Those 16 questions attempted to capture 5 primary domains of interest.
- All measures were scored from 1 (strongly disagree) to 5 (strongly agree).
- Higher scores indicate more positive outcomes for all domains *except* for the Low Self-Stigma domain, where instead **lower scores indicate a more favourable outcome**, reflecting lower levels of negative self-judgement regarding mental health difficulties.

- SPSI - Rice, S., Walton, C. C., Pilkington, V., Gwyther, K., Olive, L. S., Lloyd, M., ... & Purcell, R. (2022). Psychological safety in elite sport settings: a psychometric study of the Sport Psychological Safety Inventory. BMJ Open Sport & Exercise Medicine, 8(2)

How busy were we?

Examples of support and incidents managed during UniSport Nationals

01

HEALTH & WELLBEING

- On-field injuries
- Emergency department transport and support
- COVID-19 and Influenza A outbreak at the hotel

02

BEHAVIOUR & SAFETY

- Behavioural concerns and complaints
- Concerns relating to team bonding initiatives
- Hotel damage incidents

03

PRACTICAL & AFTER-HOURS SUPPORT

- After-hours calls for assistance
- Insurance advice for international students
- Hotel patrols with security for returning students

Support extended beyond incident response to practical assistance, wellbeing and proactive safety measures.

Post UniSport Nationals event survey

UniSport Nationals 2026 Safety & Wellbeing Survey Snapshot	
Felt Safe and supported	88%
Confident speaking up about harmful behaviours	86%
Comfortable raising concerns with staff	83%
Student Wellbeing staff in attendance made me feel safe and supported	89%

Dedicated wellbeing and safety staff were highly valued and contributed to a safer and more inclusive team environment.

What participants and staff told us

Student Wellbeing staff made a huge effort to integrate with the sport staff team and students. This helped to build a strong working relationship with sport staff, as well as great trust with the students and student leaders. I appreciate tremendously their efforts which included being up patrolling hotel corridors in the early morning hours, to attending as many games as possible. I couldn't have survived the week without their help. It was a week filled with on and off-field issues and their approach and expertise gave me so much more confidence and capacity that if they'd not attended.
Sport Staff member.

I was hesitant at first but was very positively surprised by the support of the well-being staff. The two ladies were lovely. Didn't make me feel like I was being judged or getting in trouble for any issues or concerns that happened, but they approached with care offered their support and were genuinely a really successful addition that made me help run my sport more successfully.
Student participant

They were a huge help and impacted the wellbeing of the core Syd uni sport staff positively! 100% requirement for future years.
Sport Staff member.











Our 2026 UniSport Nationals Results

6th

consecutive Division 1 overall champion title – a record
Held since 2019 (not contested in 2020 or 2021)

18

pennants for the year, equalling the record tally

12

pennants won at the flagship event in Perth

PENNANTS WON IN PERTH (12)

- Women's fencing
- Men's rugby sevens
- Women's rugby sevens
- Mixed beach volleyball
- Women's table tennis
- Men's water polo
- Women's water polo
- Mixed squash
- Men's tennis
- Women's tennis
- Men's golf
- Women's hockey

PENNANTS SECURED BEFORE PERTH (6)

- Men's athletics
- Women's athletics
- Men's 3x3 basketball
- Men's triathlon
- Women's triathlon
- Women's surfing

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What's next?

University of Sydney – Next Steps

- **Broader engagement:** Shared pilot findings with advisory groups, generating interest in wider application.
- **Review procedures:** Strengthen pre-departure education, risk assessment and incident response.
- **Proactive prevention:** Shift focus towards identifying risks prior and preventing harm.
- **Consistent practices:** Explore a University-wide approach to student safety at major events and off-campus activities.
- **Evaluation:** Use pilot findings to inform future initiatives.

Sydney University Sport – Next Steps

- **Expand the pilot:** Explore support at other major sporting events.
- **Training:** Develop targeted education for student leaders, team captains, non-competing officials and coaches.
- **Pre-event education:** Embed additional prevention messaging into athlete briefings.
- **Incident response:** Strengthen reporting and support pathways.

Keynote Speaker

University of Tasmania

Presented by: Amanda Castray & Kieran Perry

Topic: UTAS's approach on UniSport RISE Module

What You'll Hear

- UTAS's zero-tolerance, whole-of-university approach to gender-based violence, aligned to the National Code
- How sport supports culture change across 15 affiliated clubs
- Making RISE mandatory for sport staff, coaches and club committees, and linking completion to SSAF funding
- Results: 108 of 116 participants completed RISE (93%), with 74% of clubs at full committee completion

UTAS Gender Based Violence Action Plan

UNIVERSITY of TASMANIA

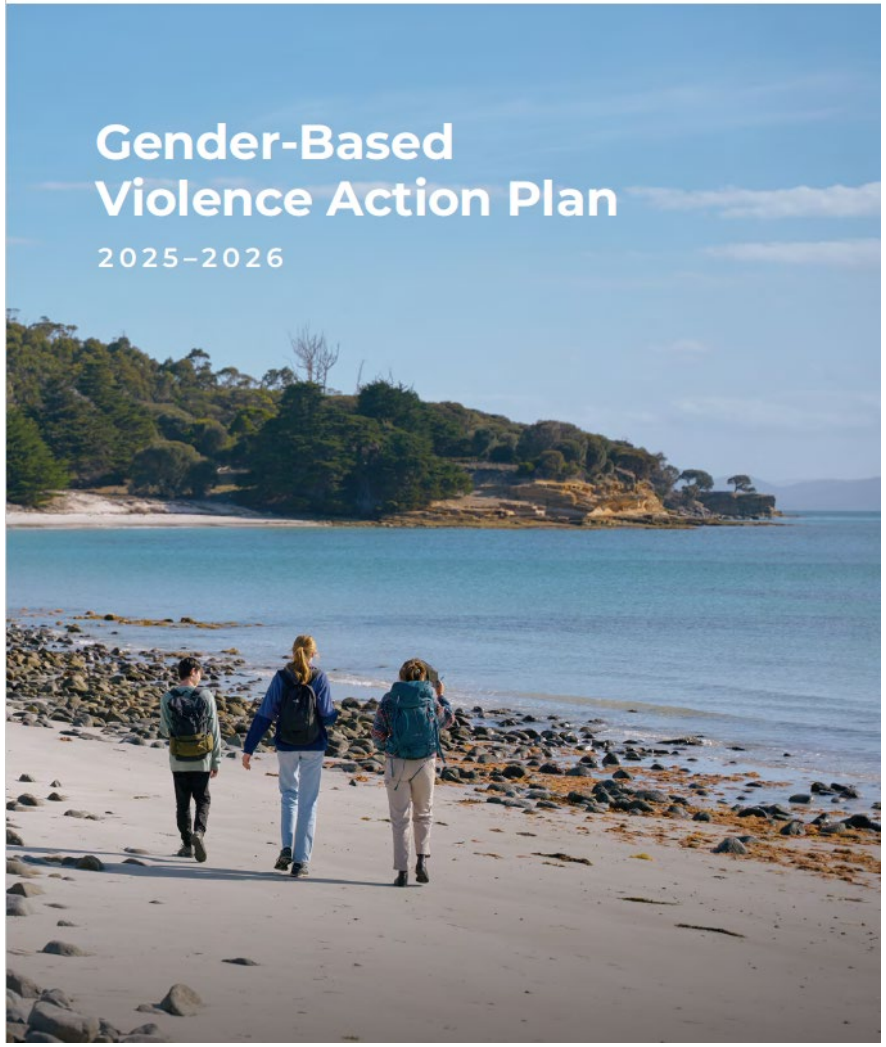
Whole-of-university approach to preventing gender-based violence: The University has adopted a zero-tolerance stance towards sexual assault, sexual harassment and other forms of gender-based violence, with actions aligned to the *National Higher Education Code to Prevent and Respond to Gender-based Violence (National Code).*

Focus on prevention and culture change: The plan prioritises education, awareness, bystander intervention and challenging behaviours, norms and gender inequalities that contribute to violence and discrimination.

Improved support and reporting mechanisms: The University is strengthening trauma-informed, victim-survivor-centred support services and ensuring timely, confidential responses for students and staff affected by gender-based violence.

Governance and continuous improvement: Progress is overseen by an executive committee that includes student representation, with actions informed by independent review findings and ongoing consultation across the university community

The University's Gender-Based Violence Action Plan 2025–2026 identifies clubs, societies and other student-led activities as priority areas for prevention education and cultural change.



Overview of Sport at UTAS

Who we support

- 15 affiliated sporting clubs across Tasmania.
- Competitive, representative and social sport programs.
- Uni Nationals, UBL and Sporting Academy pathways.
- Campus sport activation, fitness and recreation programs.
- Hundreds of student athletes, volunteers, coaches, officials and committee members each year.

Why sport matters

- Sport is one of the University's largest student engagement and community-building platforms.
- Clubs are both community and student-led organisations that receive University support and SSAF funding.
- Strong governance and member wellbeing are critical to sustainable club success.

Our responsibility

- UTAS Sport leading by example, re-setting expectations around standards of behaviour and supporting cultural change.
- Ensure every club leader, coach and sport staff member understands their role in creating safe, respectful and inclusive environments.
- Provide consistent education across all UTAS sporting programs and affiliated clubs.

Introduction of RISE

UTAS implementation model

- At UTAS we have made RISE mandatory for the following groups:
  - Full time and casual Sport staff
  - Coaches and instructors engaged through Unigym
  - Affiliated Sports club committee members
- Around 160 groups

Funding requirement

- Completion of RISE became a prerequisite for clubs seeking SSAF funding support.
- Clubs were required to demonstrate committee participation and engagement.
- Embedded into annual governance and compliance processes.
- Connected through to National Code and GBV Action Plan reporting.

Expected Outcomes

- Increased awareness and confidence to respond to inappropriate behaviour.
- Stronger club governance and member welfare practices.
- Consistent standards across all UTAS sporting environments.
- Contribution to the broader University strategy to prevent gender-based violence and foster respectful relationships

Mandatory Training → Completion → Club Compliance → SSAF Funding

RISE Completion Data

Overall participation

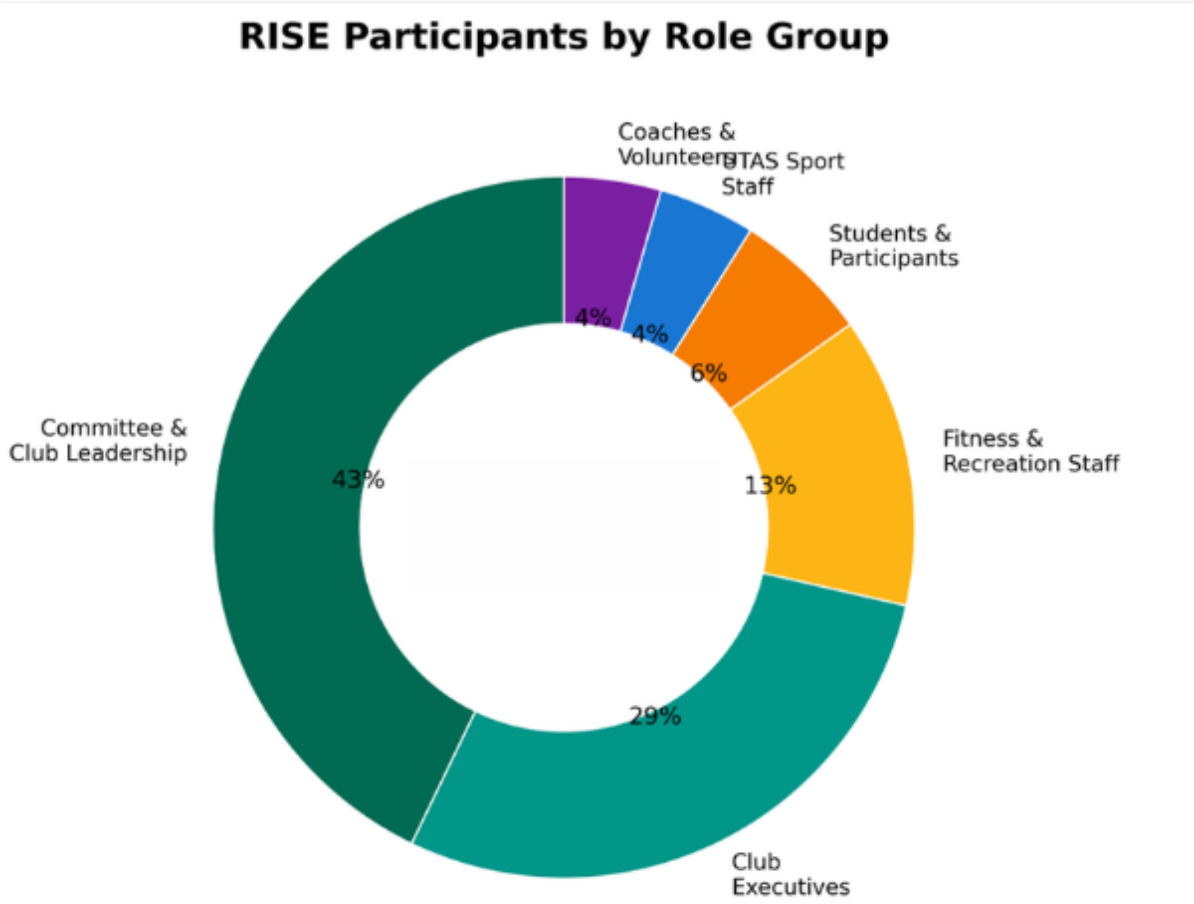
116 participants enrolled in RISE across UTAS Sport staff and UTAS affiliated sports clubs.
108 participants completed the training.
Overall completion rate: 93%.

Club engagement highlights

74% of clubs have achieved full committee completion.
Completion of RISE included committee members, coaches, volunteers and administrators across our affiliated sports clubs.

Key takeaway

The implementation of RISE has achieved broad adoption across the UTAS sporting community, demonstrating strong commitment from both staff and student leaders to creating safer and more respectful sporting environments



Discussion & Questions

Global Best Practice

Université Libre de Bruxelles, Belgium

Students helping students make safer choices

Focus: substance awareness, safer socialising and peer education

What the university does

- Trains students to discuss alcohol, tobacco and other substances with peers
- Makes health messages relatable and accessible
- Connects students with professional support
- Gives students an active role in a safer campus

Healthy Campus links

- Substance risk awareness
- Alcohol and tobacco harm prevention
- Peer education and behaviour change
- Professional referral pathways

Key learning

Peer education can reach students where they make everyday choices.

Australian Best Practice

RMIT University

Education, student leadership and clear support

Focus: preventing gender-based violence through consent and bystander education

What RMIT does

- Trains UniSport Nationals student leaders in prevention
- Requires Sex and Consent learning for new students
- Teaches respectful relationships, coercion awareness, safer socialising and bystander action
- Provides specialist training for residential leaders
- Offers confidential advice, reporting and Safer Community support
- Co-designs initiatives with students and university teams



Healthy Campus link #94: preventing bullying, discrimination and violence

Key learning

Combine education and leadership with accessible support and clear reporting.

Australian Best Practice

Central Queensland University

Gender Based Violence Prevention and Response Plan 2026–2030

Focus: whole-of-university approach to preventing and responding to gender-based violence

What CQU does

- Developed a university-wide Gender Based Violence Prevention and Response Plan 2026–2030
- Aligns its approach with the National Higher Education Code to Prevent and Respond to Gender-based Violence
- Brings prevention, education, response and support into one coordinated approach
- Builds safer and more respectful university environments
- Shares practical insights from the development and implementation of the plan

Healthy Campus link #94: Preventing bullying, discrimination and violence

Hear directly from CQU Start watching from 57:02 – open the CQU presentation link

Key takeaway

Hear how CQU approached the development of its GBV Prevention and Response Plan and the lessons learned in establishing a coordinated university-wide approach.

Healthy Campus Hack

University of Waikato, NZ

Presented by: Tina Pentecost & Grace Johnstone

Topic: Healthy Campus Steering Committee and strategy

What You'll Hear

- Why a Steering Committee and strategy are fundamental pillars of Healthy Campus
- Challenges faced: choosing members, staff capacity and building programme knowledge
- How the Steering Committee was developed, from its inaugural meeting onward
- How the strategy was drafted, refined with feedback and aligned with Waikato's priorities
- Key learnings, including the value of subject-matter expertise and Māori leadership

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Te Whare Wānanga o Waikato

HEALTHY CAMPUS
Steering Committee & Strategy

Tina Pentecost & Grace Johnstone



Context

01.

Strategic Objective Submitted to University Leadership

02.

Registered for Healthy Campus in May 2026



03.

Viewed Steering Committee and Strategy as Fundamental Pillars

Challenges Identified

Determining Membership



- Who should contribute?
- How can they contribute?

Staff Capacity



- Steering Committee Brief
- Quarterly meetings

Healthy Campus Programme Knowledge



- Generate staff buy-in

Target Audience



- **Ability to enact and advocate for change**
- **Passion for wellbeing**
- **Be a “Champion”**



Objectives

- Cross-campus collaboration
- Programme governance
- Consultation with subject-matter experts

Steering Committee Development

Inaugural Meeting

- Building Healthy Campus Knowledge
- Linking Steering Committee Membership
- Accreditation Clarification

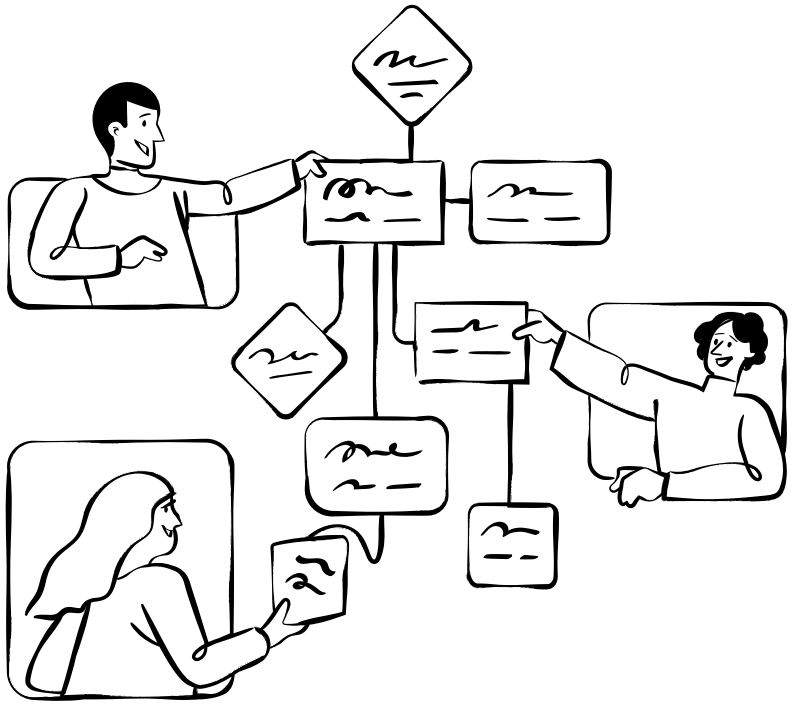
Second Meeting

- Progress Presentation
- Strategy Feedback
- New Members Added



- Large amount of information to absorb
- Challenging meeting for engagement

- Members willing to engage in robust discussions
- Expressed desire for visible progress dashboard



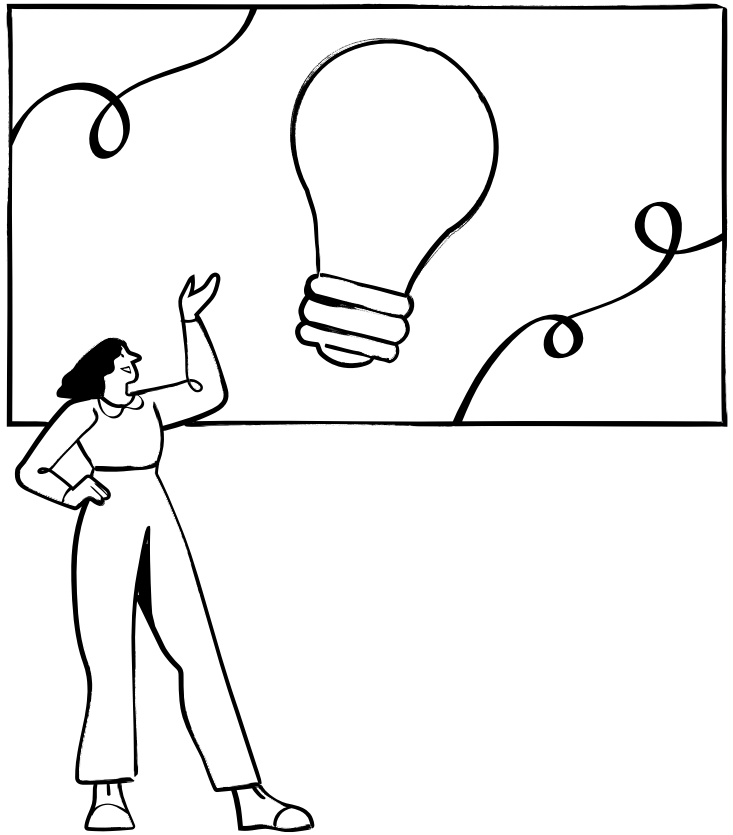
Strategy Development

Draft aligned with
- Implementation Plan
- Healthy Campus Brief
- Kia Haere Whakamua (University Strategy)

Feedback sought from Steering Group
- Alignment with Te Whare Tapa Whā
- Make it uniquely *Waikato*
- Specific terminology changes

Revised Strategy Under Review

Key Learnings



- View Steering Committee as an advisory board
- Value of having subject-matter expertise
- Include Māori leadership not just student support

He Pātai?

Any Questions?

Contact Us

healthycampus@waikato.ac.nz



Open Discussion & Knowledge Sharing

Key Takeaways

Prevent harm early

Prevention is stronger than reaction

Support safer choices

Education helps people make informed decisions

Student leadership

Students can influence campus culture

Make support clear

Clear pathways help build trust

Show the evidence

Demonstrate what you have put into practice

Work together

Collaboration strengthens prevention



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Thank you

Next Community of Practice

23 March 2027 (Nutrition)

unisport

Do Subscribe for Healthy Campus Newsletter!

Your Suggestions are most appreciated
(manik.vohra@unisport.com.au)