HEALTHY RELATIONSHIPS TRAINING ACCESS GUIDE

Contents

Introduction

Welcome to the University of Cumbria's Healthy Relationships training. Before you can access the training materials, please ensure that your University IT account has been activated and Multi-Factor Authentication (MFA) has been set up. These steps are essential for securing your access and ensuring a smooth login experience. If you have not completed them yet, please complete the steps below.

Activating your IT Account

Activating your university IT account is a crucial step. It provides access to university systems including Blackboard (required to complete the training).

You cannot activate your IT account until you fully complete the [online registration](#) process.

To activate your account, please visit: https://my.cumbria.ac.uk/Student-Life/New-Students/Activate-Your-IT-Account/

When you log into your account for the first time you will be prompted to set up Multi-factor Authentication (MFA). On-screen prompts guide you through the steps and options. See the [MFA Registration Guide](#) for information about the University's recommended method.

If you encounter any errors or problems, during the activation steps, please contact the IT Service Desk (itservicedesk@cumbria.ac.uk) for support. Make sure you have your student number to hand as this will make it easier to identify you.

Accessing Blackboard

Follow the link to Healthy Relationships (25/26) Training -
https://mylearning.cumbria.ac.uk/ultra/courses/_196679_1/outline

You should arrive on the following page.

Opting Out

You can opt-out of the training for one of the following reasons:

1). You find the content triggering due to past experience.

2). You have already completed the training within the past two academic years.
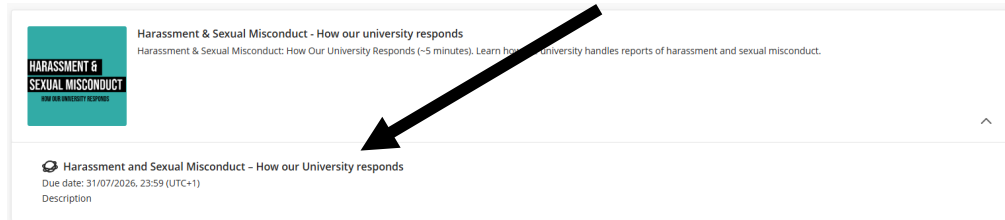
Should either reason apply, please email healthyrelationships@cumbria.ac.uk stating which reason applies. Alternatively, you can click the email icon in the training site, see here
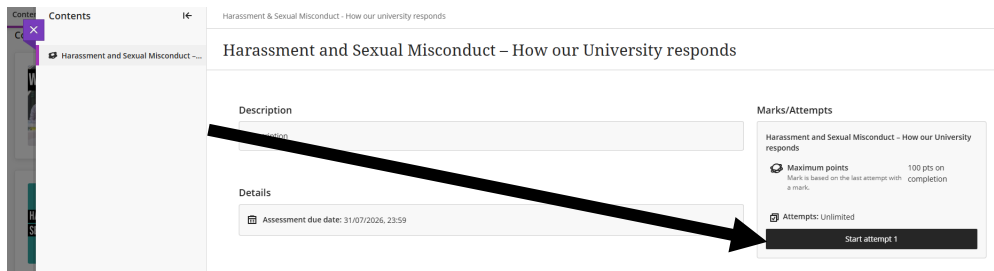
Training

To access the training. Select the arrow in the right-hand corner of the box. The course will drop down (see image below).
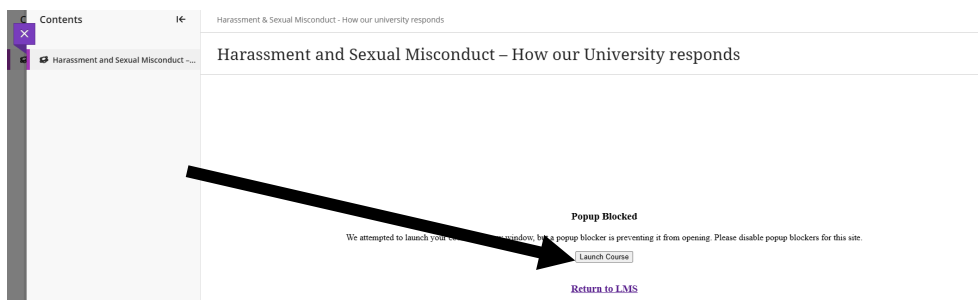
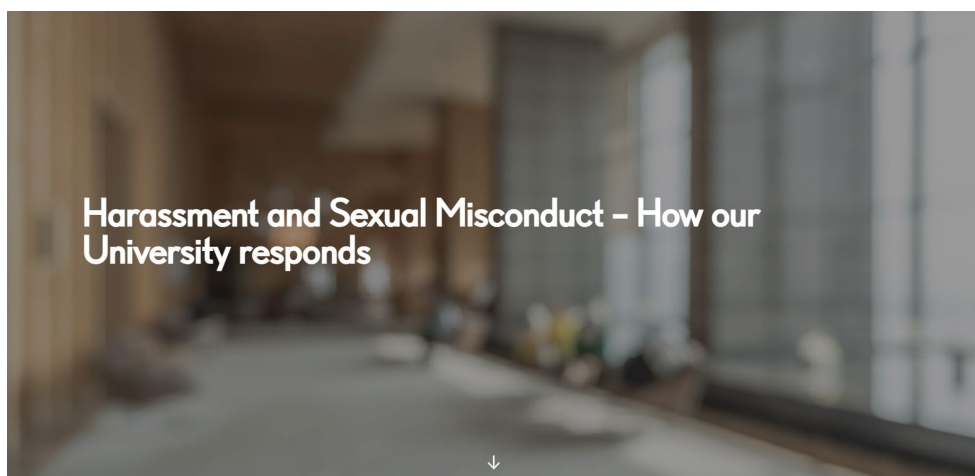Course 1 – Harassment & Sexual Misconduct

Click the title of the course and the following page opens. Select "Start Attempt 1".

You may receive the following message. Please select the button "Launch Course".

Now complete the first course. You must answer every question to progress to the next course.

Upon completion of the first course, please use the "Exit Course" button to return to the home page. You should find the second course is now available. Repeat the steps above to complete both the "Student Bystander Intervention" and "Consent on Campus" training modules.

Course 2 – Student Bystander Intervention

Student Bystander Intervention
Student Bystander Training (~15 minutes). Explore how to safely intervene in concerning situations.

Bystander Intervention
Content isn't available
Due date: 31/07/2026, 23:59 (UTC+1)
Description

Course 3 – Consent on Campus

Consent on Campus
Consent on Campus (~10 minutes). Understand the meaning of consent in a university setting.

Consent on Campus
Content isn't available
Due date: 31/07/2026, 23:59 (UTC+1)
Description

Upon completing all three courses, your Gradebook will state 100% completion on all three modules.

Healthy Relationship Hub

You can access the Healthy Relationships Hub at any time for further information on this subject matter or to report an incident, please visit: https://my.cumbria.ac.uk/hrh.

Hide From View

Having finished the course, if want to remove it from your module list:

1). In Blackboard, go to the "Course" section on the left-hand side of the screen.

2). Find the course you want to hide in your list.

3). Click the three dots in the top right corner of that course.

4). Select "Hide Course From Me".