

Macalester College



Student Sexual Assault Resource Guide

For Macalester College students
who are survivors of sexual assault

Student Affairs Office
119 Weyerhaeuser Hall
651-696-6220

Last revised 10-30-09

Adapted from Emory University, Aline Jesus Rafi, 2008

Dear Macalester Student,

You are courageous to be seeking out support for your experience of sexual assault and we want to assure you that you are not alone in dealing with this act of violence. We can only empathize with the myriad of feelings you are likely experiencing right now and how difficult it must be to decide what to do. We have compiled this packet as a way to assist with some of the decisions you will want to consider and help acquaint you with options and resources available to you.

Some of the decisions you need to make may be very difficult to make alone. Members of the Macalester College and larger St. Paul community are here for you, whether through medical attention, requesting academic support, counseling, and/or navigating legal and campus processes. We are available to assist and support you as you begin to think through your options and make a plan for your recovery.

There are many resources available to you and this packet is just a start. For more information please do not hesitate to contact the Student Affairs Office, a member of the Macalester Sexual Assault Support Team (SAST), or an individual listed in the resources on the last page of this packet. Any of these individuals can provide you with free confidential assistance as you move through the healing process.

Take Care of you.

Sincerely,

Laurie Hamre
Vice President for Student Affairs

Jim Hoppe
Dean of Students

Lisa Landreman
Associate Dean of Students

Defining Sexual Assault

Sexual assault is any sexual activity involving a person who does not or cannot consent. Sexual assault takes many forms, some of which do not involve penetration. It can be:

- Rape
- Sexual contact (touching, grabbing, fondling)
- Non-contact offenses (obscene phone calls, exposing)
- Incest
- Sexual harassment
- Sexual exploitation

Sexual assault is violence, although it may not always include a weapon, overt threat or physical force. It can be more subtle, as when authority, size, age, or status is used to scare, or manipulate the victim.

Consent is clear, unambiguous, affirmative, and mutually understood permission and agreement for each level of increased intimacy, from holding hands to intercourse. If physical force, coercion, intimidation, and/or threats are used, there is no consent. If the victim/survivor is mentally or physically incapacitated or impaired so that they cannot understand the sexual situation, there is no consent. This includes impairment due to alcohol or drug consumption and being asleep or unconscious.

Same-sex sexual assault is when a sexual assault occurs and the victim and the perpetrator are the same sex. This does not necessarily mean that the victim or the perpetrator identify as lesbian, gay, or bisexual. It also involves any unwanted sexual contact without consent and/or obtained through the use of force, threat of force, intimidation, or coercion.

Sexual assault can happen to anyone. Females, males, and transgender people; people of all ages, ethnicities, economic backgrounds, religions, and sexual orientation can be victims. It can happen on a date, or between friends, acquaintances, partners, or strangers.

If you have been assaulted, the first thing to do is to GO SOMEWHERE SAFE. If you feel in danger, call campus security at 651-696-6555 or local police at 911. Seek emotional support from a counselor, friends, trusted staff, or faculty. If you are safe, then the remainder of this guide will assist you in what you can do if you are assaulted.

Options:

First things to consider following physical safety

If you have experienced sexual assault, you have options regarding

1. Medical care
2. Emotional support
3. Reporting to campus officials
4. Reporting to local police

1. Medical Care

Medical care is the first decision you need to consider for a few reasons:

- a. Not all injuries are immediately evident, so it is important to seek medical attention
- b. It is possible that your assault may have resulted in a pregnancy
- c. It is possible that your assault may have resulted in a sexually transmitted infection or disease

- d. If you should decide at any point that you want to pursue legal action, forensic evidence needs to be collected within 72 hours.

Do not change clothes, bathe, shower, or douche before seeking medical attention. Doing so may destroy important medical evidence in the case that you choose to pursue legal action. If you have changed clothes, bring your soiled clothing with you for evidence collection.

The recommended hospital for sexual assault survivors in the vicinity is:

Regions Hospital

640 Jackson Street
St. Paul, MN 55101
(651) 254-3456

You may take a friend or victim advocate with you to the hospital. **Sexual Offense Services of Ramsey County** is available 24 hours a day and can provide a trained advocate to accompany you to the hospital. Campus security can provide you with a cab voucher to pay for your round trip cab ride to the hospital. The fee is charged to your student account.

Sexual Offense Services of Ramsey County

1619 Dayton Avenue, Suite 201
St. Paul, MN, 55104
Business Phone: 651.643.3022
24 hr. Crisis Phone: 651.643.3006
www.co.ramsey.mn.us/ph/yas/sos.htm

The campus **Health and Wellness Center** is not able to conduct examinations in order to collect evidence necessary for criminal or civil action against an assailant. For such an exam, victims must visit a hospital emergency room.

Again, even if you don't pursue legal action about the assault, it is still important to assess and treat any injuries and determine the possibility of pregnancy or sexually transmitted infections. You may get treatment from:

Health and Wellness Center

651-696-6275
Open Monday-Friday 8 am -5 pm
or
A medical professional of your choice

2. Emotional Support

Whether or not you choose to report the assault, you should consider seeking professional support. Even if you think you can handle the situation yourself, counseling can provide guidance to your healing in a confidential setting.

Common Responses to Sexual Assault

Sexual assault is a traumatic experience which usually creates a crisis for the survivor. Everyone handles crises differently. You may experience a wide range of reactions including:

- **Shock & disbelief** – that the assault happened
- **Fear** – of the offender returning; of people finding out; general feelings of anxiety and vulnerability
- **Eating and/or sleep disturbances**
- **Shame & guilt** – because of long held myths that the victim “asked for” or deserved sexual assault
- **Confusion** – about why the assault happened, why the offender chose you to assault, what needs to happen next, and about your feelings for the accused offender
- **Anger** – toward the offender, toward systems, toward friends and family, or self
- **Grief & feelings of loss** – are common and normal

Many students attempt to minimize or deny their experience with sexual assault. This approach may make them unwilling to get necessary medical and emotional care. Feelings related to sexual assault may occur immediately or months or years later. It is not unusual for feelings to come and go, often connected to other stressful times or events. Counseling is often a helpful component of self-care after an unwanted sexual experience. You are encouraged to pursue help through the Macalester College Sexual Assault Support Team, the Health and Wellness Center, Sexual Offense Services, or other community resources.

Macalester College Sexual Assault Support Team (SAST) *(individuals listed on the last page)*

This group includes members of the Macalester College faculty and staff who are trained to respond and support students who have experienced sexual assault. Working with a support member does not obligate you to file a report of the sexual assault to the college or the police.

Health and Wellness Center

Free and confidential services that are designed to help you process the event and work toward recovery are available to all students. Located on campus in the Leonard Center.

651-696-6275

Sexual Offense Services of Ramsey County

1619 Dayton Avenue (close to campus)

Suite 201

St. Paul, MN, 55104

Business Phone: 651.643.3022

Crisis Phone: 651.643.3006

www.co.ramsey.mn.us/ph/yas/sos.htm

Provide free confidential crisis counseling and advocacy services to assist in your recovery process.

Consultations with staff from Sexual Offense Services of Ramsey County, the Macalester College Sexual Assault Support Team, and the Health and Wellness Center are confidential and will not initiate an official report or investigation without your permission. Campus officials are required to notify campus security or the Student Affairs Office that an assault has taken place, but your name and any identifying information will only be included upon your consent. If you have questions or doubts about your readiness to make an official report, you may want to discuss the incident with one of these confidential resources first.

Other Support Options

Sharing your experience with a trusted friend can provide you with important emotional support. If you live on campus, your RA (Resident Assistant) has received training on responding to sexual assault and students in crisis and you may find them to be a great source of support and resource. You can also turn to the professional staff member who lives in your building, your Hall Director, for assistance. You may find that a friend or acquaintance has had a similar experience and that you are not alone. However, in addition to these support options, we recommend that you seek professional guidance for on-going support as you plan for your long-term recovery.

Reporting Your Assault

It is your decision whether to report the sexual assault, but you are encouraged to do so. The College will make every possible effort to avoid unnecessarily revealing your identity during the course of any investigation which may result from a reported assault. Reporting your case to any campus official does not obligate you to report it to the police, nor does reporting it to the police obligate you to report it to the College—these are separate processes.

3. Reporting on campus

If you want to report your sexual assault to a campus official you can contact any of the following:

- Sexual Assault Support Team – can take a report, provide support, and explain your options
- Student Affairs Office – can take a report, provide support, explain your options, and investigate
- Macalester College Harassment Committee (MCHC) – can take a report and investigate a reported case
- Online Report form – Can be anonymous: www.macalester.edu/sexualassault
- Campus security – can take your report, assist in securing your safety, and refer you to community and campus resources

Phone numbers for these offices and individuals are listed on the last page of this document. When you report your case you are welcome to bring your own support person with you. You will have formal and informal avenues you can pursue if you choose to adjudicate your case, or you can decide not to pursue the case at any time in the process. You may also decide to report your case anonymously. Three members of the Macalester College Harassment Committee (MCHC), made up of faculty and staff, will investigate the case if you choose to move forward in an informal or formal process. More details about this process can be found in the student handbook or at www.macalester.edu/mchc/

4. Reporting to the police

If you want to report your assault to the police, you can initiate a report by contacting the St. Paul Police Department, and an officer will contact the appropriate authorities if the assault occurred outside their jurisdiction. Your report will not obligate you to follow through with legal action or action through the College.

Preventing Future Contact with the Reported Offender

If you live on campus, you have the option of changing your residence. If the reported offender is in any of your classes, they will be removed from your shared classes, residence, and other activities while under investigation. If you choose not to file charges or pursue the incident but still want to avoid contact with the perpetrator, you can receive assistance through the Student Affairs Office, located in 119 Weyerhaeuser, x6220.

Support Resources

Macalester College Harassment Committee

Jim Hoppe, Dean of Students, x6220

Becky Hoyer, Faculty member, Chemistry Department, x6252

Gabrielle Lawrence, Director of Alumni Relations, x6315

Dianna Shandy, Faculty member, Anthropology Department, x6439

Nadya Nedelsky, Faculty member, International Studies Department, x6439

Lisa Landreman, Associate Dean of Students, x6220

Karin Aguilar San Juan, Faculty member, American Studies Department, x6148

Api Sulisty, Employment Services, x6284

Sexual Assault Support Team

Lisa Broek, Health and Wellness Center, x6055

Keith Edwards, Director of Campus Life, x6323

Consuelo Gutierrez-Crosby, Civic Engagement Center, x6363

Cindy Haarstad, Campus Center, x6259

Laura Klunder, Assistant Director Campus Programs, x6311

Eily Marlow, Civic Engagement Center, x6738

Sedric McClure, Multicultural Counselor, MAX Center, 6014

Robin Hart Ruthenbeck, Associate Director Campus Programs, x6874

Jaine Strauss, Faculty member, Psychology Department, x6114

Denise Ward, Associate Dean of Student Services, x6385

Wendy Weber, Faculty member, Political Science Department, x6653

Alina Wong, Assistant Director of the Lealtad-Suzuki Center, x6652

Other Helpful Campus Resources

Campus Security, x6555

Health and Wellness Center, x6275

Center for Religious and Spiritual Life, x6298

Off Campus Resources

Emergency police or medical, 911

St. Paul Police Department, non emergency, 651-291-1111

Regions Hospital Emergency Room, 651-254-5000

United Hospital Emergency Room, 651-241-8260 (24 hrs.)

Sexual Offense Services, 651-643-3006 24 hr. crisis hot line; business line, 651-643-3022

Minnesota Coalition Against Sexual Assault, 651-209-9993

Ramsey County Attorney's Office, Criminal Division, 651-266-3222;

Ramsey County Attorney's Office, Victim/Witness Program, 651-266-3099

