

Macalester College



Sexual Assault Resource Guide

For Macalester College students
who have experienced sexual assault

Office of Student Affairs
119 Weyerhaeuser Hall
651-696-6220

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Adapted from Emory University, Aline Jesus Rafi, 2008 and The Aurora Center, University of Minnesota 2010

Sexual Assault Resource Guide

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. Trained faculty and staff are available to respond to students who have experienced sexual assault and we encourage you to contact the Office of Student Affairs for more information or seek out a member of the Macalester [Sexual Assault Response Team](#). You can also file an anonymous report online on the Sexual Assault Prevention, Support and Resources website at www.macalester.edu/sexualassault.

There are many resources available to you and this packet is just a start. For more information please do not hesitate to contact the Office of Student Affairs, 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. Consent must be informed, freely and actively given, and mutually understood. 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 that usually creates a crisis for the survivor. Everyone handles crisis differently. It's important to know that your responses are not "crazy"; they are common reactions for people who have experienced trauma. You may experience a wide range of reactions including:

- **Shock & disbelief** – that the assault happened
- **Numbness, unable to feel** – may feel emotionally detached or drained, and at times unaware of what is happening
- **Fear** – of the offender returning; of people finding out; general feelings of anxiety and vulnerability
- **Eating and/or sleep disturbances**
- **Loss of Control** – may feel disoriented and overwhelmed; difficulty concentrating
- **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

Sample of Common Post-Assault responses. symptoms vary throughout the recovery process

Physical	Emotional	Cognitive	Social
<ul style="list-style-type: none"> - changes in eating patterns - changes in sleeping patterns - eating disorders - fatigue - gastrointestinal irritability (nausea, vomiting) - headaches - HIV/AIDS - muscular tension - nightmares - physical injuries cuts, bruises, broken bones, etc.) - pregnancy - sexually transmitted diseases - substance abuse - soreness - stress related depression - immune system - Responses (less ability to resist colds, flu, etc.) 	<ul style="list-style-type: none"> - anger (both at self and others) - anxiety - denial - depression, sadness - despair - embarrassment, feeling exposed, humiliated - fear - helplessness - hopelessness - irritability - loss of control - low self-esteem - mood swings - numbness - obsession/compulsions - phobias - sense of disbelief - sense of unreality - shame, guilt, self-blame - shock - vulnerability 	<ul style="list-style-type: none"> - am I damaged goods? - am I dirty? - bad things happen to bad people, good things happen to good people; therefore I must be bad - confusion - difficulty concentrating - flashbacks - I deserved it because... - if I forget about it, it will go away... - what if I hadn't done...? - what will people think? - why me? - will others reject me? - will they blame me? 	<ul style="list-style-type: none"> - changes in lifestyle - difficulty getting things accomplished - difficulty/apprehension around men or apprehension around persons having similar attributes to the perpetrator's - discomfort around other people - disruption in sexual relations - fear of being alone - fear of leaving house (especially alone) - fear/nervousness in crowds - hypersensitivity when relating to others - loss of trust in self and others - withdrawal from people, activities

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)

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. More information about SAST members can be found at www.macalester.edu/sexualassault

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 Office of Student Affairs that an assault has taken place, but this is not a report—your name and any identifying information will not be included unless you want to pursue an investigation. If you have questions or doubts about your readiness to file 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 file an official report of 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 that may result from a reported assault. Telling your experience to any campus official does not obligate you to report it to the police, nor does reporting it to the police obligate you to file an official report to the College—these are separate processes.

3. Reporting on campus

If you want to make an official report of your sexual assault, we recommend that you contact a member of the Sexual Assault Support Team:

- Sexual Assault Support Team – can take a report, provide support, and explain your options
www.macalester.edu/sexualassault/SASTmembers.html
- 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

The names and phone numbers for SAST members are listed on the last page of this document and on the sexual assault website. 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. 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 file an official report of the 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.

Special Concerns for Students

Are you in the same class as the person that assaulted you?

It is very scary and distracting for many survivors to attend class with a perpetrator. Your academic career is important and we want you to feel safe attending class so that you may be successful both academically and in your healing process. If you need to make alternate arrangements in your class schedule, please contact the Office of Student Affairs. We offer academic advocacy and can work with instructors, advisors, and departments on your behalf to ensure that you feel safe.

If the perpetrator is a Macalester College student and the assault occurred on campus, you have the option of filing a report. Sexual assault is a violation of Macalester College policy and the College has the ability to discipline students who have violated College policy. This is separate from the criminal process, but can result in serious consequences including expulsion or suspension. If you are interested in pursuing this option, please contact the Office of Student Affairs for more information.

Are you worried about seeing the person that assaulted you on campus?

It can be very distressing and traumatic to see the perpetrator on campus. Your safety and security is our priority. If you feel unsafe, please contact the Office of Student Affairs. We can help you develop a safety plan, apply for a restraining order, or seek recourse through the College's judicial system. Members of the Macalester College Sexual Assault Support Team are also here to listen and support you. Contact a member of the Office of Student Affairs to get connected to a SAST member or contact them directly, contact information can be found at www.macalester.edu/sexualassault

Are your grades suffering because of the assault?

It will take some time to adjust after the assault and it is very common to have difficulties concentrating on studying or focusing on coursework. The Office of Student Affairs offers academic advocacy to students recovering from trauma. With your permission, a member of the Office of Student Affairs can contact instructors on your behalf. Without disclosing any details, your advocate can explain that you are experiencing tremendous amounts of stress and need flexibility in meeting deadlines or request any other necessary accommodations. We also encourage students to communicate directly with their instructors in order to limit any possible misunderstandings about expectations and requirements. If you decide to take an Incomplete or arrange for alternate requirements with your instructors, you are encouraged to have a contract in writing with your instructor in order to protect yourself in case of confusion down the line.

A member of the Office of Student Affairs can support you in considering options that will allow you to successfully continue your academic career. Sometimes survivors decide that they need to reduce their course load or withdraw in order to be successful in the future. This is a big decision and we encourage you to speak with an advocate if you are considering these choices.

Do you live in the same Residence Hall as the person that assaulted you?

You have the right to be safe in your home. If the perpetrator lives in the same Residence Hall as you or you feel unsafe in your dorm room, please contact the Office of Student Affairs. The Dean or Associate Dean of Students can work with Residential Life to arrange for safe housing. If you live off-campus and feel unsafe in your home, the Office of Student Affairs may be able to assist you with finding shelter or other temporary housing.

Do you have concerns about the incident because you were drinking at the time?

No one deserves to be assaulted, no matter what the situation. Law enforcement will not issue tickets for underage drinking if there is a greater crime involved, such as sexual assault. For many reasons, survivors may hesitate to come forward if she were under the influence of drugs or alcohol at the time of the assault. Many survivors worry about reporting because they may not remember everything or may blame themselves for being intoxicated. Don't let this get in the way of reporting a sexual assault. Many perpetrators use alcohol and other drugs to facilitate rape. The focus should be on the behavior of the perpetrator, not the survivor. An individual who is physically incapacitated cannot legally consent to sexual contact. It is also important to make sure that you receive appropriate medical attention. No matter what you decide to do, remember that it was not your fault.

Are you worried about making a police report?

Making a police report after a sexual assault can be a very difficult decision for survivors. Uncertainty about reporting the assault is common, especially if you know the perpetrator. Filing a police report is the first step in beginning the criminal justice process. Members of the Sexual Assault Support Team are here to assist you in making the best decision for yourself and supporting you throughout any process you chose to pursue. If you choose to make an official report, a SAST member can meet with you and go over in detail what the process will be like. Police officers can be dispatched to campus and an SAST member can sit with you while the report is taken. For more information on police reporting and investigations, see the legal options section.

Are you concerned about telling your parents what happened?

If you tell your parents will it be more or less helpful to you? This is a very difficult question for survivors. Many people find it hard to disclose to their parents, but ultimately find parents' love and support helpful to their healing process. Some survivors may be concerned about hurting their parents or fear that their family may blame them for the attack. Only you can decide if and when to tell your family. Your SAST member can help you process this decision and discuss the risks and benefits to disclosing to your family.

What if you have mutual friends or belong to the same groups as the assailant?

This is a common situation since most assaults occur between acquaintances. People will likely take sides and you may find yourself distrusting friends and colleagues. Surround yourself with people who support, respect, and believe you. Trust your instincts, and take steps to ensure your personal safety and well-being. If you are experiencing harassment or feel unsafe, contact the Office of Student Affairs to learn more about legal options.

Do you worry about dating again?

Surviving a sexual assault involves having your control taken away from you, and it may be difficult to regain trust. Go at your own pace. It may be helpful to start in larger social situations or go on double dates. At first, you may want to avoid situations where you feel isolated or lacking control. When you are ready to date, don't hesitate to be clear about your sexual limits.

Sexual Assault Myths and Facts

Many myths exist in our society about sexual assault that serve to justify the offense. Rape myths often involve victim-blaming statements about sexual assault such as, “She wouldn’t have gotten raped if she hadn’t been walking alone at night,” or “What did she expect would happen if she went upstairs with him?” These myths work to place the blame on the wrong person (the victim or survivor) instead of where it belongs (on the perpetrator).

Myth: It Can’t Happen to Me

Fact: It can happen to anyone. While most victims of sexual assault are women, anyone can be a victim regardless of age, race, national origin, gender, religion, sexual orientation, socio-economic class, educational status, or ability.

Rape is sex.

Fact: Rape is an act of violence. It is a life-threatening experience. While sexual attraction may be influential, power, control and anger are the primary motives. Sexual assault is not simply a “crime of passion” where the perpetrator “loses control.” Sexual Penetration without consent is rape.

Myth: People rape because they want sex and because they “lose control” or can’t control their sexual desires.

Fact: One of the biggest myths about rape is that it happens out of sexual desire. Many people have sexual desires, but not everyone commits sexual assault. This leads us to blame the victim and fail to hold the rapist accountable for his or her actions. Survivors of rape, such as children or the elderly, are not always those society would consider sexually attractive.

- 70% of sexual assault are partially or fully planned in advance
- Most rapists have available sexual relationships.
- Men and women have the same ability to control their “biological urges” to have sex

Myth: Most people who rape are strangers to their victims.

Fact: Most, about 90%, of sexual assault survivors know their perpetrator: a neighbor, friend, acquaintance, co-worker, classmate, spouse, partner, or ex-partner.

Myth: Rapists are psychopaths or mentally ill; they are not part of the normal population.

Fact: The idea that perpetrators are all psychopaths is not true. Crimes committed by the mentally ill are very different from crimes of sexual violence. Rapists are just as likely to exhibit signs of mental illness as the general population.

Myth: Women entice men to rape, such as by dressing a certain way or by leading them on.

Fact: The idea that women entice men to rape them or that they really want it is also not true. No person deserves to be raped, and no person asks to be raped or wants it irrespective of her/his attire. This myth again shows the extent to which sexual assault is sexualized in our society. What the victim was wearing in no way makes her/him responsible for the assault.

Myth: If college students would just stop drinking so much, they wouldn’t be sexually assaulted.

Fact: Sexual Assault is never the victim’s fault. No behavior or choice makes it okay for someone to assault someone. By law, if a person is incapable of consenting or resisting, because of the effects of alcohol or other drugs, it can be considered rape or sexual assault if the person knew, or reasonably should have known, that the victim was mentally and/or physically incapacitated. Alcohol can also be a weapon that some people who rape use to control their victim and render them helpless. As part of their plan, a rapist will encourage the victim to use alcohol, or identify an individual who is already drunk. Alcohol is not a cause of rape; it is only one of the many tools that people who rape use.

Myth: When women say no, they really mean yes.

Fact: No means no. When someone says no s/he means no. It should never be assumed that there is some underlying meaning behind that and that s/he really means yes. If you are ever unclear about your partner's wishes, ask for clarification. If your partner say no or seems unsure, respect that person and her/his wishes.

Myth: If someone doesn't fight off her/his perpetrator, then it is not really rape.

Fact: There are many reasons that a victim any choose or not be able to fight off his/her perpetrator. This threat of heightened physical violence may make it safer for someone to not fight back. If the victim is threatened with negative consequences (e.g., lose of job, being "outed," negative rumors) or experiencing symptoms of shock they may not fight back. This does not mean the sex is consensual. The survivor needs to do whatever they feel comfortable doing to handle or cope with the situation.

Myth: Men can't be raped

Fact: Gay and straight men are victimized by people who rape for the same reasons as women. Men are less likely than women to report a rape; Only 1 in 100 report the crime. Men are less likely to be believed by law enforcement personnel, making it traumatic to report.

Myth: If a man ejaculated when he is assaulted, then it is not sexual assault (this can also go for anyone who has an orgasm when s/he is sexually assaulted).

Fact: An orgasm does not mean that someone "enjoyed" the rape, or that they wanted it. An orgasm can be natural biological reactions that someone can't control; it does not mean that forced or coerced sexual activity was consensual. Often this is used to silence the survivor.

Myth: The reason that men get raped is because homosexual men are raping them, and LGBT individuals rape more or are more likely to be sex offenders than heterosexual males.

Fact: There are no statistics that support the idea that LGBT individuals are more likely to commit sexual assault or be sex offenders than heterosexual males. In fact, sex offenders are disproportionately likely to be heterosexual men.

Myth: Most sexual assaults involve a black man raping a white woman.

Fact: In 93% of assaults, the rapist and victim are of the same race. In 3% of sexual assault cases black men did rape white women, while in 4% of the cases white men raped black women.

Myth: Perpetrators are easily identifiable by their physical appearance, actions, or words.

Fact: There is no standard profile that defines a perpetrator of sexual assault. They can be of any race, economic background, belief system or culture. The vast majority of victims of sexual assault know their perpetrator.

Myth: Women don't rape men.

Fact: Women can and do rape men, although this is reportedly less common. Sexual assault of a man, whether by a woman or a man, is as serious of a violation as sexual assault of any survivor.

Support Resources

Macalester College Harassment Committee members and Policies can be found on the MCHC website: <http://www.macalester.edu/mchc/>

Sexual Assault Support Team Members can be found on the Sexual Assault website: <http://www.macalester.edu/sexualassault/SASTmembers.html>

Online Anonymous Sexual Violence Report Form: <https://secure.macalester.edu/forms/studentaffairs/sexual-violence-incident-form.cfm>

Other Helpful Campus Resources

Office of Student Affairs, 651-696-6220

Campus Security, 651-696-6555

Health and Wellness Center, 651-696-6275

Center for Religious and Spiritual Life, 651-696-6298

Sexual Assault Prevention, Support & Resources website: www.macalester.edu/sexualassault

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

Sexual Violence Center

Minneapolis, Minnesota, 612-871-511, 24 hr. hotline

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

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