Introduction

Macalester College does not tolerate sexual violence of any kind under any circumstances. Any individual who sexually assaults another is subject to the disciplinary procedures of the College and such civil and criminal laws as may pertain. The College expects its members to educate themselves about such behavior and be vigilant in protecting the right to an environment free of sexual harassment and assault. Allegations of any act that has the purpose or effect of interfering with an individual's safety, security, or educational opportunities will be investigated and appropriate sanctions will be applied.

Resources

Macalester Sexual Assault & Harassment policies and procedures, macalester.edu/mchc

For making a report contact:

Office of Student Affairs: 651-696-6220
Sexual Assault Support Team Member: macalester.edu/sexualassault/SASTmembers
Campus Security: 651-696-6555
Any MCHC member: macalester.edu/mchc
St. Paul Police: 911

Medical:

Regions Hospital
640 Jackson St.
St. Paul, MN 55101
651-254-3456
Health and Wellness Center: 651-696-6275

For support in dealing with sexual assault or violence:

Health and Wellness Center Counseling Staff: 651-696-6275
Center for Religious and Spiritual Life Chaplains: 651-696-6298
Harassment, Bias, Prevention & Support Resources website: macalester.edu/student-affairs/harassment
Sexual Assault Prevention, Support & Resources website: macalester.edu/sexualassault
Sexual Offense Services 24 hr. hotline: 651-643-3006
Sexual Violence Center 24 hr. hotline: 612-871-5111

Warning signs of a potential abuser may include:

- pushes for romantic involvement/exclusive commitment almost immediately
- calls/emails/texts constantly or visits unexpectedly
- expects partner to be perfect, obedient, and dependent
- isolates partner from friends and family
- blames others for one’s own problems or feelings
- constantly criticizes, uses demeaning language, or curses at partner
- switches moods suddenly (e.g., from sweet to violent in minutes)
- uses force during sex
- threatens violence and then denies the threats
- admits to violence in past relationships, but blames ex-partner

What is relationship violence?

Violence in relationships is any pattern of behavior used to coerce, dominate, or isolate one’s intimate partner, ex-partner, or family member. It can involve physical, emotional, and/or sexual abuse. Relationship violence typically cycles: from a tension-building period (abused partner works harder to avoid escalation of conflict, anxiety increases), to an explosive period (physical, sexual, verbal assaults), to a honeymoon period (violent partner apologies, promises never to do it again, showers the abused partner with affection). Because of the isolation, fear, and denial that often accompany an abusive relationship, it can be very difficult for an abused partner to leave a relationship.

What to do if you think you are in an abusive or controlling relationship

1. Talk with a friend, counselor, or staff member. It can be difficult to recognize an unhealthy relationship if you’re inside it. Getting other perspectives can help if you’re having some concerns or need support.
2. Make a safety plan. Plan what you will do if your abuser becomes verbally or physically violent or tries to make unwanted contact with you. Inform others about your situation.
3. Report the violence to the Police, the Office of Student Affairs, or a member of the Macalester College Harassment Committee (MCHC). (See what to do if you think you have been sexually assaulted.)
4. Get an order of protection. A protective order/peace order can be obtained 24-hours/day at your local courthouse (e.g., Hennepin or Ramsey County). This order requires the abuser to cease contact and to stay away from where you live/work/attend school. The decision to obtain an order should be weighed against the possibility of increased danger to yourself as a result of making the report.
5. During an attack: Defend yourself if you can, scream for help repeatedly, get away to a safe place, and call 911 if off-campus. On campus, call 651-696-6555.
6. After an attack: Seek medical attention immediately. Tell medical staff what happened and ask to have pictures taken of any injuries. Save any evidence of the violent behavior. Seek counseling.

What is sexual assault?

Sexual Assault is defined as both non-consensual sexual intercourse or any non-consensual sexual contact, whether anal, oral, vaginal, above or below clothing, however slight, with any object by any person, regardless of sexual orientation, gender expression, or identity, upon any other person, regardless of sexual orientation, gender expression or identity, without consent.

The person initiating the sexual contact must gain consent from the other person involved in the sexual act before any sexual activity takes place. Consent is clear, unambiguous, affirmative, and mutually understood permission and agreement for each level of increased intimacy from holding hands to intercourse.
What to do if you’ve experienced sexual assault

1. Get Safe. If in immediate danger call the police at 911 or Campus Security at 651-696-6555. Call a friend for support to help restore a sense of safety and assist you in decision-making.

2. Get Medical Attention. You may have injuries of which you’re unaware; you should get tested for sexually transmitted diseases and pregnancy. A medical exam at Regions Hospital is strongly recommended within 72 hrs. to collect possible evidence. Do not change clothes, bathe, shower, or douche before going to the hospital. If 72 hrs. have passed, a medical exam is still recommended and can be done on campus at the Health and Wellness Center.

3. Seek Support. Working with a counselor and/or support group can speed recovery and help you manage the emotions many survivors experience as a result of sexual assault.

4. Report Promptly. It is your decision whether to report an assault to the police or the College but you are encouraged to do so. Reporting the assault does not commit you to filing charges with the police and you can decide at any time not to pursue the case on campus. The College will make every possible effort to support those involved in sexual assault cases and avoid revealing identities during the course of any investigation.

macalester.edu/sexualassault

What is sexual harassment?

In general, behavior is considered sexual harassment when

• Submission to such conduct is made explicitly or implicitly a term or condition of an individual’s employment or academic success or
• Submission to or rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting such individuals or
• The conduct has the purpose or effect of unreasonably interfering with an individual’s work or academic performance or creating an intimidating, hostile, or sexually offensive environment.

What to do if you are being sexually harassed

• If you can, tell the person that his or her behavior is making you uncomfortable. There are other ways of addressing the situation if this approach is not right for you.
• Save any written material, including pictures, notes, texts, and emails that are part of the harassment.
• You can contact a member of the Sexual Assault Support Team, or a member of the Macalester College Harassment Committee (MCHC) to discuss options and file a complaint.

Issues of race, culture, gender identity, sexual orientation, and socioeconomic status

Individuals with less power/status in their families and cultures may risk loss of social support and additional physical or psychological harm as a result of reporting sexual assault or relationship violence. Women who have been assaulted by another woman may believe that it isn’t possible for a woman to rape another woman—believing that sexual assault is only perpetrated by men. Men who have been taught that being vulnerable is a sign of weakness may have feelings of shame or inadequacy connected to being sexually assaulted that make them reluctant to admit or report their assault, particularly if it is by another man. For a variety of reasons, victims may find it difficult or threatening to access available resources. It is critical that family members, friends, colleagues, and service providers be sensitive to these issues as they support survivors.

A word about self-blame

While it is important for individuals to take responsibility for protecting themselves, it is critical to note that errors in judgment (e.g., not sizing someone up accurately, getting drunk) or the failure to stop an attack are NOT the CAUSES of sexual assault or abuse. Persons who assault or abuse other individuals are legally responsible for their actions, even if they themselves are under the influence of alcohol or other drugs.

Alcohol and other drugs make a difference

One half of all assault victims report that they were drinking or impaired by drugs at the time of the violent episode. Alcohol is a depressant that actually slows the brain’s ability to make decisions. Other drugs may produce a euphoric effect, but impair decision-making processes. Lower your risks by:

• building a trust level with your partner
• going out in groups
• never going into rooms/cars alone with someone you do not know
• never leaving someone behind who is impaired by alcohol or other drugs
• developing the ability to communicate clearly what type of relationship you want

Common reactions to sexual assault and relationship violence trauma

• shock • numbness • disbelief • fear • anger • shame • phobic avoidance of places or things associated with the trauma • wanting to get on with life and forget the event(s) • flashbacks • sleep disturbances • heightened startle responses • trouble concentrating or remembering • depressed mood and/or dramatic mood swings • withdrawal from relationships • health problems • changes in eating patterns