you deserve to be safe & respected

A Guide for Survivors of Sexual Violence, Relationship Violence, or Stalking

SAINT PAUL COLLEGE

Program for Anti-Violence Support & Education
Dear Survivor,

Thank you for making your way to this guide. Our goal is to create a space for you to find safety and support, whatever that looks like for you. Everyone has a different path forward and we hope that you are able to use this guide in a way that feels right to you. As you read this guide, please remember this:

1. You are not alone.
2. What happened to you is not your fault.
3. Your feelings are valid.

It is normal to experience many different feelings, such as powerlessness, fear, or loss of control (or something completely different). Throughout this guide we want you to know that nothing is wrong with you, your feelings and responses to trauma are valid. Please use this guide to navigate and choose the resources you want to use.

No matter what resources you choose to use or not use, there are many people at Saint Paul College who are committed to helping students and employees experiencing violence. A free confidential advocate from SOS Sexual Violence Services is available 24/7 to help you navigate your options 651.266.1000.

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As a survivor navigating your options, you may be learning a whole new language of law, policy, and psychology. In this section we will highlight the most important terms.

**Warning:** The following pages contain definitions that can be triggering or hard to read. Feel free to skip this section altogether or come back at a later time.

**Survivor/Victim**

Many advocates tend to use the term “victim” when referring to someone who has recently been affected by sexual violence; when discussing a particular crime; or when referring to aspects of the criminal justice system. “Survivor” is often used to refer to someone who is further along in their healing journey, or when discussing the short- or long-term effects of sexual violence. Some people identify as a victim, while others prefer the term survivor. You can choose whatever term feels right to you.

**Affirmative Consent**

Consent means giving and receiving permission to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. Ideally, consent is a clear “yes” spoken out loud.

Consent must be continuously given. Consenting to one type of activity does not mean that your partner has consented to other activities. Everyone has the right to stop sexual activity at any time and for any reason. Consent is about making sure that everyone who is a part of the activity is excited, engaged, and able to say “yes” or “no,” every single time.

No one should feel pressured, manipulated, or threatened to say “yes.” Someone who is mentally or physically incapacitated or impaired because they are sleeping, unconscious, or under the influence of drugs or alcohol is not able to give consent. Additionally, someone might be unable to give consent because of their age or their mental capacity. For more information about consent and Minnesota law visit the Rape and Incest National Network (RAINN): [rainn.org/laws-your-state-minnesota](http://rainn.org/laws-your-state-minnesota)
Sexual Violence

Without consent, any sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual violence.

Sexual violence includes sexual assault, rape, or any other sexual behavior that happens because one person forces, coerces, manipulates or intimidates the other person.

Sexual violence can be perpetrated by strangers, acquaintances, family members, spouses, or dating partners. It includes being touched by someone else or being forced or coerced to touch someone else. Sexual violence can also happen when someone is not able to give consent because they are too young or incapacitated.

Sexual violence includes but is not limited to:

- **Sexual abuse of power:** when someone like a coach, teacher, or religious leader uses their position of authority to force, coerce, or manipulate someone into sexual activity,
- **Intimate partner sexual violence:** when a spouse or partner uses sexual violence,
- **Child sexual abuse,**
- **Incest or sexual abuse of family members,**
- **Reproductive coercion and safer-sex sabotage:** when one partner controls or interferes with decision-making related to reproductive and sexual health. This includes damaging birth control, pressuring someone to have unprotected sex, or removing a condom without consent (sometimes called “stealthing”),
- **Sex trafficking and commercial sexual exploitation:** when someone requires the other person to trade sex for money, food, a place to stay, or drugs or forces them to participate in pornography or stripping, and
- **Non-consensual explicit images:** when someone takes or releases explicit photos or videos without permission, sometimes called “revenge porn.”

For more information about sexual violence visit RAINN: rainn.org/types-sexual-violence
Relationship or Domestic Violence

Relationship violence – also known as domestic violence or dating violence – is a pattern of behavior that is used by a current or former intimate partner to gain and maintain power and control over the other partner. It can happen when people are married, living together, dating, or after the relationship has ended.

Relationship violence can happen to people that have gone on a single date, just started dating, or have been together for years.

Relationship violence may include the use of physical violence, sexual violence, threats and intimidation, isolation, emotional abuse, spiritual and cultural abuse, economic deprivation, and financial abuse. Someone can seek help no matter what type or types of abuse they have experienced.

For more information about relationship violence visit the National Domestic Violence Hotline: thehotline.org/is-this-abuse

Stalking

Stalking is behavior that is directed at someone that is unwanted, unwelcome, or unreciprocated that causes them fear or substantial emotional distress.

Stalking includes behaviors like following someone, tracking someone, sending unwanted gifts or messages, making unwanted calls, damaging property, monitoring phone and technology use, or posting information or spreading rumors about someone.

For more information about stalking visit RAINN: rainn.org/articles/stalking
Sexual Harassment

Sexual harassment is unwanted and unwelcome sexual behavior that interferes with someone’s right to feel comfortable at school or work. It can include comments, notes, messages, gestures, or physical contact. It makes the learning or working environment hostile and uncomfortable. This includes repeatedly asking someone on a date, especially if they have already said “no.”

One specific type of harassment is known as “quid pro quo” when someone with authority trades or tries to trade sexual contact for something the other person wants like a good grade or preferential treatment.

For more information about sexual harassment visit RAINN: rainn.org/articles/sexual-harassment

If you experienced something that was traumatizing, or just didn't feel right, and you are not able to define it, you can talk to an advocate to help you understand what happened and what options are available.

Information about advocacy on page 12

SAINT PAUL COLLEGE POLICIES

Saint Paul College is part of the Minnesota State Colleges and Universities system so the policies surrounding sexual violence, relationship violence, stalking, and sexual harassment have been developed by Minnesota State. The complete policy can be found here: saintpaul.edu/antiviolence.
There are many different forms of trauma and many different ways that trauma can impact us. It can be scary to not know why we are feeling the way we are.

Some forms of trauma include:

- Being harmed intentionally or accidentally;
- Being threatened, especially if it happens regularly;
- Witnessing someone else being harmed;
- Learning about trauma that happened to a loved one; or
- Being exposed to details of a traumatic event.

**IMPACTS OF TRAUMA**

- **Emotions**
  - feeling numb,
  - distant, overwhelmed,
  - irritable, or anxious,
  - mood swings, depression,
  - hypervigilance (being on high alert)

- **Memory**
  - forgetting appointments or conversations,
  - difficulty forming new memories,
  - flashbacks

- **Physical Health**
  - stomach pain, headaches,
  - loss of appetite, difficulty sleeping

- **Cognition**
  - difficulty focusing or completing tasks,
  - fogginess, intrusive thoughts,
  - nightmares

- **Personal and Social**
  - disconnection from self, community, or beliefs,
  - strain on friendships and relationships,
  - spiritual harm
EFFECTS OF TRAUMA ON THE BRAIN

Trauma also has an impact on your brain. When a traumatic experience occurs, these areas of the brain are impacted:

Amygdala: The “smoke detector” is always on, monitoring for signs in the environment of danger. The amygdala controls the fear circuitry in the brain.

Prefrontal Cortex: The “Director” focuses attention based on goals and tasks for a situation, engages in logical reasoning and thinking through how to handle things with steps, monitors our own behavior, inhibits impulses, and controls emotions.

Hippocampus: The “hard drive” where the brain sorts and stores memories for long term storage.

Thalamus: The “sensory area” that translates sights, sounds, tastes, and smells into the language of the brain.

So, what happens during a traumatic incident?

- The amygdala takes control when it senses a threat. This causes a flood of stress hormones and the “smoke detector” remains on high alert even after the threat is gone. The prefrontal cortex is no longer in control so it can be very difficult to focus, think logically and control behavior.

- Stress hormones cause emotional and physical reactions that can be confusing or frightening. These reactions are out of the control of the traumatized person. They might include shivering, jitters, hypervigilance (being on high alert), irritability, crying, feeling numb, or even laughing.

- Trauma also changes the way the brain makes memories so some memories of the traumatic event may be fuzzy or not in chronological order while others may be extremely vivid, especially those connected to the senses (for example, the smells or sounds may be remembered clearly while details like the time, or faces are hard to recall).
UNDERSTANDING YOUR OPTIONS

You have many options after an assault or incident. You do not have to decide right away and it is okay if you decide you do not want to take any of the options in this section. You can choose as many or as few actions as you want.

Confidentiality

Confidentiality is the legal and ethical duty medical professionals, advocates, counselors, and therapists must keep any information you share with them private. They also cannot tell anyone whether or not you are their client/patient.

You can make a report to the college and request confidentiality and ask to not have the complaint pursued. However, there may be times that the school is legally required to investigate and respond. If that happens the school will inform you of what is happening.

Exceptions to Confidentiality

All of the confidential resources have some limits on their confidentiality. They are legally required to make a report to the proper authorities if you tell them about a child or vulnerable person who is being harmed, or if you make specific, serious threats to harm yourself or someone else.

Privileged Communication

In addition to being confidential, your conversations with some of these professionals may also be considered “privileged communication.” This means that they cannot be forced to disclose information about you or what you discussed, even by a judge. Communication with advocates, medical professionals, and licensed mental health providers is considered privileged.
Mandated Reporting of Sexual and Relationship Violence

Most staff and faculty on campus are not confidential and are required by law to report violence to the Office of Student Rights and Responsibilities. The college is required to create a report for state and federal governments disclosing violence affecting students. This report does not include any personally identifiable information.

In certain situations, the college may also need to issue a warning to everyone on campus of a potential threat. The victim’s identity will be protected.
Confidential resources may maintain your complete confidentiality, offering you options and advice without any obligation to tell anyone, unless you want them to.

Medical Care (see page 11)

Care for physical health or injuries and infection/pregnancy prevention available at local hospital emergency departments. Ask for a forensic exam. You don’t need to report to police to get medical care.

- Regions Hospital: 651.254.3456
- St. Joseph's Hospital: 651.232.3000
- United Hospital: 651.241.800

Advocacy (see page 12)

Confidential advocates are available to talk, safety plan, and offer resources 24 hours a day, every day. SOS advocates offer 1-1 advocacy on campus by appointment.

- SOS Sexual Violence Services: 651.266.1000
- SPIP (Domestic Violence): 651.645.2824
- Minnesota Day One (Domestic Violence): 1.866.223.1111
- Rape & Incest National Network (RAINN): 1.800.656.4673

Counseling Center On Campus (see page 15)

Free confidential mental health and counseling services are available to all students. Students are able to explore personal or academic concerns and receive referrals. Mental health services are available throughout the year and personal counseling is available during the academic year in the Advising Office.

- saintpaul.edu/StudentServices/Counseling
MEDICAL CARE

After an assault or incident, you may want to get a medical exam called a forensic exam. Some people may call this exam a “rape kit.”

You do not need to report what happened to the police in order to have a forensic exam. An advocate from SOS Sexual Violence Services will meet with you at the hospital to provide support. If you need help getting to the hospital, contact SOS.

During a forensic exam a specially trained nurse (often called a Sexual Assault Nurse Examiner or SANE) can treat your medical needs related to the assault, provide medications to prevent infections or pregnancy, and collect evidence. You can say “no” to any part of the exam. The nurse will discuss all of the parts of the exam with you before starting the exam.

It is best to do this exam as soon as possible after the assault so that the nurse can provide you with the widest range of options, but you can have the exam up to 10 days after the incident. In order to preserve evidence, the crime lab recommends, if possible, that you not shower, wash, pee, wipe, change clothes, eat, drink, or brush your teeth before the exam. If you have done any of these things, do not worry, you have not made a mistake. If you can, collect the clothes you were wearing during the assault in a paper bag.

Where do I go for medical care?

You can go to any hospital emergency department for a forensic exam. The closest hospitals to Saint Paul College are:

- Regions Hospital: 640 Jackson Street; 651.254.3456
- Saint Joseph’s Hospital: 45 West 10th Street; 651.232.3000
- United Hospital: 333 Smith Avenue North; 651.241.8000

Who Pays for the Forensic Exam?

The forensic exam is free, however, you or your insurance may be billed for some medications or injury care. If you need help paying for these expenses an advocate from SOS can help you navigate your options.
ADVOCACY

What is advocacy?
Advocates provide free and confidential services for victims of violence, their partners, families, friends, and other concerned persons. The role of an advocate is to discuss your options with you, help you stay safe, and provide support and resources. If you need a safe place to stay because of relationship or domestic violence, advocates are able to help find space available. If you are interested in learning more about or filing a protective order (see below) an advocate can explain the process and assist you with every step. In some situations protection orders can help provide some safety measures on- and off-campus. Advocates can also help you enroll in the Safe at Home program which can keep your address confidential.

You can talk to an advocate even if you are not sure if what you experienced was sexual violence, relationship violence, stalking, or sexual harassment. You can talk to an advocate if the violence happened recently or if it happened a long time ago.

Calling the crisis hotline is not the same as calling the police. No one will call the police without your permission unless they believe that you are in immediate physical danger and cannot make the call yourself.

Protective Orders
If you are in fear for your safety you might consider filing a protective order. Protective orders, including Harassment Restraining Orders (HRO) and Orders for Protection (OFP), are designed to stop an abuser from continuing acts of violence, threatening, harassing, or stalking behaviors. Violating a protective order is a crime.

We strongly encourage you to contact an advocate from SPIP or SOS for assistance in completing the forms and filing the order in the correct jurisdiction.
OFF-CAMPUS ADVOCACY

SOS Sexual Violence Services
Advocates available 24-hours a day, every day to provide support over the phone. In-person advocates and support groups are available at the SOS office in Downtown Saint Paul.
Phone: 651.266.1000; Website: sosramsey.org

Saint Paul & Ramsey County Domestic Abuse Intervention Project (SPIP)/Bridges to Safety
Advocates available 24-hours a day, every day to provide support over the phone. In-person advocates and support groups available at the SPIP office in Saint Paul, just a few blocks from campus. Legal assistance related to relationship violence provided at SPIP Office or Bridges to Safety Office in Downtown Saint Paul. Appointments are encouraged.
Phone: 651.645.2824
Website: stpaulintervention.org; bridgestosafety.org

Sexual Violence Center
Advocates available 24-hours a day, every day to provide support over the phone. In-person advocates and support groups are available at the SVC office in Northeast Minneapolis. Virtual support groups are available online.
Phone: 612.871.5111; Website: sexualviolencecenter.org

ON-CAMPUS ADVOCACY
You can talk with a confidential advocate from SOS or SPIP on campus. To schedule an appointment or for more information call SOS or SPIP. More information can also be found on the website saintpaul.edu/AntiViolence.
STATEWIDE AND NATIONAL ADVOCACY

Minnesota Day One
Advocates available 24-hours a day, every day for support and access to resources over the phone or by text. Day One advocates specialize in assisting with safe housing and transportation for survivors of relationship violence.
Phone: 1.866.223.1111; Text: 612.399.9995
Website: dayoneservices.org

Rape and Incest National Network (RAINN)
Advocates available 24-hours a day, every day for support and access to resources over the phone or by chat.
Phone: 1.800.656.4673; Chat: rainn.org

National Domestic Violence Hotline
Advocates available 24-hours a day, every day for support and access to resources over the phone or by chat.
Phone: 1.800.799.7233; Chat: thehotline.org

myPlan App
This free, secure app (web and mobile) is a tool for people experiencing relationship violence to help understand safety risks and make safety decisions.
COUNSELING CENTER ON CAMPUS

Saint Paul College offers free, confidential counseling and mental health services to all students. These services can help any student experiencing trauma, stress, or mental health concerns. Saint Paul College Counseling and Mental Health Services offers students a space to explore personal or academic concerns. The department is also able to make referrals if a student needs or wants support off-campus.

Counselors are confidential, nonjudgmental and supportive contacts for lesbian, gay, bisexual, transgender, queer, questioning, intersex, or asexual (LGBTQIA) members of the Saint Paul College community.

Mental health services and therapy are available throughout the year.

For more information on mental health and personal counseling services or to make an online self-referral visit: saintpaul.edu/StudentServices/Counseling

I believe HEALING is a lifelong JOURNEY and the hardest part is starting.

- TARANA BURKE
Reporting resources are available if you want to report crimes and policy violations. When you make a report, the individual or agency is required to take action. If you choose to report what happened to you to the College or to the police, you should know that the College and the police investigate and make decisions separately. An advocate from SOS or SPIP can help you navigate these processes.

Local Police (see page 18)

Call 9-1-1 in an emergency.

Advocates from SOS or staff from Saint Paul College are available to assist in talking to police on request.

- Saint Paul Police: 651.291.1111
- Minneapolis Police: 612.348.2345
- Ramsey County Sherriff: 651.266.9333

Campus Safety (see page 22)

651.846.1322

Officers from Campus Safety respond to campus incidents and can take action to help keep you safe.

Office of Student Rights & Responsibilities (see page 23)

651.846.1327; Room 1401B

The Office of Student Rights & Responsibilities investigates conduct violations and determines academic accommodations that can help you succeed as you heal.

Online Anonymous Reporting

If you want the college to know what happened but aren’t sure you want to come forward, you can report it online anonymously.

saintpaul.edu/FileAReport
The way to right wrongs is to turn the light of truth upon them.

- Ida B. Wells-Barnett
REPORTING TO POLICE

If you are in immediate danger or seriously injured, call 9-1-1 right away. Sexual violence, relationship violence, stalking, and sexual harassment are crimes. If you want to report the incident or incidents to the police, you will most likely need to contact the police department in the jurisdiction (usually the city) where the crime occurred. Campus Safety or a 9-1-1 the dispatcher can help direct you.

- Saint Paul Police: 651.291.1111
- Minneapolis Police: 612.348.2345
- Ramsey County Sherriff: 651.266.9333

If you plan to make a report and want assistance, or would like to have someone supportive with you, staff from Saint Paul College or advocates from SOS Sexual Violence Services are available. Please reach out. If you are unsure about whether you want to report the crime to police, you may talk with an advocate from SOS about the process and ask questions.

If you are injured or want immediate medical care, you may go directly to a hospital emergency department. At the hospital, the nurse can assist you in contacting the police if you wish.

Legal Concerns: If you are concerned that you may have an active warrant for your arrest, most law enforcement agencies in Ramsey and Hennepin counties will deal with the warrant at a different time. Similarly, if you are concerned that you participated in illegal activity related to the assault or incident in most cases law enforcement will not take action unless it is a serious crime like homicide.

Privacy Concerns: You may be concerned about someone (like parents, a dating partner, or a spouse) finding out about what happened. If you report to the police they cannot guarantee that they will keep that information private. The job of the police is to investigate what happened and they will interview anyone who may have more information.
CRIME VICTIM RIGHTS

Right to be Notified of
- Court process and how you can participate.
- Agreements or offers made in the case.
- Changes to court dates that required your attendance.
- Final outcome of the case.
- Changes or modifications to sentencing.
- If the case is dismissed.
- Release, escape, or transfer of the offender.
- If the offender applies to clear their record.

Right to Protection from Harm
- Secure waiting area during court.
- Your home and work addresses, phone number and birth date can be withheld in open court.
- You can keep your identity private.
- You have the option to file a protective order (page 12).

Right to Participate
- Provide input on agreements, offers made, or outcome.
- Request a speedy court date.
- Be present during court hearings.
- Provide a statement at sentencing on the impact that the crime had on you.

Right to Financial Protection and Assistance
- Reparations: assistance for financial losses that happened as a result of the crime (page 21).
- Restitution: money paid to you from the offender as a part of their sentence.
- Protection against employer retaliation for needing to take time off work to attend court.
- Ability to terminate rental lease without penalty.
- Access to a free sexual assault examination.
CRIMINAL INVESTIGATION AND PROSECUTION PROCESS

Initial Report

After you call the police to make a report, an officer will arrive to take a statement with basic details about the incident. You can request that an advocate be with you. They will ask information about the crime and determine what evidence needs to be collected. Usually an investigator will follow-up to gather a more detailed report within a few days.

The report usually includes questions about your activities before and after the assault and specific details of what you experienced. It is okay if you don’t know the answer to some questions or if you remember more information later, just describe it as accurately as possible. After your initial report, officers may interview the suspect and collect the evidence at the scene if possible.

Criminal Prosecution

Once law enforcement completes an investigation, the case is sent to the prosecutor’s office (this could be the City Attorney’s Office or the County Attorney’s Office, depending on the details of the crime). The prosecutor will decide if there is enough evidence to charge the case. If they decide not to charge the case, it does not mean that they do not believe you, just that they do not have enough information to convict the accused perpetrator.

If the prosecutor charges the case, the accused perpetrator will be required to go to court several times. You are not required to go but you can go if you want to. An advocate can be there to support you. If the case goes to a trial, a representative from the prosecutor’s office will contact you to prepare you for trial. It often takes many months before a case gets to this stage.

Going to Trial

In most cases the accused perpetrator “pleads” before a trial. There is rarely a trial. If there is a trial the case is decided by a judge or a jury based upon witnesses’ testimony and the evidence. To be convicted the defendant must be found guilty “beyond a reasonable doubt.”
Sentencing

During the trial you may have to answer questions from the defense attorney. If the suspect is found guilty, a sentencing hearing will be scheduled. This is an open, public hearing you may want to attend. Sometimes the victim may read a victim impact statement which the judge can take into account as they decide the punishment for the crime.

FINANCIAL HELP FOR VICTIMS OF VIOLENT CRIME

The Minnesota Crime Victims Reparations Board helps victims and their families ease the financial burden they face as a result of a violent crime. The Board provides financial assistance to reimburse victims for their out-of-pocket losses suffered as a direct result of the crime. The crime must be reported to police to be eligible for compensation.

Some expenses that are covered include:

- Medical expenses,
- Lost wages,
- Counseling expenses and cultural healing services,
- Mileage to and from court, medical, and mental health appointments,
- Safety-related home expenses such as door and window repair or lock changes,
- Crime scene clean-up.

Advocates from SOS or SPIP can help you fill out a Crime Victims Reparations application (page 13).

For more information contact:
Email: dps.justiceprograms@state.mn.us
Phone: 651.201.7300 or 1.888.622.8799
Website: ojp.dps.mn.gov
REPORTING TO CAMPUS SAFETY

Officers from Campus Safety are able to respond to incidents that occur on campus and can take action to help keep you safe on campus, even if the incident occurred off-campus.

Making a report to Campus Safety can document what happened, which may be helpful if you are unsure if you want to report to law enforcement at this time, or if you file a student conduct complaint. Campus Safety reports are not confidential.

Phone: 651.846.1322; Email: psafety@saintpaul.edu

Campus Safety can:

- Assist students with immediate safety planning,
- Assist students in completing a Saint Paul College conduct or Title IX report,
- Assist students in contacting local police to make a report,
- Connect students to resources,
- If the person who caused harm is not a Saint Paul College student, the College can issue a Trespass Notice against them to remove them from campus, prohibit them from returning, and remove them from campus if they are seen on campus in the future.
- If the accused perpetrator is a Saint Paul College student or employee, the Campus Safety and the Office of Student Rights and Responsibilities will work together to keep you safe on campus.
- Assist students in contacting the Office of Student Rights & Responsibilities to arrange for academic accommodations.

Advocates are available to be with you through the process of making a report.

- SOS Sexual Violence Services: 651.266.1000
- Saint Paul & Ramsey County Domestic Abuse Intervention Project (SPIP): 651.645.2824
REPORTING TO THE OFFICE OF STUDENT RIGHTS & RESPONSIBILITIES

Sexual harassment, sexual violence, relationship violence, or stalking are all violations of the College’s student code of conduct.

The college can provide supportive measures to help survivors succeed as they heal, offer safety measures to keep survivors safe, and investigate conduct code violations.

Some incidents of violence and harassment are also violations of a federal law called Title IX that is intended to end discrimination on the basis of sex and gender in schools. The processes and policies around these violations can be a little bit different from other types of conduct code violations. Saint Paul College takes all reports of sexual harassment, sexual violence, relationship violence, or stalking very seriously and will take action on all types of conduct code violations. The specific types of conduct code violations that are also Title IX violations can be found on page 26.

The Director of Student Rights and Responsibilities oversees all conduct code violations and is the Title IX Coordinator.

Phone: 651.846.1327; Email: titleix@saintpaul.edu

The Office of Student Rights & Responsibilities can:

- Provide support and address immediate safety concerns,
- Inform the student of available options regarding medical services, forensic evidence collection, and reporting to law enforcement,
- Support in accessing health and counseling services,
- Provide supportive measures that can help students succeed,
- Assist students with filing a formal criminal report or conduct report.

Online Anonymous Reporting

If you want the college to know what happened but are not sure you want to come forward, you can report anonymously online here: saintpaul.edu/FileARReport.
Telling a College Employee about Relationship or Sexual Violence

If you decide to tell an instructor or another College employee about violence you have experienced, their response will be different depending on what their job is.

**Instructors and Staff**
are required to share information about violence with the Office of Student Rights & Responsibilities

**Mental Health Staff**
are confidential and will NOT share any information without your permission.*

*Mental Health Staff can help make an anonymous report if you want.

*Unless they learn about a child who is experiencing abuse.

**Student Rights & Responsibilities Director**
meets with you to talk about your options.
The options are different depending on who caused the harm.

Who caused the harm?

- **Someone NOT associated with the College**
- **Saint Paul College Student or Employee**

**Conduct Process** OR **Title IX Process**
The type of process depends on the type of harm and where the harm occurred.

See Pages 26-28

Students always have the option to take no action after reporting if they want.
SAFETY & SUPPORTIVE MEASURES

When a student shares a concern about sexual harassment, sexual violence, relationship violence, or stalking Saint Paul College will work with the student to determine safety and supportive measures that can help ensure a safe and productive educational environment for the student as they heal. Supportive measures are available even if the accused perpetrator of the violence is not a member of the Saint Paul College community. If there is an investigation, accommodations can go into place immediately and are not dependent on the outcome.

Some types of safety measures include:
- Escorting students to and from classes or their vehicle,
- Assistance in reporting to local law enforcement,
- Assistance in filing an Order for Protection (OFP) or a Harassment Restraining Order (HRO) which are a court-ordered petitions that prohibit the accused perpetrator from contacting the victim,
- If the accused perpetrator is a Saint Paul College student, the College has many options including removal from campus, prohibiting contact, or limits on their involvement in extracurricular activities,
- If the accused perpetrator is not a Saint Paul College student, the College can issue a Trespass Notice against them and remove them from campus if they are on campus.
- Additional accommodations or safety measures for student workers may be required.

Some types of supportive measures include:
- Identifying excused absences and ways to make up work,
- Rescheduling an assignment or exam,
- Transferring to another section of a course,
- Arranging for extra time to complete or make up assignments or exams,
- Assistance in accessing academic support (e.g., tutoring),
- Allowing the student to withdraw, re-take, or have extra time,
- Working with the financial-aid office to recalculate awards due to changes in family or dependency status,
- Working with college staff to minimize the negative impact on the student’s completion rate and financial aid awards.
COLLEGE PROCESSES

The College has two main ways to address sexual harassment, sexual violence, relationship violence, or stalking when the person who caused harm is a student or employee.

*If the person who reportedly caused harm is not a student or employee there will not be an investigation, but the college will provide safety and supportive measures.*

Title IX Violations

The U.S. Department of Education requires that the College use the Title IX process for some specific incidents including:

- Sexual violence, relationship violence, or stalking that happened on campus, at an off-campus college sponsored activity, or as part of a college class.
- Some incidents of sexual harassment that are “severe, pervasive and objectively offensive” which means that they are extreme and have happened more than once.
- Quid pro quo sexual harassment (when someone with authority trades or tries to trade sexual contact for something the other person wants like a good grade (see page 5).

Conduct Code Violations

All other forms of violence, stalking, and harassment involving students or employees are violations of the conduct code. In that situation the College will use the conduct process.

BOTH PROCESSES

Support: Advocates are available to be with any reporting student for any part of the process. Please contact SOS (651.266.1000) or SPIP (651.645.2824) to request an advocate.

First Steps: The Director of Student Rights and Responsibilities will meet with the student to discuss the situation, develop appropriate safety and supportive measures. The Director will also evaluate if the report is a conduct code violation or a Title IX violation, explain the student’s options and the next steps. If it is a Title IX violation the Director will share information about the Title IX formal and informal resolution processes. The Director will continue to meet with the student throughout the process.
Discussing the Option of Informal Resolution: If both people involved agree to it there can be an informal agreement. This is only appropriate when the person who caused harm has taken responsibility for the harm they caused. Some possible outcomes for informal resolution include the person who caused harm agreeing to a no contact order, making an apology, or receiving education or training to prevent them from causing future harm. Either person can decide that they want to change to a formal resolution at any time.

FORMAL CONDUCT PROCESS

Launching the Investigation: The college will assign or hire a trained investigator who collects evidence and interviews witnesses. The investigator will write a report and both people and their advisors will have a chance to review the report and make comments or corrections. Once the report has been reviewed it is submitted to the Decision Maker.

Decision Making: The Decision Maker – a highly trained Saint Paul College or Minnesota State employee – reviews the investigator’s report and determines whether the evidence shows that a conduct violation occurred. Based on that determination, the decision maker selects sanctions for the person who caused harm, guided by policy and regulations.

Notification of Outcome: The Director of Student Rights and Responsibilities meets with each party individually to explain the outcome of the decision making. Safety and supportive measures may continue, as appropriate.

FORMAL TITLE IX PROCESS

Selecting an Advisor: Both people must have an advisor to be their representative throughout the process. Each person can select their own advisor or ask that the college assign them an advisor. The college typically assigns an attorney as an advisor.

Launching the Investigation: The college will assign or hire a trained investigator who collects evidence and interviews witnesses. The investigator will collect evidence which will be presented at the hearing. Before the hearing both people and their advisors will have a chance to review the report and make comments or corrections.
**Hearing:** There are three main groups involved in the hearing:

1. Hearing officials, including a judge who facilitates the hearing and the Decision Maker.
2. Person who experienced harmed and their advisor.
3. Person who reportedly caused harm and their advisor.

The hearing will be conducted over video conference and everyone will participate in it at the same time. Each group will remain in separate rooms throughout the process. All witnesses, including the person who was harmed and the person who caused harm, will be asked to share the information they have and both advisors will have an opportunity to ask each person involved questions. The judge can decide if a question is inappropriate or irrelevant.

**Decision Making:** The Decision Maker determines whether the evidence shows that a conduct violation occurred. Based on that determination, the decision maker selects sanctions for the person who caused harm, guided by policy and regulations.

**WHAT IF I AM NOT SATISFIED WITH THE WAY THE COLLEGE HANDLES MY CASE OR THE OUTCOME?**

If you don’t feel like the College responded adequately to your report, mishandled the case, or you are unsatisfied with the outcome, you read about appeals and grievances here: saintpaul.edu/complaint.

The US Department of Education Office for Civil Rights (OCR) enforces Federal civil rights laws which prohibit discrimination in colleges. If you feel that your rights have been violated, report this violation to the Department of Education. More information can also be found at ed.gov/ocr. Advocates from SOS or SPIP can help you file an OCR report.
I AM NOT WHAT HAPPENED TO ME.

I AM WHAT I CHOOSE TO BECOME.

- Carl Jung
**TALKING TO LOVED ONES**

You own your story. Only you can decide if it is the right time in your journey to talk about your experience with loved ones. If you choose not to talk about it, that is okay too. There is no pressure to come forward if you do not feel ready. You can give them the “Supporting a Survivor” guide on pages 29-30 (feel free to rip it out of this booklet if you want to or print a version from [saintpaul.edu/antiviolence](http://saintpaul.edu/antiviolence)) to give them ideas on how they can help you.

**Preparation**

If you are feeling nervous, you might consider writing down what you want to say beforehand. That way, if you lose your train of thought or have a difficult time finishing, you can rely on your notes. It can also help to share what your expectations are of them, so they can prepare themselves. For example, you might say “I want to share something that happened to me. It won’t be easy for me to talk about, and it might not be easy for you to hear. Please just listen and be patient with me.” After the conversation, try to find time to take care of yourself (page 46).

**Time & Location**

If you have decided to tell the people you love what happened to you, the timing and location of the conversation can be important. For example, it can help to have the conversation when no one is in a hurry. Avoid morning rush hours or when you or your loved one have an immediate commitment.

It can also help to have the conversation in a safe, quiet place. Sometimes, even when we say and do all the right things, these conversations might not go well. Our loved ones might be afraid, angry, or triggered themselves, and act in ways that make you feel unsupported.

To prepare for these difficult moments, you might want to consider picking a place you can leave comfortably if you need to remove yourself from the conversation. That way, if the conversation does not go the way you hoped, you might say, “thank you so much for listening. I need time for myself now.”
SUPPORTING A SURVIVOR

It is not always easy to know what to say when someone tells you they have been a victim of violence or harassment, especially if they are a friend or family member. Telling someone they care about can be very difficult, so we encourage you to be as supportive and non-judgmental as possible.

Sometimes support means providing resources, such as how to reach advocates, seek medical attention, or report the crime to the police or the campus. But usually listening is the best way to support a survivor.

What Should I Say?

If someone shares their experience of sexual or relationship violence, stalking, or sexual harassment with you it can be difficult to know what to say. The suggestions below can help:

“I believe you.” Sharing their experience can be challenging and many survivors are concerned that they will not be believed or worried they will be blamed. The best thing you can do is to let them know that you believe them. Everyone responds to traumatic events differently so their reaction may seem unexpected, but that does not mean their story is not true.

“It is not your fault.” Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.

“You are not alone.” Let the survivor know that you are there for them and willing to listen to their story if they are comfortable sharing it. Assess if there are people in their life they feel comfortable going to, and remind them that there are service providers who will be able to support them as they heal from the experience.

“I am sorry this happened.” Acknowledge that the experience has affected their life. Phrases like “This must be really tough for you,” and, “I am so glad you are sharing this with me,” help to communicate empathy.
PROVIDING CONTINUED SUPPORT

Every survivor heals in a different way. If someone trusted you enough to disclose to you, consider the following ways to show your continued support.

Avoid judgment. It can be difficult to watch a survivor struggle with the effects of violence or harassment for an extended period of time. Avoid phrases that suggest they are taking too long to recover.

Check in periodically. The event may have happened a long time ago, but that does not mean the pain is gone. Check in with the survivor to remind them you still care about their well-being and believe their story.

Know your resources. You are a strong supporter, but that does not mean you are equipped to manage someone else’s health. Become familiar with resources you can recommend to a survivor like the ones listed above. If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.

If someone you care about is considering suicide please visit the National Suicide Prevention Lifeline or call 1.800.273.TALK (8255) any time, day or night.
Dear Survivor,

You are
BRAVE.

You are
STRONG.

You are
NOT
ALONE.
You may have questions or concerns that have not been discussed in this booklet. This section is for you.

I WAS SEXUALLY ASSAULTED BY A CLASSMATE

It can be very scary and distracting for a victim to attend class or be in the same academic program as someone who harmed you. You have the right to feel safe in your classes. It is important that you are able to feel safe attending classes so that you can be successful academically and heal.

You may have the option to retake a course or withdraw from a course without academic penalty. Sometimes it is possible to make adjustments to your class schedule or alternative arrangements with your instructors rather than withdrawing from or retaking a course.

With your permission, the Director of Student Rights and Responsibilities can contact instructors on your behalf to request accommodations in your courses. Without disclosing any details or personal information, the Director can help to explain your need for alternative arrangements or flexibility with deadlines and assignments.

You can also communicate directly with your instructors to determine whether course expectations and requirements can be adjusted to accommodate your needs. Sometimes survivors find they need to withdraw from a course or lighten their credit load in order to be successful academically. This can be a difficult decision, and could impact your future success. Sometimes it may be best to take a break from school and just focus on your healing. The Director of Student Rights and Responsibilities can help you to navigate the various options you have and help you make the best decision for your circumstances.

For more information about campus safety and supportive measures, see pages 23-28.
I WAS SEXUALLY ASSAULTED BY SOMEONE I KNOW

Non-stranger sexual assault happens much more often than stranger sexual assault. The person who caused harm might be an acquaintance, co-worker, friend-of-a-friend, social contact, a date, or relative. They might be someone you barely recognize or someone you know well.

Many survivors mistakenly believe that because they agreed to meet their assailant, accepted a ride, had a casual conversation, went on a date, or allowed someone into their home, they are to blame for the assault. Being sexually assaulted by someone you know does not alter the fact that a sexual violation has occurred. It’s important to remember that the person who causes harm, not the victim, is responsible. No one asks for violence or deserves to be sexually assaulted. If you were assaulted by someone you know, you may have some special concerns.

- You may find others less likely to understand what has happened to you;
- You may doubt your ability to judge others;
- You may be concerned that people might be less likely to believe you.

- You may have doubts about reporting the crime to police;
- You may find it difficult to trust again;
- You may be unsure if you want to tell others what happened even though you may want to warn others;
- You may be concerned about having to see your offender again and you may be concerned about how you will react.

The feelings that survivors frequently express — shame, guilt, fear, disbelief — are often stronger in the case of acquaintance sexual assault.
I WAS SEXUALLY ASSAULTED BY MY PARTNER

Sexual assault by a partner is often called intimate partner sexual violence. If you were forced to engage in unwanted sexual activities with your partner, you are entitled to the following:

- To receive medications to prevent sexually transmitted infections or pregnancy;
- To report or not to report to law enforcement;
- To exclude anyone from the examining room, including your partner;
- To treatment for injuries without saying who assaulted you.

Often people who have been sexually assaulted by a partner indicate that they believed their partner would leave if they refused, were subjected to physical force, feared that their partner would use violence if they refused or resisted, or felt pressure to engage in sexual activity because their partner threatened to cut off money.

The dynamics of sexual violence committed by a partner can be somewhat different than when someone is assaulted by a stranger or acquaintance. It is important to remember that:

- If you know someone who is being hurt by their partner, it is okay to intervene and offer to help them stay safe;
- Just because someone is married does not mean that their husband or wife has the right to demand sex;
- Partners who used abusive or violent behavior rarely stop without help from a professional;
- Though it may feel important to keep the family together, everyone in the family deserves to be safe;
- Depictions of intimate partner sexual violence typically show heterosexual relationships where the woman is the victim. However, it can happen in any type of relationship. Likewise, men can be victims and women can perpetrate sexual violence against their partner.

The most important point to be stressed is that no one deserves to be sexually assaulted, no matter what they say or do, or who they date or marry.
I HAVE A DISABILITY

People with disabilities have the right to personal safety and a life free of sexual violence and abuse. Research shows that individuals with disabilities face increased risks for violence. For people with disabilities, abuse is most likely to be perpetrated by someone with whom the individual has an established relationship (like a family member, spouse, dating partner, or personal care provider). People with disabilities may experience trauma similar to other victims of violent crime.

You may find it particularly helpful to contact the Office Access and Disability Resources at Saint Paul College.

Office of Access and Disability Resources

The Office of Access and Disability Resources assists students, faculty and staff to ensure access to Saint Paul College programs, services and activities.

Phone: 651.846.1547; Room 1328

COMMUNITY SPECIFIC RESOURCES

ThinkSelf Minnesota Deaf Adult Education & Advocacy

Advocates are fluent in sign language and knowledgeable about intersectional identities within the Deaf, DeafBlind, DeafDisabled and hard of hearing community. The videophone hotline is available on weekdays from 8 a.m. – 5 p.m.

Videophone: 651.829.9089; Website: thinkself.org
I AM A MALE SURVIVOR

You have survived a violent experience. Some of your feelings may be the same as those of a woman who has had a similar experience. Common reactions include feeling guilt, powerlessness, or concerns about your safety.

Some men who have survived sexual assault as adults feel shame or self-doubt, believing that they should have been “strong enough” to fight off the perpetrator. Many men who experienced an erection or ejaculation during the assault may be confused and wonder what this means. These normal physiological responses do not in any way imply that you wanted, invited, or enjoyed the assault. If something happened to you, know that it is not your fault and you are not alone. At no point and under no circumstances does anyone have the right to violate or control another’s body.

Men who were sexually abused as boys or teens may also respond differently than men who were sexually assaulted as adults.

For more information visit the Rape and Incest National Network (RAINN): rainn.org/articles/sexual-assault-men-and-boys

I AM AN LGBTQIA SURVIVOR

As a lesbian, gay, bisexual, transgender, queer, intersex, or asexual (LGBTQIA) survivor, you can expect the same range of emotional responses to assault as anyone else. However, you may have more concerns about how you will be treated if you choose to disclose your sexual orientation or gender identity.

If you are not “out” to your friends or family, you may fear that disclosure may affect the support you need from the people most important to you. You may worry about your physical safety if you are outed. You may be concerned that advocates or medical professionals may be judgmental.

On the other hand, if you choose not to disclose your sexual orientation or gender identity it may be very challenging or stressful trying to hide that part of yourself.
For more information visit the Rape and Incest National Network (RAINN): rainn.org/articles/lgbtq-survivors-sexual-violence.

COMMUNITY SPECIFIC RESOURCES

Whether you choose to disclose your sexual orientation or gender identity or not, you are entitled to the same sensitive treatment as any other survivor. In addition to the advocacy resources listed on pages 12-14, several community specific resources are available to you.

OutFront Minnesota's Anti-Violence Program
Advocates specifically trained to serve LGBTQIA survivors of sexual and relationship violence, stalking, sexual harassment, and bias-motivated crime (also known as hate crime) are available on weekdays from 9 a.m. to 5 p.m. (extended hours on Tuesdays and Thursdays). Messages will be returned on the next business day.
Phone: 612.822.0127 option 3;
Website: outfront.org/crisis-anti-violence

Trans Lifeline
Trans Lifeline is available 24-hours a day, every day. It is a peer support service for trans and questioning callers. Operators are located all over the U.S. and Canada, and are all trans-identified.
Phone: 1.877.565.8860

The Trevor Project
The Trevor Project is a helpline for LGBTQ youth. Operators are available 24-hours a day, every day to provide support by phone, chat, or text.
Phone: 1.866.488.7386; Text: send “START” to 678678.
Chat: thetrevorproject.org
I AM A SURVIVOR OF COLOR OR IMMIGRANT SURVIVOR

Survivors of color, indigenous survivors, and immigrant survivors may face unique barriers to seeking help. These barriers can come from within the survivor’s ethnic or racial community, or from the professionals from which the survivor seeks help. It is important to understand that within each culture and community there may be values that support or hinder a survivor’s ability to seek help. It is also necessary to understand the importance of access to advocacy and support services for all individuals regardless of their racial and ethnic background. In many communities reporting what happened to the police is not an option that survivors feel comfortable or safe using.

Assumptions and stereotypes about race can make women of color vulnerable to sexual assault. Sexual violence committed against women of color is sometimes seen as insignificant and can be justified by stereotypes of women of color. It is important to understand the historical context of racist and sexist attitudes. Sexual assault has traditionally been used by men to have power and control over women, in the same way that racism has been used against people of color. Thus, the sexual assault of women of color comes from a combination of sexist and racist attitudes. These attitudes can lead to minimization of the impact of sexual assault on women of color.

For undocumented survivors there may be additional concerns such as fear of deportation for themselves, the person who hurt them, or other family members. It is important to know that you are not required to report to police to receive medical care and your medical records cannot be released to police without your consent. Advocacy services are completely confidential and you are not required to report to police. If you do want to report there are some visas that are available to victims of crime, however you may want to consult with an advocate from one of the culturally specific agencies listed here before making a decision about reporting.

It is important to recognize that sexual assault is never the victim’s fault, and that all individuals have the right to seek help and have access to support services.
COMMUNITY SPECIFIC RESOURCES

In addition to the advocacy resources listed on pages 12-14, several community specific resources are available to you.

Casa de Esperanza
Bilingual advocates (Spanish/English) available 24-hours a day, every day to provide support over the phone. In-person advocates and support groups are available in Minneapolis.
Phone: 651.772.1611; Website: casadeesperanza.org

Community University Health Care Center (CUHCC Clinic)
Advocates are available for support at the Minneapolis clinic and in the community. Multilingual services and interpreters available.
Phone: 612.301.3433, ask for an advocate; Website: cuhcc.umn.edu/patient-care-services/victim-advocacy

Asian Women United
Multilingual advocates available 24-hours a day, every day to provide support over the phone. Shelter, in-person advocacy, and support groups are available.
Phone: 612.724.8823; Website: awum.org

Voice of East African Women (VEAW)
Multilingual advocates (including Somali and Swahili) available 24-hours a day, every day to provide support over the phone. Shelter, in-person advocacy, and support groups are available.
Phone: 651.200.4193; Website: veaw.org

Women of Nations
Native American culturally-focused advocates are available 24-hours a day, every day to provide support over the phone. Shelter, in-person advocacy, and support groups are available.
Phone: 651.251.1609; Website: women-of-nations.org
I AM UNDER 18

It’s wise that you let someone you trust know what happened. Talking to someone you trust about your feelings is a good idea. It can help you feel better. You should know that you are not alone.

If you are under 18 and have experienced sexual violence, there are some things you need to know right away:

- If you have experienced sexual violence from a close family member, someone who lives in your home, or someone in a position of authority over you (like a coach, teacher, or doctor) then advocates, medical providers, and College staff are required to make a report to law enforcement.

- If you’ve experienced sexual violence from a classmate, peer, dating partner, acquaintance, or stranger then reporting to police is up to you. Learn about confidential resources (page 8) and reporting resources (page 16).

- Minors have a right to access sexual health and pregnancy-related medical care in Minnesota without their parent’s permission, and most of the time that information should be totally confidential, depending on the clinic’s policies. If you are concerned about confidentiality, you can ask the clinic about their policies before your visit. In general, all information related to a forensic exam will remain confidential.

- If you are living separate from your parent or guardian and managing your own finances, if you are married, or if you have given birth, then you are considered an emancipated minor and can access medical care independently and completely confidentially.

- In Minnesota if you are under 18 years old and want an abortion, both parents must be told that you are planning to get an abortion 48 hours in advance. This is called “parental notification.” If that’s not possible or not best for you, you can ask a judge for permission or get special permission if you face abuse, assault, incest, or neglect. This is called “judicial bypass.”
MY CHILD HAS EXPERIENCED SEXUAL VIOLENCE

Finding out that your child has been victimized can be overwhelming. What needs to be done immediately is to reassure your child that you:

• Believe what they have told you;
• Know it is not their fault;
• Are glad they told you about it;
• Are sorry about what happened;
• Will do your best to protect and support them.

In general young children do not make up stories about something they have not experienced or witnessed. Most children are afraid parents will punish them for reporting a sexual assault and do best when parents are calm, caring and accepting. More than anything, your child needs support, comfort, and love, now and in the future.

You may be unsure how to help your child and talking to an advocate from SOS Sexual Violence Services (651.266.1000) or the Zero Abuse Project/Jacob Wetterling Foundation (1.800.325.4673) can provide support to you and help you support your child.

I AM A SURVIVOR OF CHILD SEXUAL ABUSE

Coming to college may provide child sexual abuse survivors with a feeling of safety in talking about their past experiences. Survivors may also begin remembering additional details about past abuse. Services mentioned elsewhere in this booklet, such as SOS Sexual Violence Services and Mental Health Services on campus are also skilled in working with adult survivors of child sexual abuse. Please contact an advocate if you are in need of support and/or services.
WHAT IS SAFETY PLANNING?

A safety plan is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger. This includes ways to remain safe while in the relationship, planning to leave, or after you leave.

Some of the things in your safety plan may seem obvious but it is important to remember that in moments of crisis your brain does not function the same way as when you are calm. Having a safety plan laid out in advance can help you to protect yourself.

Ask a trusted friend and/or neighbor to be aware of the potential threat:

- Develop a system to let them know when you need help,
- Let them know what to do if you are in danger,
- Stash an overnight bag with them for quick getaways if possible.
- Safety planning looks different for situations and your safety plan should be tailored to your specific situation. Your safety plan may change over time as you

Your safety is the most important priority at all times.

If you need help safety planning, advocates from SOS and SPIP are available 24/7.

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**Safety Planning with Children**

- If you have children, their safety should be part of your safety plan.
- Some important things to think about are:
- Don’t run to your children in violent situations because this may put them in greater danger.
- Teach them how to get help.
- Instruct them not to interfere with arguments for their own safety.
- Teach them a code word or signal that will let them know when they need to leave or hide to protect themselves.
- Practice how to safely exit the home with them.
RESPONDING TO A SEXUAL ASSAULT

☐ Get to a safe place.

☐ Preserve evidence if possible.
   ☐ The crime lab recommends if possible that you not shower, wash, pee, wipe, change clothes, eat, drink, or brush your teeth before a sexual assault exam.
   ☐ If you have already changed clothes, collect them in a paper bag.
   ☐ As hard as it may be not to clean up, you may destroy important evidence if you do. If you have bathed or cleaned up, do not worry, you have not made a mistake.

☐ Seek medical care as soon as possible.
   ☐ Getting medical care right away means that you will have the widest range of options for preventing infection and pregnancy.
   ☐ Specially trained nurses are able to provide care for victims of sexual violence in any hospital emergency department in the Twin Cities metro area.
   ☐ See page 11 for information about medical care.

☐ Contact someone who can provide support.
   ☐ Call a friend or supportive family member.
   ☐ Call a free, confidential advocate: advocates from SOS Sexual Violence Services are available 24/7. Phone: 651.266.1000.

☐ Consider filing a protective order (page 12).
   ☐ Bring copies of the protection order and, if possible, a photo of the perpetrator, to Campus Safety.

☐ Seek Safety Measures. Campus Safety can provide an escort to class or your car at 651.846.1322.

☐ Consider filing a report with the Office of Student Rights and Responsibilities. An advocate can assist you.

Advocates
SOS Sexual Violence Services: 651.266.1000
SPIP (Domestic Violence): 651.645.2824
RESPONDING TO RELATIONSHIP VIOLENCE

☐ Get to a safe place.

☐ Seek medical care and document injuries.

☐ Contact a free, confidential advocate.
  ☐ Advocates from SPIP are available 24/7: 651.645.2824.
  ☐ Advocates from Day One are available 24/7 to assist with safe housing: 1.866.223.1111; Text: 612.399.9995.

☐ Develop a personalized safety plan.
  ☐ If you are in immediate danger, call 9-1-1.
  ☐ An advocate can talk to you about safety and what may work for you personally.
  ☐ When you feel an argument may progress to violence, retreat to a room which may be the safest for you. Avoid rooms with weapons. Stay in rooms that have access to outside doors or windows.
  ☐ Keep your purse or wallet and keys accessible and in the same place.

☐ Ask that neighbors call the police if they hear suspicious noises coming from your home. If you do not live with the person causing harm, ask that your neighbors to call the police if they see them come to your home.
  ☐ Create a code for your children, family, friends, or coworkers so they know to call the police for you if you cannot. Make sure they know the importance of the code word and remind them often.
  ☐ Be aware of places you can go if you have to leave home quickly.
  ☐ Trust your judgment and intuition.
  ☐ Plan a safe time to get away.

☐ Consider filing a protective order (page 12).
  ☐ Bring copies of the protection order and, if possible, a photo of the perpetrator, to Campus Safety.

☐ Seek Safety Measures. Campus Safety can provide an escort to class or your car at 651.846.1322.

☐ Consider filing a report with the Office of Student Rights and Responsibilities. An advocate can assist you.
RESPONDING TO STALKING

Stalking is unpredictable and dangerous. No two stalking situations are alike. What works for one person may not work for another.

☐ Contact a free, confidential advocate.
  ☐ Advocates from SOS are available 24/7: 651.266.1000.

☐ Trust your instincts.
  ☐ Don’t downplay the danger. If you feel unsafe, you probably are.
  ☐ Take threats seriously. Danger generally is higher when the stalker talks about suicide or murder.

☐ Develop a personalized safety plan.
  ☐ If you are in immediate danger, call 9-1-1.
  ☐ This may include changing your routine or arranging a place to stay.
  ☐ Decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else.
  ☐ Tell family, friends, roommates, and co-workers about the stalking and ask them to help watch out for your safety.

☐ Don’t communicate with or respond to the stalker.
  ☐ Monitor the messages to look for patterns of escalation.
  ☐ Keep evidence of every incident.
  ☐ Write down the time, date, place, and how you felt.
  ☐ Keep any messages, emails, text messages, or other communication. Take screenshots of any communication because the stalker may have access to your accounts and be able to delete the original messages.
  ☐ Photograph any property damage or injuries.

☐ Consider filing a protective order (page 12).
  ☐ Bring copies of the protection order and, if possible, a photo of the perpetrator, to Campus Safety.

☐ Seek Safety Measures. Campus Safety can provide an escort to class or your car at 651.846.1322.

☐ Consider filing a report with the Office of Student Rights and Responsibilities. An advocate can assist you.
Sometimes the pressure to engage in self-care after a traumatic experience can create even more stress. You may wonder if you are doing it correctly or you may feel a need to demonstrate your strength and resilience to others. We hope that this list will inspire you to engage in self-care that is the right fit for what you need. Remember that whatever works for you is the “right” way.

IN THE UPCOMING WEEKS AND MONTHS

Think about safety

- Stay with a friend,
- Have a friend stay with you,
- Get new locks or reinforce existing locks,
- Purchase additional lighting for the outside of your home,
- Have a plan of action if you need to leave your home quickly.

Take care of yourself emotionally

- Talk to someone you trust,
- Talk to an advocate or a therapist,
- Allow yourself to express what you are feeling,
- Know that you have the right to feel the way you do,
- Know that your reactions are a normal part of the healing process.

Take care of yourself physically

- Remember to eat and drink water,
- Try to rest and get sleep,
- Exercise, stretch, or be active in some way,
- Listen to your body.

Keep a list of ideas of things you can do to relax, such as

- Start a new hobby,
- Go for a walk or ride your bike,
- Write a letter, story, or poem,
- Read a book, do a puzzle, watch a movie, or listen to music,
- Take a bath.
MY EMOTIONAL SAFETY PLAN

If I feel upset or depressed, I will use my safety plan to help control my reactions.

Things that trigger me are: ________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

I know I am feeling triggered or vulnerable are when I:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

I know I can manage my feelings by: ________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

If I have to talk to the person who hurt me, I can cope by:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

If I’m upset or worried, I can feel in control of myself by:
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

I can call or talk to these people for support: ___________
_________________________________________________________________
_________________________________________________________________
If I can’t talk with someone, I know I can support myself by:


I can tell myself these things to make me feel stronger:


“Caring for myself is not self-indulgence, it is self-preservation.”

- Audre Lorde
NOTES

Advocacy
Agency
Advocate name
Phone number
Crisis Line

Forensic Medical Care
Hospital
Forensic Nurse/SANE
Doctor
Social Worker

Medical Needs
I need my first follow-up visit on _______ second _______
Medical Notes

Other Counselors or Advocates
Agency
Name
Phone number
Law Enforcement
Officer (initial report) ________________________________
Investigator ________________________________
Case number ________________________________
Phone number ________________________________

Campus Safety
Officer ________________________________
Case number ________________________________

Crime Victims Reparations
Phone number ________________________________
Name of contact person ________________________________
Date of first call _________  Date claim was filed _________
Claim number ________________________________

Additional Notes ______________________________________
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