

# SMPR New Student Week Q&A, Fall 2022

## **SMPR Office**

### **Where is the SMPR Department?**

SMPR is located on the second floor of Henry House. We're currently available by appointment only.

### **How can students reach SMPR?**

You can contact our Title IX Coordinator Laura Riehle-Merrill via email [lriehlem@carleton.edu](mailto:lriehlem@carleton.edu) or call 507-222-4028 or our Sexual Violence Prevention Coordinator Alec Jacobson via email at [ajacobson@carleton.edu](mailto:ajacobson@carleton.edu) or call 507-222-5932.

### **Are there opportunities to work with/at SMPR for freshmen?**

At this moment (Fall 2022) we are not currently hiring, but we have three Peer Educators graduating in the Spring so we will be hiring in the coming terms. The best way to stay up to date on openings at SMPR is to join our [email list](#) and follow us on Instagram [@carleton\\_smpr](#). All students can stay involved with SMPR by attending campus events and trainings that we hold throughout the year.

## **Sexual Misconduct Response**

### **How do I report sexual misconduct?**

If you would like to report an instance of Sexual Misconduct, please submit a [Community Concern Form](#) or email the Title IX Coordinator at [titleix@carleton.edu](mailto:titleix@carleton.edu). You'll receive a response within one business day. If anyone's immediate safety is at risk, please call Carleton Security at 507-222-4444.

### **How soon after should you report something that happened?**

You can report any time after an incident occurs. There is no time limit for submitting a Community Concern Form or filing a complaint.

If you have experienced sexual misconduct but are not sure if you want to report, or you are not yet ready to do so, consider preserving any evidence that may be relevant to the case. Texts, emails, phone messages, and clothing, among other things, can all be relevant evidence. While you should take the time you need to decide whether you want to come forward, it can be more

difficult to pursue a complaint if a substantial amount of time has passed and evidence has disappeared or memories have faded.

### **Can you report something even if you're unsure of the full context?**

Yes! You can always report an incident even if you're unsure of the full context or don't know for sure whether sexual misconduct occurred.

### **If I'm intoxicated and I report an incident of sexual misconduct will there be amnesty?**

Carleton's Sexual Misconduct Policy includes an amnesty provision for students who provide information about alcohol or drug use in a sexual misconduct case. That means that information about alcohol or drug use that comes to light during a sexual misconduct investigation will not be referred for disciplinary action.

In addition, the Northfield Police will not cite a person for underage consumption if a sexual assault has occurred. The focus will be on caring for the complainant as needed, not on alcohol use.

### **How do I help a friend who has experienced sexual assault?**

If someone tells you that they have experienced sexual misconduct, first offer them support. Listen to them and encourage them to seek help and counseling as soon as possible. If that person's health or safety is an immediate concern, contact Carleton Security at 507-222-4444 or call 911.

For more in-depth information and advice about supporting a friend, watch this [video](#) made by our Title IX Coordinator.

### **How does SMPR respond to larger instances of sexual misconduct?**

If a policy violation is found in a Community Board of Sexual Misconduct (CBSM) hearing, the panel hears from both parties and may ask questions to make a decision about the sanctions to put in place. The panel considers their responsibility to balance the following: keep the campus safe, prevent recurrence, and remedy the effects of the behavior in violation.

Possible Sanctions Include:

- Dismissal from the College
- Suspension for one or more terms, with or without conditions for return
- Disciplinary Probation
- No Contact or Limited Contact Order
- Chemical Health Assessment
- Restricted Campus Access

- Restricted Course Enrollment
- Change of Housing
- Warning and Censure
- Required education or training

### **Who reviews the CCFs that are not sexual in nature?**

When you submit a Community Concern, it goes to one of several locations.

- Incidents involving students that are of a general concern are sent to the Dean of Students Office.
- When there is a concern about faculty, staff, or visitors, the form goes to either the Title IX Deputy or Human Resources, depending on the type of concern.
- If you are a peer leader in Student Life, the form will also be forwarded to your work supervisor.

### **What is the process of investigation after a sexual misconduct complaint has been given?**

You can find the following information under “Investigation” in [Carleton’s Policy Against Sexual Misconduct](#).

The Investigator will conduct a prompt, thorough, and impartial investigation and prepare a written Investigative Report. The Investigator will typically meet individually with the Complainant and Respondent at least once during an investigation. The Complainant and Respondent will receive written notice of the date, time, location, and individuals who will be present for any investigative interview or meeting and will be given sufficient time to prepare. The Complainant and Respondent may be accompanied by one Advisor at any investigative interview or meeting.

The Complainant and Respondent may advise the Investigator of any witnesses they believe should be interviewed and any inculpatory or exculpatory evidence including, for example, e-mails, text messages, photographs, video surveillance, and/or other physical, documentary or other evidence.

As the investigation nears its end, the Investigator will provide written notice to the Complainant and Respondent of the pending close of the investigation and a final deadline by which additional evidence or information must be submitted for consideration by the Investigator. The burden of gathering evidence sufficient to reach a determination regarding responsibility rests on Carleton.

### **Are police involved in Carleton investigations?**

Police are not involved in Carleton’s Title IX complaint process. If, however, a student wishes to report an incident to police, the Title IX Coordinator is available to offer assistance and support in navigating that process.

### **How often does sexual misconduct happen on campus?**

You can find information about incidence of sexual misconduct at Carleton [here](#).

### **How well does Carleton do at listening to people who have gone through sexual assault?**

Carleton listens to and supports all students who report instances of sexual misconduct. Of students who reported that they experienced sexual misconduct in 2021-2022, 100% marked “Completely” or “Considerably” when asked if they were treated with respect and whether their concerns were listened to during their meeting with the Title IX Coordinator.

## **Sexual Misconduct Prevention**

### **How can I get training for sexual misconduct prevention?**

SMPR offers all-campus events, which you can learn about by joining our [email list](#) and following us on Instagram @carleton\_smpr. SMPR also offers programs for student groups and teams by [request](#).

### **How should I resolve conflict over consent and boundaries?**

We recommend that you attend one of our Consent & Boundaries training workshops! You can request one for your team or student group with this [form](#).

### **How can I maintain a long distance relationship while still building my own community at Carleton?**

Many of the same principles apply for building a healthy relationship regardless of distance. For detailed information about building and maintaining a healthy relationship, visit the SMPR website [here](#). If you're concerned that your long distance relationship may be unhealthy, [this article](#) may be helpful.

### **Is consent needed for every step before sex?**

Yes! Part of Carleton's definition of consent is that “consent to one type of sexual activity does not imply consent to other types of sexual activity.”

### **What if there comes a time where you find it difficult to verbally consent (like you freeze up) and the nonverbal consent is misinterpreted?**

It's the responsibility of each partner to confirm that their partner is consenting to any romantic or sexual activity. A lot of communication in intimate situations happens nonverbally. Nonverbal cues, or body language, are important because they can convey our thoughts and feelings, but they can also be misinterpreted. When we're talking about consent, body language is not

enough. Consent is clear, coherent, ongoing, and willing, and the only way to know for sure that someone is giving clear consent is with their words.

### **If I'm bad at confrontation and standing up for myself, what are some ways I can signal that I'm uncomfortable with a situation or action initiated by a partner?**

Just like anything else, feeling comfortable saying “no” requires practice. It can be helpful to practice saying “no” in non-intimate situations, like:

- turning down social plans when you really aren't up for it
- turning down extra projects or work that you really can't take on
  
- Be confident in your decision.
- Be clear and direct. You don't need to justify why you're saying “no”, but you can explain your reasoning/feelings if you want to.
- Telling them what you do want to do with them (e.g. kissing, watching a movie together, getting food, continuing talking to them, etc.)

### **How do I avoid being awkward when asking for consent?**

One way that you can avoid being awkward while asking for consent is to practice! Practice asking for consent around non-sexual things, like in your platonic relationships with friends and family. One non-romantic relationship that often involves navigating consent is your roommate relationship.

While in sexual situations, you can try different phrasing and figure out what feels most natural. Have fun with it! Some phrases you could try out are:

- “Do you want to take off this shirt/dress/pants?”
- “I'd love to go down on you, would you like that?”
- “Show me how you'd like me to touch you.”
- “Should I grab some protection?”
- “It seems like you're really enjoying this, is that right?”
- “Do you want to take a break, or should we keep going?”

And just remember that it's okay to feel awkward sometimes! Like anything, it can take practice and that's normal. If you want to read more on this topic, we suggest this [article](#).

### **What are some examples of non-verbal consent?**

Some examples of non-verbal consent can be pulling someone closer, nodding in agreement, smiling, maintaining eye-contact. Nonverbal cues, or body language, are important because

they can convey our thoughts and feelings, but they can also be misinterpreted. It's best to pair non-verbal cues with verbal communication.

### **When in a relationship is it appropriate to start asking about sexual interest—what they do and don't want to do sexually?**

Any time that you're sexually involved or plan to be sexually involved with someone else, it's appropriate to discuss what you do and don't like sexually. Having open conversations about your interests and sexual boundaries is essential to having pleasurable and consensual sex.

### **What should I say to intervene if I see something occurring that might lead to sexual misconduct?**

There are many different strategies you can use to be an effective bystander, including:

- Direct: directly address either the person causing harm (to let them know that you do not condone their behavior) or the person being harmed (to offer support and help).
- Delegate: ask someone else, who may be better equipped or better able to handle the situation, to get involved. This could be in the form of a peer who knows the people involved better than you do, informing a supervisor, submitting a community concern form, or calling security.
- Distract: divert the attention of the person causing harm. This can diffuse the situation or create an opportunity for the person being harmed to remove themselves from the situation.

Remember: your safety is always important. Do not put yourself in a dangerous situation. If you are witnessing violence, it may be safer to call Campus Security (507-222-4444) rather than attempting to diffuse the situation yourself.

Intervening in a situation that makes you feel uncomfortable takes practice. If you want to learn more in-depth information about being an active bystander, consider participating in a Green Dot training. These occur various times throughout the term and can be requested for a group or team [here](#).

### **What if both people are drunk? How do you avoid harmful situations and who has responsibility?**

It is possible to engage in consensual sexual activity when both parties have been drinking, as long as both parties provide and receive consent that is clear, coherent, ongoing, and willing, and neither party is incapacitated. Incapacitation is the physical and/or mental inability to make informed, rational judgments. A person is incapacitated if they lack the necessary judgment to

give consent to sexual activity. If there is any doubt, it is best to not engage in sexual activity. Being intoxicated or impaired by alcohol and/or other drugs does not mitigate responsibility.

## **Sexual Health**

### **Where do I find safe sex supplies?**

You can find safe sex supplies at Student Health and Counseling (SHAC) located on the Ground Floor of Davis right by Burton Dining Hall or at the Gender and Sexuality Center (GSC) located in Clader House, 209 East Second Street.

### **How can I get STI testing on campus? Do I have to pay?**

Students can make appointments at SHAC to get tested for sexually transmitted infections including HIV, syphilis, gonorrhea, and chlamydia. You can find information about fees associated with testing [here](#).

### **Where can I find birth control?**

SHAC is available to help students navigate various birth control options. SHAC medical providers can prescribe the pill, the patch, Nuvaring, Depo Provera, diaphragms, and internal condoms for pick up at local pharmacies, or students can fill pill prescriptions directly at SHAC for \$10 per pack. IUDs and Implants are available at clinics in Northfield. SHAC can assist students to determine insurance coverage and to help make the appointment. Plan B can be purchased at SHAC for \$10 with no appointment required. More information can be found [here](#).

### **What counseling services are available on campus? How often can I go?**

SHAC provides short-term individual counseling free to all Carleton students and unlimited group counseling. More information can be found on the [SHAC website](#) or by emailing [shac@carleton.edu](mailto:shac@carleton.edu).

## **Outside Resources**

### **What resources are available for students outside of Carleton?**

There are many great local resources such as:

#### [HOPE Center](#)

**HOPE Center** can:

- Talk with you on their 24-hour Safeline
- Provide crisis intervention
- Offer support counseling
- Give you information about options and resources
- Provide excellent legal advocacy and support
- Accompany and support you during an [evidentiary exam](#)
- Provide legal advocacy and support

Contact them:

- During office hours (9-4, M-F): **507-332-0882**  
24-hour Safeline: **1-800-607-2330**

### [Outfront Minnesota](#)

**Outfront Minnesota** offers free and confidential support and advocacy services to LGBTQA-identified survivors of domestic violence/intimate partner violence, sexual violence, and hate/bias violence, including:

- A crisis line
- Individual counseling
- Court accompaniment and other forms of advocacy support
- Community based support groups
- Community education/outreach

Contact them:

- Anti-Violence Program Crisis Line, **612-822-0127, option 3**
- Online [incident report form](#)
- Anti-Violence Program Coordinator, **612-822-0127, x7659**

### [Northfield Hospital](#)

**Northfield Hospital** can:

- Provide a full range of medical care following an assault, including testing for the presence of date rape drugs, treatment of physical trauma, pregnancy prevention, and STI testing/treatment.
- Provide a trained [“SANE Nurse” personnel can perform an evidentiary exam](#) to collect evidence, should you wish to consider pursuing a legal complaint of sexual assault.

Getting there:

- If you require transportation to an off-campus clinic or hospital, you may contact Carleton Security or utilize [Northfield Transit](#) or [Taxi Services](#). Student Health and Counseling or Security can provide you with a taxi voucher.

Contact them:

- Northfield Hospital (main number): **507-646-1000**  
Emergency Room: **507-646-1100**  
2000 North Avenue, Northfield, MN 55057  
[Northfield Hospital website](#)

### [Northfield Police](#)

**The Northfield Police Department** can:

- Respond to an emergency situation and will file a police report of the incident.
- Assist you if you wish to pursue an external complaint of sexual harassment or sexual assault.

Contact them:

- Emergency: **911**
- Non-emergency: **507-645-4477**

**There are also a multitude of National Resources:**

### [National Sexual Assault Helpline](#)

Contacting the National Sexual Assault Hotline gives you access to a range of free services including:

- Confidential support from a trained staff member
- Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams
- Someone to help you talk through what happened
- Local resources that can assist with your next steps toward healing and recovery
- Referrals for long term support in your area
- Information about the laws in your community
- Basic information about medical concerns

Contact them:

- **800-656-HOPE** (24-hr)
- [Online chat](#) (chat one-on-one with a trained RAINN support specialist, any time 24/7)

### [National Resource Center on Domestic Violence Hotline](#)

Contacting the National Resource Center on Domestic Violence Hotline gives you access to a range of free services including:

#### [Path to Safety](#)

No matter where you are in your relationship, planning for your emotional and physical safety is extremely important.

#### [Help for Friends and Family](#)

Are you concerned that a friend, family member, coworker or someone else know may be in an abusive relationship? There are ways you can help.

#### [Help for Survivors](#)

Are you struggling after leaving an abusive relationship? Survivors may face ongoing emotional or safety concerns but there are methods for surviving and thriving after abuse.

#### [Help for Abusive Partners](#)

If you identify as abusive or you're concerned that your behaviors may be unhealthy or harmful to your partner, we can help. Learn about the potential for change.

#### [Legal Help](#)

If you are considering taking legal action against an abusive partner, learn more about your options and rights.

#### [Deaf Services](#)

We provide education, outreach, and support for the Deaf, deaf-blind, and hard of hearing communities.

#### [Pets & DV](#)

Looking for a safe haven for you and your pet? Find pet-friendly shelters with the Safe Havens Mapping Project.

#### [What to Expect When You Contact The Hotline](#)

You might feel anxious about reaching out for help. Here's what to expect when you contact us.

#### [Tech & Social Media Safety](#)

Technology is ever-changing, and it can be used to jeopardize your safety or as a means to keep you safe.

Contact them:

- **1-800-799-SAFE (7233)** (24-hr, free advocacy services available in more than 200 languages)
- **[Online chat](#)** (chat one-on-one trained support specialist, any time 24/7)

#### **[StrongHearts Native Hotline](#)**

The StrongHearts Native Helpline (**1-844-762-8483**) is a culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CST. StrongHearts advocates offer the following services at no cost:

- peer support and advocacy
- information and education about domestic violence and dating violence
- personalized safety planning
- crisis intervention
- referrals to Native or Tribal-based domestic violence service providers

Contact them:

- **1-844-7NATIVE (62-8483)** (advocates available 7am – 10pm CST)