

Information & Resource Guide

Sexual Assault

Stalking

Dating & Domestic Violence

WESTMINSTER COLLEGE

EVERY  **BLUE JAY**

*This project was supported by Grant #2017-WA-AX-0036, which was awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

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CONTACT INFORMATION

Westminster College Campus Security: 573-592-5555
Wellness Center – Lower level of Westminster Hall – 573-592-5361
CARDV (Coalition Against Rape & Domestic Violence) 573-642-4422

Fulton Police Department 573-592-3100

www.fultonpd.org

Callaway County Sheriff's Office (573) 642-7291

www.callawaysheriff.org

Callaway County Prosecuting Attorney's Office 573-642-0714

Callaway County Circuit Clerk's Office 573-642-0780

<https://www.courts.mo.gov/hosted/circuit13/court/offices/cwycklerhome.htm>

Deaf LEAD (573) 303-5604

Language Line – (800) 752-6096 www.language.com

Translation Call (800) 878-8523

Translation Email Translation@LanguageLine.com

**Department of Public Safety
Office for Victims of Crime**
Lewis and Clark Building, 4th Floor West
P.O. Box 749
Jefferson City, MO 65102
OVC Phone: 573-526-1464
OVC Email: CVSU@dps.mo.gov

Crime Victims' Compensation
P.O. Box 1589
Jefferson City, MO 65102-1589
CVC Phone: (573) 526-6006
CVC Email: cvc@dps.mo.gov

**Department of Public Safety
Crime Victims' Compensation**
P.O. Box 1589
Jefferson City, MO 65102-1589
Phone: (573) 526-6006
Email: cvc@dps.mo.gov

Frequently Asked Questions

I think I was raped!?

I was sexually assaulted, what do I do now?

Was I raped? I don't remember everything ...

Definitions: * Sexual Assault * Rape * Dating Violence * Domestic Violence * Stalking

RAPE AND SEXUAL ASSAULT

Sexual assault is a physical act of sexual violence. Sexual assault may be used to describe specific criminal offenses of rape, sodomy, incest or molestation. Sexual assault may occur between spouses or intimate partners. There are many different types and degrees of sexual offenses.

Sexual Abuse - 1st Degree- Sexual contact with a person who is incapacitated, incapable of consent or lacks the capacity to consent, or by the use of forcible compulsion.

Sexual Misconduct - Exposes his or her genitals under circumstances in which he or she knows that such conduct is likely to cause affront or alarm; 2. Has sexual contact in the presence of a third person or persons under circumstances in which he or she knows that such conduct is likely to cause affront or alarm; or 3. Has sexual intercourse or deviate sexual intercourse in a public place in the presence of a third person.

*Sexual contact is any touching of another person with the genitals or any touching of the genitals or anus of another person, or the breast of a female person, or such touching through the clothing, for the purpose of arousing or gratifying the sexual desire of any person or for the purpose of terrorizing the victim.

STALKING

Stalking occurs when a person disturbs or follows you, more than once, and causes you to be frightened, intimidated or emotionally distressed. The person can do many things that would be considered stalking: following you, writing or sending you frightening emails, hiding and watching you, calling you offensive names, breaking into your computer, and threatening your safety or the safety of your family, household members or even your pets or livestock. To be considered stalking, the offense must occur more than once, showing a "course of conduct."

Frequently Asked Questions

Dating & Domestic Violence

Dating Violence is committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim and where the existence of such a relationship shall be determined based on a consideration of the following factors: the length of the relationship; the type of relationship; and the frequency of interaction between the persons involved in the relationship.

Domestic Violence: Domestic assault occurs when the assault is against a family or household member: any person related by blood or marriage, persons who are presently residing together or have resided together in the past, any person who is or has been in a continuing social relationship of a romantic or intimate nature with the victim, any person who has a child in common with the abuser, or against an adult who is or has been in a dating relationship with the abuser.

Domestic Abuse can be done with physical, emotional, financial means, or others.

DOMESTIC ASSAULT, 1ST DEGREE - Attempts to kill, or knowingly causes or attempts to cause serious physical injury to a domestic victim.-

DOMESTIC ASSAULT, 2ND DEGREE - 1. Knowingly causes physical injury to a domestic victim by any means, including but not limited to use of a deadly weapon or dangerous instrument, or by choking or strangulation. 2. Recklessly causes serious physical injury to such domestic victim; or 3. Recklessly causes physical injury to such domestic victim by means of a deadly weapon.

DOMESTIC ASSAULT, 3RD DEGREE - Attempts to cause physical injury or knowingly causes physical pain or illness to a domestic victim.

DOMESTIC ASSAULT, 4TH DEGREE - 1. Attempts to cause or recklessly causes physical injury, physical pain, or illness to a domestic victim; 2. With criminal negligence, causes physical injury to a domestic victim by means of a deadly weapon or dangerous instrument; 3. Purposely places a domestic victim in apprehension of immediate physical injury by any means; 4. Recklessly engages in conduct which creates a substantial risk of death or serious physical injury to a domestic victim; 5. Knowingly causes physical contact with a domestic victim knowing he or she will regard the contact as offensive; or 6. Knowingly attempts to cause or causes the isolation of a domestic victim by unreasonably and substantially restricting or limiting his or her access to other persons, telecommunication devices or transportation for the purpose of isolation.

Frequently Asked Questions

Do I have to report?

No. However, you have many options should you choose to report.

Law Enforcement– Criminal investigation (see Reporting to Law Enforcement page 12)

School – Formal Title IX report & investigation (administrative – school related)

Both – Law Enforcement & Title IX

Title IX – What is that?

Sexual Harassment Policy – to view policy in its entirety see page 47 in the 2023-2024 Student Handbook or visit www.wcmo.edu/titleix/index.html.

Westminster College is committed to providing a learning environment free of all forms of violence, abuse, intimidation, fear, discrimination, and coercive conduct, including Sexual Harassment. Westminster College does not tolerate Sexual Harassment, as defined in this policy. Sexual Harassment is a serious offense and is a violation of the College's core values of fairness, integrity, respect, and responsibility.

Westminster College is committed to educating its community members on all forms of Sexual Harassment and to empowering students, faculty and staff to speak out against these acts. All reports of Sexual Harassment will be taken seriously and addressed through the processes outlined in the policy.

The purpose of the Title IX Sexual Harassment Policy is to prevent and respond to Sexual Harassment on campus and to restore equal access to the College's educational programs and activities. It is meant to encourage all members of the campus community to take responsibility for their behavior, to ensure compliance with applicable campus, state and federal regulations, to fairly discipline and sanction behavior that is inconsistent with the Westminster's values (fairness, respect, responsibility, & integrity), and to educate the Westminster community about implications and consequences of prohibited behavior. This Title IX Sexual Harassment Policy below includes definitions of terms, prevention information, procedures, and resources available in the event of Sexual Harassment.

SAFE exam – What is that?

Sexual Assault Forensic Exam is performed by a specially trained, experienced medical professional to assess and document physical evidence related to a report of sexual assault.

Where can I get a SAFE exam?

University Hospital, St. Mary's, Capital Region (your choice)

Frequently Asked Questions

Is there a fee for a SAFE exam?

No fee for the exam; however, any additional medical care needed as a result of the findings in the exam, there may possibly be a fee. See Crime Victim Compensation information for assistance with covering medical costs related to a sexual assault.

Do I have to report to have a SAFE exam done?

No. You can go to any hospital emergency room equipped to perform a SAFE exam. Let them know you would like a SAFE exam, but do not want to file a report at this time. They will store the evidence until they are contacted by a law enforcement agency with a case number; the criminal investigation case can only be initiated by you.

Can I still get STI testing and Plan B (emergency contraception) if I don't report?

Yes – at the Wellness Center on campus, emergency room, or your own primary care provider.

Will my parents get a bill from the college for the services I receive related to a report or a non-report?

No. medical and mental health services provided on campus do not have a cost assessed.

Discreet contact with resources?

Yes! CARDV, Law Enforcement or other additional resources needed. You can meet with them on or off campus. There are meeting places available at the Wellness Center & other locations.

Amnesty – drinking/drugs on campus

Will I get in trouble if I was impaired when I was assaulted?

The welfare of students in our Westminster College community is of paramount importance. At times, students on- and off-campus may need assistance. Westminster College promotes bystander intervention and encourages students to offer help and assistance to others in need. Sometimes, students are hesitant to offer assistance to others, for fear that they may get themselves in trouble (for example, a student who has been drinking underage might hesitate to help a student who may have been sexually assaulted or who is at risk of alcohol overdose). Westminster does not want this fear to impact our students or community members from helping someone in need.

Frequently Asked Questions

Westminster College pursues a policy of limited immunity for students who offer help to others in need. While policy violations cannot be overlooked, the College will focus on educational responses to those who offer their assistance to others in need, serve as witnesses to an incident or make a good faith report of alleged misconduct.

*This policy does not protect students from the consequences associated with Missouri law. Students are still subject to charges and penalties per Missouri law.

The individual in need of immediate medical attention: If an individual receives emergency medical attention related to their consumption of alcohol or another drug, they are required to complete a follow-up with The Wellness Center. If the student is taken to the hospital, the College reserves the right to contact the student's parents/guardian. If a student violates any other college policy while intoxicated, those infractions are subject to standard student accountability adjudication and sanctions.

Organization: Should a student experience severe intoxication or a drug-related reaction while attending an event hosted by an organization, representatives or members of that organization are expected to promptly call for medical assistance. This act of responsibility will mitigate the judicial consequences against the organization resulting from student accountability code violations that may have occurred at the time of the incident.

Failure to Call: Failure by any individual or organization to call for emergency medical assistance while a person is in need, which could include experiencing severe intoxication or a drug-related reaction, may result in more severe consequences.

Campus-based Resources

| NON-CONFIDENTIAL | CONFIDENTIAL |
|---|--|
| MANDY MARCH Associate Vice President, Chief Human Resources Officer and Title IX Coordinator 573-592-5226 Mandy.March@WCMO.edu Washington West, Second Floor, Room 1 | KIM LORENTZ, MSN, APRN, ANP-BC Nurse Practitioner/Executive Director of the Wellness Center 573-592-5361 Kim.Lorentz@WCMO.edu Westminster Hall Lower Level: Wellness Center |
| KASI LACEY, PhD Vice President and Dean of Student Life 573-592-5269 Kasi.Lacey@WCMO.edu Hunter Activity Center | KATHY DEWEIN, PhD Director of Counseling Services 573-592-5351 Kathy.Dewein@WCMO.edu Westminster Hall Lower Level: Wellness Center |
| TIM HOWELL Director of Security 573-592-5515 Tim.Howell@WCMO.edu | LOGAN JOHN Chaplain and Director of the Center for Faith & Service 573-592-5866 Logan.John@WCMO.edu Center for Faith and Service - 322 West 6th Street |
| FULTON POLICE DEPARTMENT 573-592-3100 | |
| CALLAWAY COUNTY SHERIFF'S OFFICE 573-642-7291 | CARDV Coalition Against Rape & Domestic Violence Help Line: 573-642-4422 |
| CAMPUS SECURITY 573-592-5555 | RACS Rape & Abuse Crisis Center Hotline: 573-634-4911 Toll Free: 1-800-303-0013 |
| ANY NON-CONFIDENTIAL REPORTING EMPLOYEE | ANY STAFF OF THE WELLNESS CENTER REMLEY WOMEN & GENDER CENTER INTERNS |

Speaking with a confidential resource does not preclude students from making a formal report to the Title IX Coordinator if and when they are ready. Confidential resources can walk students through all of their reporting options. They can also provide students with information and assistance in accessing academic, medical, and other support services they may need.

If a non-confidential source learns of any potential violation of our gender-based misconduct policy (rape, sexual assault, dating violence, domestic violence, or stalking) by any means, they are required to notify the Title IX Coordinator, Mandy March.

Students can request confidentiality from the institution, which will be communicated to the Title IX Coordinator. If students want to speak with someone confidentially, confidential sources are available on & off campus.



REMLEY

WOMEN & GENDER CENTER



The Remley Women and Gender Center is a confidential, safe space available to all students of Westminster College. The Remley Interns are trained to support and guide students through situations including gender inequalities, sexual assault, and domestic violence/abuse. Remley educates the campus throughout the year on such topics by providing space, programming, and vital resources to all members of the Westminster community.



WHAT DO OUR INTERNS DO?

SERVE AS CONFIDENTIAL
PEER ADVOCATES

PLAN EVENTS AND
PROGRAMMING ON
WOMEN AND GENDER
ISSUES

CELEBRATE DIVERSE
COMMUNITIES ON
CAMPUS



HOW TO FIND US

For more information on the Remley Women & Gender Center, including upcoming events, visit us on Facebook or Instagram. Email us at Remley@WCMO.ed or visit us at our office in the Center for Faith and Service, 322 W. 6th Street.



VICTIM RESOURCES:

COALITION AGAINST RAPE & DOMESTIC VIOLENCE

PO BOX 786
FULTON, MO 65251
HELP-LINE: 573-642-4422
TOLL-FREE: 866-642-4422
BUSINESS OFFICE: 573-642-1418
FAX: 573-642-7706

Free, confidential, services
for victims of domestic &
sexual violence.

www.callawaycardv.org

RAPE AND ABUSE CRISIS SERVICE

ADDRESS: P.O. Box 416, Jefferson City, MO 65102 | EMAIL: racs@racsjc.org

CALL US TODAY (573) 634-4911
1-800-303-0013



Crisis Line: 573-875-1370
Toll Free Crisis Line: 1-800-548-2480
Crisis Line for Deaf: 1-800-380-3323

**National Sexual
Assault Hotline:**
(800) 656-4673

**Missouri Suicide and
Crisis Lifeline:**
Dial 988

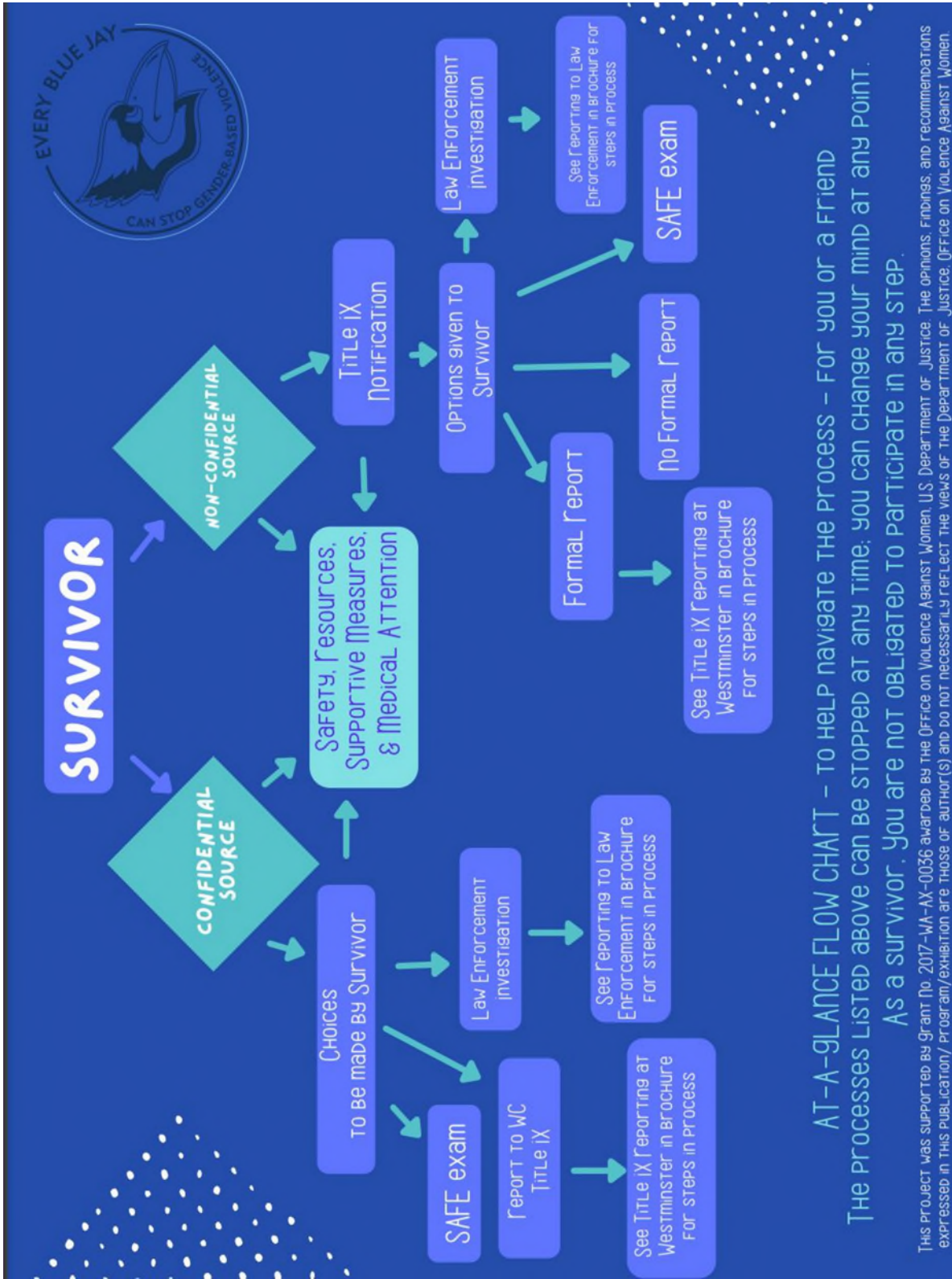
**National Domestic
Violence Hotline:**
(800) 799-7233

**Deaf Crisis Line
Videophone:**
Call (321) 800-3323 or
Text Hand to 939683

**Missouri Coalition Against Domestic
and Sexual Violence**
www.mocadsv.org/how-to-get-help
Locate Assistance in Your Area



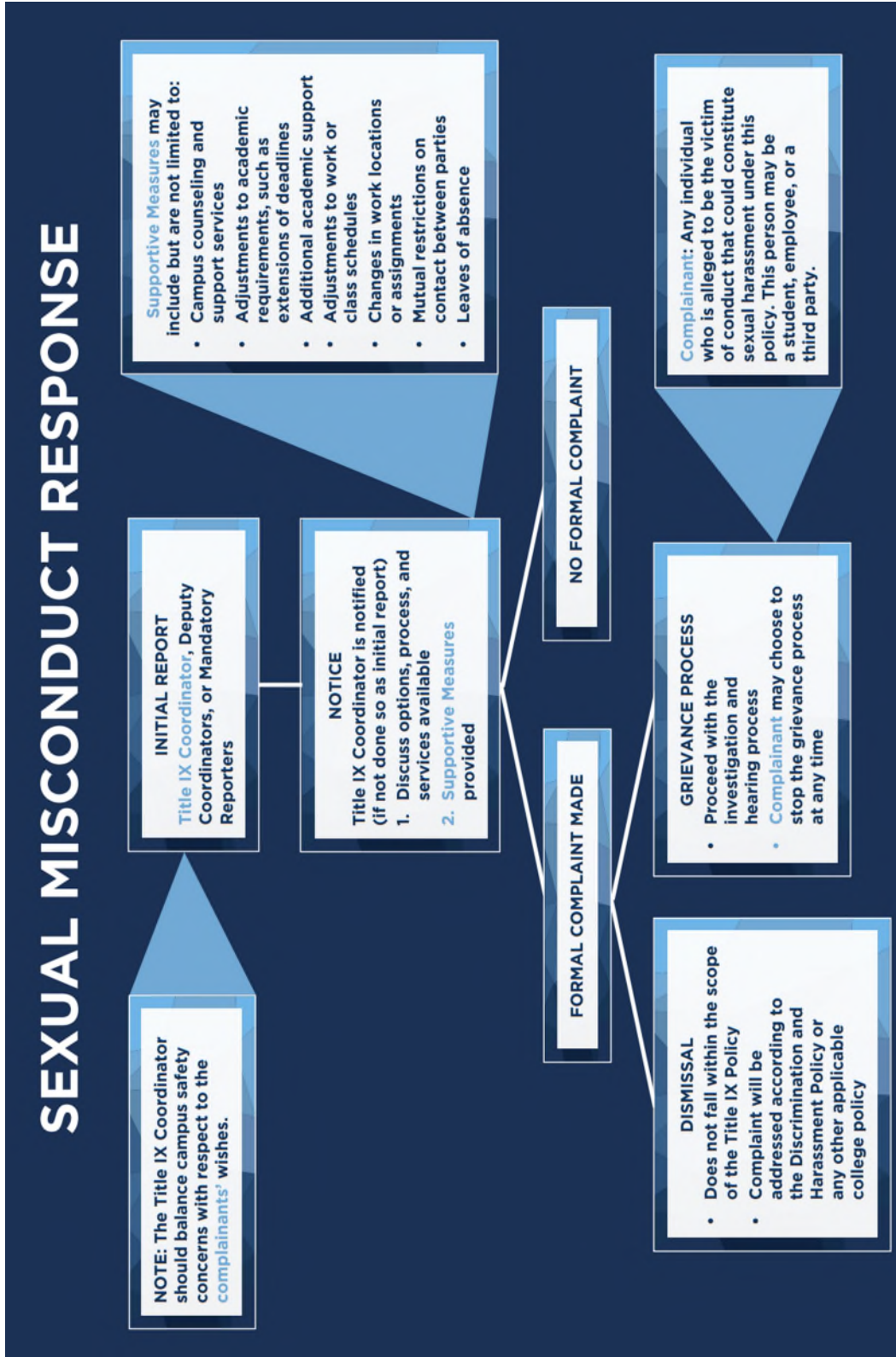
Survivor Reporting – To Whom & How Flow Chart



AT-A-GLANCE FLOW CHART – TO HELP NAVIGATE THE PROCESS – FOR YOU or a FRIEND
 THE PROCESSES LISTED ABOVE CAN BE STOPPED AT ANY TIME; YOU CAN CHANGE YOUR MIND AT ANY POINT.
 AS A SURVIVOR, YOU ARE NOT OBLIGATED TO PARTICIPATE IN ANY STEP.

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Sexual Misconduct Response Flow Chart



Title IX
Reporting at Westminster College

NO FORMAL Title IX Complaint Desired

INITIAL REPORT
Title IX Coordinator, Deputy Coordinators, or
Mandatory Reporters

*

NOTICE
Title IX Coordinator is notified (if not done so as
initial report) 1. Discuss options, process, and
services available 2. Supportive Measures provided

*

NO FORMAL COMPLAINT

*

Supportive Measures
may include but are not limited to:

- Campus counseling and support services
- Adjustments to academic requirements, such as
extensions of deadlines
 - Additional academic support
 - Adjustments to work or class schedules
 - Changes in work locations or assignments
- Mutual restrictions on contact between parties
 - Leaves of absence

FORMAL Title IX Complaint & Investigation Chosen

INITIAL REPORT
Title IX Coordinator, Deputy Coordinators, or
Mandatory Reporters

*

NOTICE
Title IX Coordinator is notified (if not done so as
initial report) 1. Discuss options, process, and
services available 2. Supportive Measures provided

*

FORMAL COMPLAINT MADE

*

GRIEVANCE PROCESS

- Proceed with the investigation and hearing
process • **Complainant** may choose to stop the
grievance process at any time

*

DISMISSAL

- Does not fall within the scope of the Title IX
Policy • Complaint will be addressed according
to the Discrimination and Harassment Policy or
any other applicable college policy

Complainant: Any individual who is alleged to be
the victim of conduct that could constitute sexual
harassment under this policy. This person may be a
student, employee, or a third party.

NOTE: The Title IX Coordinator should balance
campus safety concerns with respect to the
complainants' wishes.

Supportive Measures
may include but are not limited to:

- Campus counseling and support services
- Adjustments to academic requirements, such as
extensions of deadlines
 - Additional academic support
 - Adjustments to work or class schedules
 - Changes in work locations or assignments
- Mutual restrictions on contact between parties
 - Leaves of absence



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Reporting to Law Enforcement

Report--->Criminal Investigation--->Prosecution--->Disposition

Ways to initiate REPORT:

911
non-emergency law enforcement number
medical facility during treatment
school nurse
RA
Any confidential source or
Any non-confidential reporting employee
Friend
Mentor/Remley
CFS



What happens during the criminal investigation:

- Contact is made with the victim/reporter by Uniformed Road Officer for initial contact (most times).
- Assess for need of immediate medical care needed or any needed/requested by victim.
- Determine location of assault and possible evidence to preserve/collect (as soon as possible).
- Preliminary interview of victim/reporting person – Sexual Assault information packet review of Victim Rights.
- Contact CARDV – if victim wants an advocate or another safe person with them through investigation process.
- Incapacitation - If assault occurred during a period of incapacitation, and the incapacitation is possibly due to drug(s) introduced to the victim, bloodwork should be collected as soon as possible, as many drugs metabolize quickly and have a small window to capture on a drug screen.
- Interview witnesses, if any available at the time of report.
- Photos if relevant at the time of the report, during initial contact by Road Officer.
- Transport to hospital for SAFE kit, based on reported assault and possible evidence preservation. *
- Referral to services for victim, based on circumstances and need(s) of the victim. (Protection order/alt housing).
- In-person follow-up with victim and others involved, to include suspect, by Detective(s)
- Follow-up photos may be necessary, depending on stage(s) of healing possible injuries might be in
- Detective will have contact with the Prosecutor's Office for search warrant(s) and case reviews, as necessary.
- Introduction to the Prosecutor's Office Victim Advocate and the Assistant Prosecutor who will handle the case. (This sometimes happens during this step of the process, sometimes later in the process; case-by-case).
- Upon completion of the criminal investigation, a physical arrest will be made or the report will be submitted to the Prosecuting Attorney's Office for review, for issuance of a warrant or determination of filing.
- If an arrest is made based on probable cause, the suspect(s) will be taken into custody and Prosecuting Attorney's Office will receive a Probable Cause Statement outlining the charge(s) and the evidence to support the charge(s).

Prosecution Process

Upon receipt of notice of the arrest(s), Prosecuting Attorney's Office will assign case to an Assistant Prosecuting Attorney, if one hasn't yet been assigned.

Within 24 hours of arrest, while suspect(s) remain in custody, PA receives Probable Cause Statement and determines if charges suspect was arrested for will be filed with the court at this time, based on the information given to the PA at the time of arrest. Sometimes charges are amended or filed with the court at a later date, based on additional evidence and information requested.

PA/ APA will contact victim via victim notification form, Bond consideration ... bond conditions

Case pending – continuous contact – status of the case.

Ability to have input

In-person contact with the attorney on your case

Safe, Voice is heard

Victim Impact Statement

Participation in Court

Involved in process – as much or as less as you would like to be

Disposition

The disposition on a criminal record is the final outcome of an arrest or prosecution.

Common dispositions are:

Convicted: means you have plead or been found guilty by a court of law.

Acquitted: means you have been found not guilty by a court of law in a criminal trial.

Sentencing

Upon a finding of guilt, the court shall decide the extent or duration of sentence or other disposition to be imposed under all the circumstances, having regard to the nature and circumstances of the offense and the history and character of the defendant and render judgment accordingly.

Common sentences are: prison; jail; probation, community service, treatment court

NOTES:



KNOW YOUR RIGHTS AS A **SEXUAL ASSAULT** SURVIVOR

The State of Missouri is committed to protecting survivors of sexual assault. Understand your rights and access resources, including:

- Rights of sexual assault survivors
- Rights of crime victims
- Seeking medical attention
- Contacting law enforcement
- Orders of protection
- Available resources and support
- Automated notifications
- Financial assistance

SEXUAL ASSAULT SURVIVOR RIGHTS

In addition to the rights that all crime victims have under Missouri law, sexual assault survivors have the right to:

1 Consult with an employee or volunteer of a rape crisis center, who can provide support and advocacy.

2 A sexual assault forensic examination or, if available, a telehealth examination.

3 A shower and change of clothes after the exam, as reasonably available, at no cost to the survivor.

4 Be examined or interviewed by an appropriate medical provider or law enforcement officer of the gender of the survivor's choosing, when available.

5 An interpreter who can communicate in the language of the sexual assault survivor's choice, as is reasonably available, in a timely manner.

6 Choose whether to consent to a sexual assault forensic examination to collect evidence, and how the evidence collected will be used. A victim's choices about the evidence collection kit are:

- **REPORTED** - The sexual offense is reported to law enforcement for investigation and the kit is sent to the crime lab for testing.
- **ANONYMOUS** - The kit is sent to law enforcement and to the crime lab for testing without identifying you. No investigation will occur.
- **UNREPORTED** - The kit is collected and stored but not tested. No investigation will occur.

7 If you have a sexual assault forensic examination kit collected, you can track the evidence by going to: <https://safetrack.mo.gov> and entering your kit's bar code number and your authentication code. If you do not remember those two numbers provided when your kit was collected, you can obtain them by contacting the medical provider that collected the evidence or the assigned law enforcement agency.

8 Obtain complete copies of the police reports regarding your case. These reports may be requested from the investigating law enforcement agency.

9 Be free from intimidation, harassment, and abuse in any related court proceeding, and reasonable protection from the offender or any person acting on the offender's behalf following the survivor's disclosure of the sexual assault.

HELP AND SUPPORT IS AVAILABLE

There are 24-hour Crisis Lines that are open to anyone who has questions or issues related to sexual violence. Trained advocates are available to provide emotional support, crisis intervention, information, referrals, and problem solving to victims of sexual violence as well as their friends and family members.

SEEK MEDICAL ATTENTION

If you have been sexually assaulted, seeking medical attention is important. Visit a hospital emergency room as soon as possible for treatment of injuries and a medical forensic examination. You have a right to a forensic medical examination at no charge within five days of an assault, whether or not you choose to file a police report. The forensic medical examination will assist with the investigation and potential prosecution if you choose to file a police report. Even if more than five days has passed since the assault, a survivor is encouraged to seek medical attention.

CRIME VICTIM RIGHTS

All victims of crime have rights. Under Missouri law those rights include:

- To be present at all criminal justice proceedings at which the defendant has such right.
- To be informed of and heard at guilty pleas, bail hearings, sentencings, probation revocation hearings and parole hearings.
- To be informed of trials and preliminary hearings.
- Restitution.
- Reasonable protection from the defendant or any person acting on behalf of the defendant.
- Information concerning the release, escape, recapture or death of the accused while in custody or confinement.
- Information about how the criminal justice system works, the rights and availability of services and information about the crime.

It is always a survivor's right to choose whether to report a sexual assault. If you wish to make a report, it is recommended that a report be made as soon as possible after the incident. You may contact law enforcement at any time. Filing a report as soon as possible after the incident may aid in an investigation.

NOTES:

**The following pages contain information related
to:
SAFE exam (Sexual Assault Forensic Examination)**

SAFE exam (Sexual Assault Forensic Exam)

**** You can stop at any point during exam. ****

The ***Sexual Assault Forensic Examination*** (SAFE) Program covers the cost of gathering, collecting and preserving evidence during the forensic examination for victims of sexual crimes that occurred in Missouri. While SAFE is the “payor of first resort” for these fees, health insurance carriers may be billed secondary.

DNA evidence from a crime like sexual assault can be collected from the crime scene, but it can also be collected from your body, clothes, and other personal belongings.

You may choose to have a sexual assault forensic exam, sometimes known as a “rape kit,” to preserve possible DNA evidence and receive important medical care.

You don’t have to report the crime to have an exam, but the process gives you the chance to safely store evidence should you decide to report at a later time.

Why should you consider having a sexual assault medical forensic exam?

- **It won't cost you.** You should not be charged for the exam. The [Violence Against Women Act](#) requires states to provide sexual assault forensic exams free of charge if they wish to remain eligible for critical anti-crime grant funding.
- **You can have time to decide if you want to report.** The decision to report the crime is entirely your. It may take some time to decide what to do. Having a sexual assault forensic exam ensures that the forensic evidence will be safely preserved if you decide to report at a later time.
- **It increases the likelihood of prosecution.** The [importance of DNA evidence](#) in sexual assault cases cannot be overstated. Not only does DNA evidence carry weight in court, but it may prevent future sexual assaults from occurring.
- **Your health matters.** Sexual assault can affect your physical health. You may have injuries and trauma related to the assaults that aren't immediately visible. During an exam you may be able to access treatment for these injuries, receive preventative treatment for STIs, and obtain emergency contraception to prevent pregnancy.

Who can perform the exam?

- **Sexual Assault Nurse Examiners (SANEs)** — registered nurses who receive specialized education and fulfill clinical requirements to perform the exam
- **Sexual Assault Forensic Examiners (SAFEs)** and **Sexual Assault Examiners (SAEs)** — other healthcare professionals who have been instructed and trained to complete the exam

What happens during a sexual assault forensic exam?

The steps below outline the general process for the exam.

Remember, **you can stop, pause, or skip a step** at any time during the exam.

It is entirely your choice.

- **Immediate care.** If you have injuries that need immediate attention, those will be taken care of first.
- **History.** You will be asked about your current medications, pre-existing conditions, and other questions pertaining to your health history.

Some of the questions, such as those about recent consensual sexual activity, may seem very personal, but these questions are designed to ensure that DNA and other evidence collected from the exam can be connected to the perpetrator.

You will also be asked about the details of what has happened to you to help identify all potential areas of injury as well as places on your body or clothes where evidence may be located.

- **Head-to-toe examination.** This part of the exam may be based on your specific experience, which is why it is important to give an accurate history.

It may include a full body examination, including internal examinations of the mouth, vagina, and/or anus.

It may also include taking samples of blood, urine, swabs of body surface areas, and sometimes hair samples.

The trained professional performing the exam may take pictures of your body to document injuries and the examination.

With your permission, they may also collect items of clothing, including undergarments.

Any other forms of physical evidence that are identified during the exam may be collected and packaged for analysis, such as a torn piece of the perpetrator's clothing, a stray hair, or debris.

- **Follow up care.** You may be offered prevention treatment for **STIs** and other forms of medical care that require a follow up appointment with a medical professional.
- Depending on the circumstances and where you live, the exam site may schedule a follow up appointment, or you can ask about resources in your community that offer follow up care for survivors of sexual assault.

How long will the evidence be stored?

- The amount of time an evidence kit will be stored varies by state and jurisdiction.

[SAFETrack: Missouri's Sexual Assault Kit Tracking System - MHA \(mhanet.com\)](https://mhanet.com/safetrack)

Preparing for a sexual assault forensic exam

If you are able to, try to avoid activities that could potentially damage evidence such as:

- Bathing
- Showering
- Using the restroom
- Changing clothes
- Combing hair
- Cleaning up the area

It's natural to want to go through these motions after a traumatic experience.

If you have done any of these activities, you can still have an exam performed.

You may want to bring a spare change of clothes with you to the hospital or health facility where you're going to have the exam, as the clothing you are currently wearing may contain transferred evidence from the assault.

In most cases, DNA evidence needs to be collected within 72 hours, in order to be analyzed by a crime lab; however, a sexual assault forensic exam can reveal other forms of evidence beyond this time frame that can be useful if you decide to report.

Place your belongings, including the clothes you were wearing, in a paper bag to safely preserve evidence, if you have changed from the clothing you were wearing during or immediately after the assault.

Stalking

Adapted from T.K. Logan’s “[Connecting the Dots: Advocates](#),” 2017

Stalking is its own crime with its own risks, safety planning needs, and legal responses. Many stalking victims do not use the words “stalking” or “fear” to describe their experience(s).¹ They are more likely to say something like “my ex is bothering me,” “an old coworker is being weird,” or “my neighbor is harassing me.” Victims respond to trauma differently, and may present as annoyed, frustrated, angry, or show no emotion at all rather than appearing scared.

As responders, it can be beneficial to determine if stalking victimization and/or fear is present in order to effectively assess risk, consider legal options, and/or safety plan.

Stalking behaviors are varied and may change over time. Most stalkers engage in multiple tactics to scare their victims.² Ask specific questions about the major stalking categories—surveillance, life invasion, intimidation, and interference (SLII)³—to better assess if a victim is experiencing stalking. These categories overlap and build on each other.



Stalking Behavior Screening Questions:

- Is the offender following you, watching you, showing up unexpectedly, or communicating with you in ways that seem obsessive or make you concerned for your safety?
- Has the offender repeatedly initiated unwanted contact with you (for example, repeated phone calls, texts, messages, emails, gifts, etc. or through third parties)?
- Has the offender threatened you or done other things to intimidate you? What have they done that has frightened or alarmed you?
- Has the offender significantly and directly interfered with your life? Have they assaulted you while stalking, harassing, or threatening you? Have they forcibly kept you from leaving or held you against your will, caused you to have a serious accident, physically assaulted your friends or family members, or seriously attacked you in other ways?

Key questions about fear/concern for safety:

- Have the offender’s actions made you afraid for your safety or the safety of others?
- Have you changed your life in any way because you are afraid? If so, how? (for example, installed door locks, cameras, or lights; moved; changed jobs; altered schedule, route, and/or routines)
- What are you most afraid of happening?

The Stalking and Harassment Assessment and Risk Profile (SHARP) is a free, web-based tool with more questions, available at www.CoerciveControl.org. It is designed specifically to examine stalking and assess the “big picture” of the stalking situation and a victim’s risk in the moment.



SURVEILLANCE

Surveillance is the most commonly identified stalking tactic and includes watching and gathering information about the victim.

Has the offender...

- followed you?
- watched you?
- shown up unexpectedly?
- gone through your mail or trash?
- sought information about you from friends, family, or other acquaintances?
- communicated with you in ways that seemed obsessive or made you concerned for your safety?
- accessed your accounts (for example, social media, online finances)?
- planted a camera, GPS tracker, or other device on your vehicle or in your home?
- used tracking software on your phone, tablet, or computer to track you?
- monitored your activity online?

“He knows everything about me...I am so frightened.”¹⁴

- Stalking Survivor



LIFE INVASION

Life invasion describes ways that the offender is showing up in the victim's life without the victim's consent. "It is referred to as invasion because it means entry directly or through electronic means into the private sphere of victim lives—even though it can occur in public settings."¹⁵ This may include excessive contact, showing up, spreading rumors, and/or sending gifts.

Has the offender...

- repeatedly initiated unwanted contact with you (for example, repeated phone calls, texts, messages, emails)?
- sent gifts to you or left objects/items for you to find?
- tried to initiate contact with you through third parties?
- spread rumors about you?
- humiliated, or tried to humiliate, you in public?
- impersonated you online?
- hacked into your accounts?
- harassed friends, family members, or other third parties?
- sent photos of themselves or of you in locations that you frequent?
- invaded your property (like letting themselves into your home or vehicle)?
- shown up at places you frequent (for example, your gym, child's daycare, grocery store)?

“My entire life has been stolen from me. My privacy has been taken from me. I'm humiliated daily. It's a living hell.”¹⁶

- Stalking Survivor



INTERFERENCE THROUGH SABOTAGE OR ATTACK

Stalkers may interfere in a victim's life in many ways, affecting everything from the victim's reputation to their employment and/or physical safety. A common and significant consequence is victims losing financial and other resources, which can quickly spiral.

Has the offender...

- significantly and directly interfered with your life?
- damaged your property or stolen from you?
- disrupted your professional and/or social life?
- caused you to have a serious accident?
- meddled in online accounts (social media, finances, etc.)?
- posed as you and created harm?
- forcibly kept you from leaving or held you against your will?
- assaulted you while stalking, harassing, or threatening you?
- assaulted your friends, family, or pets, or seriously attacked you in other ways?
- shared with others and/or posted online private photos of you and/or information about you?

“It's not easy to describe the fear you have when you see the stalker, or signs of the stalker, everywhere you go. I have given up all hopes of ever having a safe life.”

- Stalking Survivor



INTIMIDATION

Context is critical in stalking cases. Many behaviors are intimidating when considered within the totality of stalking behaviors and with the victim and offender's relationship and history in mind.

Has the offender...

- threatened you explicitly or implicitly, in-person or online?
- threatened family, friends, pets, or others that you care about?
- threatened to destroy property, harm pets, or to sabotage you in other ways?
- blackmailed you?
- threatened to share/post private information about you unless you perform sexual acts?
- engaged in symbolic violence (like a crushed soda can or burnt doll) that you perceived as a threat?
- threatened to or actually harmed themselves?
- done anything that has intimidated, frightened, or alarmed you?

STALKING INCIDENT AND BEHAVIOR LOG FOR COLLEGE STUDENTS



**13.5 million
PEOPLE are
STALKED
each year**

If you are a victim of stalking, it can be critical to maintain a log of stalking-related incidents and behavior. This can be especially helpful if you choose to engage with the campus disciplinary system, the police, or are thinking about getting a protection order. Recording this information will help to document the behavior for campus conduct or disciplinary hearings, Title IX investigations, protection order applications, or criminal prosecution. It can also help you remember individual incidents later, which you might need for reporting purposes.



WHAT IS STALKING?

While legal definitions of stalking vary from one jurisdiction to another, Title IX and the Clery Act have a good working definition:

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to (1) Fear for the person's safety or the safety of others; or (2) Suffer substantial emotional distress.

The stalking log should be used to record and document all stalking-related behavior. When reporting an incident to someone, write down that person's name and workplace information, including any badge or identification number they may have. You can ask them to make a written report and request a copy for your records.

Important note: Since this information could potentially be introduced as evidence or inadvertently shared with the stalker at a future time, **do not include any information in the log that you do not want the stalker to see.**

Examples of incidents and behavior to log include: harassing and repeated phone calls, texts, and messages; following or waiting for you; sending you letters or gifts; tracking you; damaging your property; spreading rumors about you; posting private information or photos of you; impersonating you; hacking into your accounts; threatening you or those close to you; and threats communicated through other people.

Attach a photograph of the stalker, photocopies of restraining orders, police reports, and other relevant documents to the log. Keep it in a safe place and only tell someone you trust where you keep your log. Some people like to keep a digital copy of the log on their computer or phone. It's important to think about whether the stalker might have access to your phone or computer.

Documenting stalking behavior can be a difficult and emotionally exhausting task. A campus resource center or local advocate (often someone who works at a domestic or sexual violence crisis center program) in your community can provide support, information about the options available to you, and assistance with safety planning.



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Domestic Violence

Domestic Violence - a pattern of behavior that is used to gain or maintain power and control over a family or household member*.

*Household member - any person related by blood or marriage, persons who are presently residing together or have resided together in the past, any person who is or has been in a continuing social relationship of a romantic or intimate nature with the abuser, any person who has a child in common with the abuser, or an adult who is or has been in a dating relationship with the abuser.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

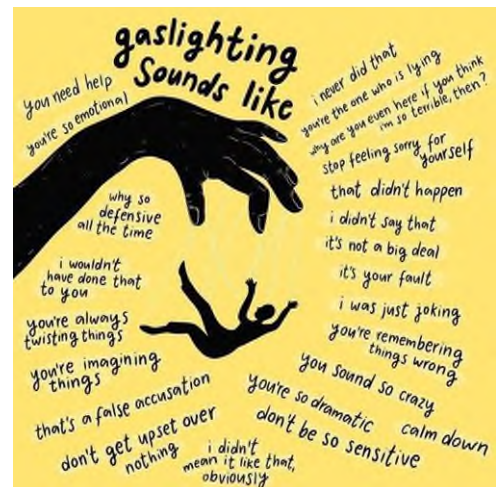
Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

YOU MAY BE IN AN EMOTIONALLY ABUSIVE RELATIONSHIP IF YOUR PARTNER:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call and who you spend time with.
- Does not want you to work.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Expects you to ask permission.
- Threatens to hurt you, the children, your family or your pets.
- Humiliates you in any way.

YOU MAY BE IN A PHYSICALLY ABUSIVE RELATIONSHIP IF YOUR PARTNER HAS EVER:

- Damaged property when angry (thrown objects, punched walls, kicked doors, etc.).
- Pushed, slapped, bitten, kicked or choked you.
- Abandoned you in a dangerous or unfamiliar place.
- Scared you by driving recklessly.
- Used a weapon to threaten or hurt you.
- Forced you to leave your home.
- Trapped you in your home or kept you from leaving.
- Prevented you from calling police or seeking medical attention.
- Hurt your children.
- Used physical force in sexual situations.



YOU MAY BE IN A SEXUALLY ABUSIVE RELATIONSHIP IF YOUR PARTNER:

- Views women as objects and believes in rigid gender roles.
- Accuses you of cheating or is often jealous of your outside relationships.
- Wants you to dress in a sexual way.
- Insults you in sexual ways or calls you sexual names.
- Has ever forced or manipulated you into to having sex or performing sexual acts.
- Held you down during sex.
- Demanded sex when you were sick, tired or after beating you.
- Hurt you with weapons or objects during sex.
- Involved other people in sexual activities with you.
- Ignored your feelings regarding sex.

Trauma Bonding

Have you ever felt yourself missing the person that has abused you or caused you an immense amount of harm? Have you ever caught yourself justifying their past behaviors even if you know they were wrong?

What is trauma bonding?

We are naturally inclined to turn to the person we love when we experience something frightening (we even do this with our abusers)

After abuse occurs, the abuser follows it with an act of kindness.

The pattern of this occurring creates what we call a "trauma bond"

Common Symptoms

Obsessing about someone that has hurt you, even if you are away from them

Seeking contact from someone that you know will cause you pain

Continuing to be civil, even if they have harmed you

Trusting the same person that has proven they cannot be trusted

Having a hard time leaving unhealthy relationships

Waiting for admission of guilt from someone that does not care

Maintaining contact with someone that has shown no responsibility for their actions

Breaking the Trauma Bond

Stop yourself while fantasizing about how they might one day change. Say to yourself the following things:

*"I love them, but I do not want to love them". *
"Oops, I was fantasizing about good times with them even though they never last with them" * "I am being pulled back in, and I do not want to be".

Stay grounded in the evidence of how their behavior is the same

Understanding the pattern of how the relationship has evolved

Remind yourself how their past behavior has impacted you and continues to impact you

Be kind to yourself. Avoid blaming yourself when you realize that you are falling back into the pattern and know that you are not to blame.

Cut off all contact with the individual if you are able to

Work with a mental health professional to help identify patterns in the relationship and how to handle situations

7 Stages of Trauma Bonding

- 1. Love bombing – showing praise and attempting to flatter you in ways they know you appreciate. Seems as if they have good intentions and puts positive imagine into your head of them.**
- 2. Gaining your trust and dependence or giving you hope for the future.**
- 3. Blaming or criticizing you to make you feel bad about yourself during an argument.**
- 4. Manipulation through gaslighting – causes you to believe that you are the problem**
- 5. Addiction – become addicted to the positive reinforcement that comes after the abuse**
- 6. Loss of self – you begin to lose your sense of self**
- 7. Submission – you give in to avoid conflict and to please the other person.**

