Important Health and Safety Information

FOR PARENTS

2014-2015
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<th>Service</th>
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<tr>
<td><strong>CSB Security</strong></td>
<td>(320) 363-5000</td>
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<td></td>
<td>Darren Swanson, Director of Security</td>
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<td><strong>SJU Life Safety</strong></td>
<td>(320) 363-2144</td>
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<td></td>
<td>Shawn Vierzba, Director of Life Safety</td>
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<td><strong>CSB Dean of Students</strong></td>
<td>(320) 363-5601</td>
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<td>Jody Terhaar</td>
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<td><strong>SJU Dean of Students</strong></td>
<td>(320) 363-3512</td>
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<td></td>
<td>Michael Connolly</td>
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<td><strong>CSB Residential Life</strong></td>
<td>(320) 363-5580</td>
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<td></td>
<td>Mary Beth Thompson, Director of Housing</td>
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<td>TBD, Director of Residential Life</td>
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<td><strong>SJU Residential Life</strong></td>
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<td></td>
<td>Dan McAvey, Director of Residential Life</td>
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<td><strong>CSB/SJU Counseling and Health Promotion</strong></td>
<td>(320) 363-5605</td>
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<td>Michael Ewing, Ph.D., LP,</td>
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<td></td>
<td>Director of Counseling and Health Promotion</td>
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<td><strong>CSB Health Services</strong></td>
<td>(320) 363-5605</td>
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<td><strong>HealthPartners Clinic – SJU Campus</strong></td>
<td>(320) 203-2430</td>
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<tr>
<td><strong>St. Joseph Police</strong></td>
<td>(320) 363-8250</td>
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<tr>
<td>(Non-Emergency)</td>
<td>Chief Joel Klein</td>
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<tr>
<td><strong>Stearns County Sheriff</strong></td>
<td>(320) 251-4240</td>
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<tr>
<td>(Non Emergency)</td>
<td>John Sanner, County Sheriff</td>
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<td><strong>Saint Cloud Hospital</strong></td>
<td>(320) 251-2700</td>
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<td><strong>Gold Cross Ambulance</strong></td>
<td>(320) 251-8505</td>
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<td><strong>Central Minnesota Sexual Assault Center</strong></td>
<td>(320) 251-4357</td>
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Dear Parents,

All college campuses are committed to providing a safe and secure environment for students, faculty and staff. We want to provide you with information about our services, programs, and policies related to serious situations that can occur on a college campus. Included in this brochure you will find information about mental health issues, criminal activity, medical emergencies, our alcohol policy, sexual misconduct and human rights. We want to provide you with some basic information to answer common questions and contact information should you have any additional questions or concerns.

Sincerely,

Jody Terhaar  
Dean of Students  
College of Saint Benedict  
jterhaar@csbsju.edu  
320-363-5601

Michael Connolly  
Dean of Students  
Saint John’s University  
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Campus Emergency Information

Major Campus Emergency

In the case of a major campus emergency, information would be posted and updated on the CSB/SJU Web site. Depending on the nature of the emergency, information would also be communicated via television and radio.

Emergency Notification System

The College of Saint Benedict and Saint John’s University have partnered with ConnectED, a company that provides the technology for mass notification services to keep students, parents, faculty and staff informed and connected in the event of an emergency. The ConnectED program allows students to enter up to six phone numbers and e-mail contacts to which emergency messages would be sent. Students have the option to add their home phone number, cell phone number, parent(s) home and cell phone information in addition to e-mail addresses. Additional information about ConnectED can be found at www.csbsju.edu/ConnectEd.htm.

Emergency Contact Information

CSB Security and SJU Life Safety Services provide 24-hour coverage for the campuses and are available to provide assistance after regular business hours.

CSB Security  
(320) 363-5000

SJU Life Safety Services  
(320) 363-2144
Criminal Activity
The College of Saint Benedict and Saint John's University are fortunate to be safe communities. The level of safety on our campuses is due to the diligence of our Campus Security and Life Safety staffs and our relationship with local law enforcement. It is imperative for students to be partners in maintaining campus safety and security and we expect students to be responsible for their own safety and attentive to the safety of the campus community.

The CSB Security Department and SJU Life Safety Services have a strong commitment to providing education to our students and other community members. We encourage you to explore the Web site for each department so you can reinforce the messages and encourage proactive behaviors in regard to personal safety.

Both CSB and SJU are in full compliance with the Campus Security Act and the annual Campus Safety Reports for each institution and are available online at: www.csbsju.edu/CSB-Security/Annual-Crime--Fire-Safety-Report.htm

Residential Life Staff Support & Resources
At the College of Saint Benedict, Area Coordinators (ACs) and Residence Directors (RDs) live in the residential community with students and supervise the student Resident Assistants (RAs). At Saint John’s University, the residence hall staff includes Faculty Residents (FRs) and Resident Assistants (RAs). The Residence Directors and Faculty Residents serve as mentors, informal counselors, disciplinarians and role models. In conjunction with the Resident Assistants, the Area Coordinators, Residence Directors and Faculty Residents are available to provide support and guidance to students. They are also available to you as parents if you have questions or concerns about your daughter or son.

Residential life staff members on both campuses are available to assist you and your student. For specific contact information, please utilize the links below:

CSB - www.csbsju.edu/csb-residential-life/residential-life-staff
SJU - www.csbsju.edu/sjureslife/staff.htm

Health Care and Medical Emergencies
In the case of a medical emergency, CSB Security or SJU Life Safety should be contacted immediately. Both departments have officers and staff who are Emergency Medical Technicians and First Responders. If it is an emergency requiring immediate assistance, 911 should be called. The agencies that respond to the College of Saint Benedict and Saint John’s University are Gold Cross Ambulance and St. Joseph Fire and Rescue. The Saint Cloud Hospital receives students who are transported by ambulance or are in need of emergency or crisis medical care.

CSB Health Services
The College of Saint Benedict Health Services, located in the lower level of Lottie Hall, in conjunction with Counseling and Health Promotion, forms the CSB Health Center. Health Services is designed with the specific needs of college women in mind. The women of Saint Benedict will find an experienced staff who can address their needs in a comfortable, confidential environment. Health Services offers primary care including treatment of acute illnesses, injuries and mental health concerns; preventative health exams; travel consults; and immunizations. Hours are Monday through Friday, 8 a.m. – 4:30 p.m. To better serve patients, appointments are preferred.
HealthPartners Clinic – SJU Campus

HealthPartners Central Minnesota Clinics operates a clinic providing primary care and urgent care services in the south wing of the Quadrangle on 1st floor. The clinic is open Monday through Friday, 8:00 a.m. to 4:30 p.m. during the fall and spring semesters and closes during the lunch hour. Days and hours of service may be reduced during breaks. The clinic is closed during the summer months. Services offered include checkups, physical examinations, immunizations, travel consultations and vaccinations, urgent care and treatments. HealthPartners operates on a fee-for-service basis and accepts most insurance plans. NovaCare physical therapy services are available here also. Please see the HealthPartners Saint John’s Clinice website for more information: www.csbsju.edu/sju-health-center.htm.

Mental Health Services and Programs

The CSB/SJU Counseling and Health Promotion department (CSB: Lower Level Academic Services Building; SJU: Ground Floor Mary Hall 10) include psychologists and counselors who provide counseling and psychological services to currently enrolled CSB/SJU students. The following is offered as a primer of the services available on-campus.

Individual Counseling

Students can work individually with a clinician to explore concerns and work towards a better understanding and resolution of difficulties. Each year more than 400 CSB/SJU students utilize counseling and psychological services via CSB/SJU Counseling and Health Promotion offices. Some of the common concerns students discuss in counseling include: self-esteem, stress/anxiety, depression, relationship difficulties, family issues, academic performance, alcohol or other drug use, and disordered eating behaviors.

Scheduling Appointments

CSB/SJU students interested in scheduling an appointment with a clinician are welcome to call the Counseling and Health Promotion office at either CSB (320-363-5605) or SJU (320-363-3236). Appointments can also be made by stopping at either the CSB Office (Lower Level, ASB 104) or the SJU office (Ground Floor, Mary Hall 10). Office hours are 8 a.m. to 4:30 p.m. (Monday-Friday). Parents, friends, or faculty cannot schedule appointments for a student and appointments cannot be made via e-mail.

Crisis Counseling

Students or concerned others can contact Counseling and Health Promotion (CHP) to request assistance with a crisis or emergency. When calling or visiting CHP for crisis/emergency assistance, students or concerned others should identify themselves and clearly indicate that they are in need of assistance with a crisis/emergency. In the event of an after-hours crisis/emergency (as noted above CHP offices are staffed Monday – Friday 8 a.m. – 4:30 p.m.) students or concerned others are encouraged to contact CSB Campus Security (320-363-5000) or SJU Life Safety Services (320-363-2144). Campus Security/Life Safety staff members will coordinate responses to requests for after-hours crisis/emergency consultation.

Mental Health Screenings

Mental health screenings for depression, anxiety, alcohol abuse, and eating disorders are offered to CSB/SJU students on Wednesdays from 1-3 p.m. Clinicians at both CSB and SJU Counseling and Health Promotion offices provide free, anonymous screenings to students of either campus on a walk-in basis during this time. These mental health consultations/screenings take approximately 20 minutes. For more information please contact the Counseling and Health Promotion office at either CSB (320-363-5605) or SJU (320-363-3236).
Consultations
Consultation services are available to students and concerned others (faculty, staff, students, and parents) to help them address the developmental and psychological needs of students. When utilizing this service, please be advised that professional and ethical standards require counseling staff members to maintain confidentiality of client contacts and records (see below).

Confidentiality
Counseling records are kept separate from other campus records to ensure students’ privacy and confidentiality. Information regarding a student’s use of counseling and psychological services can only be provided if students in question have provided their written (informed) consent to permit the disclosure. This restriction applies to both current and past use of counseling services. An exception to these standards can be made when a student is at imminent risk of harming self or others.

Cost
There are no fees for counseling and psychological services. There may be nominal fees for testing/assessment and some educational workshops.

Alcohol Policy
The College of Saint Benedict (CSB) and Saint John’s University (SJU) believe that individual choices involving the use of alcohol have an impact on both the individual and the community. National studies have found that alcohol use is closely linked to sexual assault, declining academic performance, violent crime and alcoholism among college students. For these reasons, the university’s alcohol policy demonstrates a strong ethic of care and establishes healthy standards for the community in relation to the responsible and legal use of alcohol. This policy is written in accordance with Minnesota state law and reflects the mission, goals and academic standards of our community.

As a residential colleges, CSB and SJU students have the opportunity to learn with a group of individuals who make up their community. A part of the learning that takes place is social in nature. Responsible and legal alcohol use is a part of that educational process. Development of individuals and social choices can have long-term effects on behaviors, attitudes and values. Learning to know one’s limits and to care about one’s community are integral to the residential experience. Students are expected to use caution in choosing to use alcohol and are responsible for their behavior at all times. Being in a community means that individuals are also responsible for others. Taking action to care about and confront inappropriate alcohol use among one’s peers makes the community stronger. Students will be held accountable for their behavior on either campus. Students are expected to abide by the following expectations regarding individual use of alcohol:

1. Individuals who are under the age of 21 are not allowed to possess or consume alcohol. Individuals who are 21 years of age or older, who choose to use alcohol, are expected to use and consume alcohol responsibly.
2. Individuals 21 years of age or older, who choose to use alcohol, may possess or consume alcohol within a private room, apartment or house where at least one assigned resident is 21 years of age or older and is present.
3. No alcohol is permitted in first year residence halls (including Aurora, Corona and Regina at CSB and St. Thomas and St. Mary at SJU) at any time for any reason.
4. Individuals are not allowed to keep, stockpile, store or display alcohol or empty alcohol containers in their residences.
5. Kegs, party balls or other common containers of alcohol (e.g., punch bowls) are not allowed in residence hall rooms.
6. Alcohol is not permitted in hallways, lounges, balconies or any other public spaces.
7. Residents are responsible for the individual use of alcohol by guests and for any violation of policy, disorder, or damage associated with the behavior of guests.

8. Drinking games or drinking contests of any sort are strictly prohibited.

9. Alcohol and related items including containers, kegs, taps and beer bongs are confiscated without return when a violation occurs.

10. Students who violate state or local liquor laws off-campus may be subject to prosecution by local law enforcement in addition to campus disciplinary action under the Good Neighbor Policy.

11. Individuals are not allowed to possess or consume alcohol on the Link Bus. An individual who vomits on a Link bus will be assessed a fee.

12. No one is allowed to consume alcoholic beverages anywhere on College of Saint Benedict, Saint John’s University, or Order of Saint Benedict grounds without prior approval.

The upholding of the Alcohol Policy rests with all members of the college community. CSB and SJU also expect students to confront peers who are irresponsible and/or abusive in their use of alcohol. Alcohol policy violations are referred to Residential Life staff as outlined in student conduct process for each campus.

Students who are concerned with their own alcohol use or the alcohol use of a friend should consider using Counseling Services available on campus to all students. The services are free, confidential, and can assist students in talking about issues, receiving treatment, or support. CSB, SJU or the court system may also refer students for a chemical use assessment and/or treatment. The cost for a chemical use assessment and/or treatment is the responsibility of the student.

The complete Alcohol Policy for each campus can be found at http://www.csbsju.edu/csb-student-development/student-life-policies#CSB Alcohol Policy for CSB and at http://www.csbsju.edu/sju-student-development/j-book-student-policies/policies/student-life-policies#alcohol for SJU.

Human Rights Policy

The College of Saint Benedict (CSB) and Saint John’s University (SJU) are committed to creating and maintaining an environment in which all members of the community are aware of and respect the rights and human dignity of every other member. Discrimination and harassment based on race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, status with regard to public assistance, or other legally protected category or characteristic are reprehensible and are antithetical to the mission of these institutions. CSB and SJU have zero tolerance for unlawful discrimination and harassment. CSB and SJU may take action, including disciplinary action, to stop and remedy conduct that could lead to the creation of a hostile environment.

Discrimination or harassment relating to race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, status with regard to public assistance, or other legally protected category or characteristic is not only a violation of this policy and our values but it is also prohibited by both state and federal law, under such laws as:

- Title VII of the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, sex, religion, and national origin in employment
- Title IX of the Education Amendments of 1972, which prohibits discrimination on the basis of sex, including sexual harassment, sexual violence, and other forms of sexual misconduct
- The Americans with Disabilities Act of 1992, which prohibits discrimination on the basis of disability
- The Minnesota Human Rights Act, which prohibits discrimination on various grounds
- Other state and federal laws
In the context of human rights, discrimination refers to unfair and/or unequal treatment of an individual or group when based upon legally protected characteristics, including race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, and status with regard to public assistance. Some civil rights laws applicable to employees and students may also include affirmative obligations requiring CSB and SJU to provide reasonable accommodations to members of certain protected classes. For example employees who have disabilities may request a reasonable modification of their job duties or some other accommodation to assist them in performing the functions of their jobs. With regard to students with disabilities, CSB and SJU are obligated to provide reasonable modifications to their practices, policies and procedures and auxiliary aids and services to ensure that such students have an equal opportunity to participate in, and enjoy the benefits of the educational programs offered by CSB and SJU.

Harassment is defined in part as verbal, non-verbal, or physical conduct that denigrates or shows hostility or aversion toward an individual or a group of individuals because of race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, status with regard to public assistance, or other legally protected category or characteristic when:

- submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment or educational experience; or submission or rejection of such conduct by an individual is used as the basis of employment decisions or academic/educational decisions affecting such individual (Quid Pro Quo Harassment);
- such conduct has the purpose or effect of substantially and unreasonably interfering with an individual's work or educational experience or creating an intimidating, hostile, or offensive working, residential, or educational environment (Hostile Environment Harassment).

Examples of Harassment. The determination of what constitutes harassment depends upon the specific facts of each situation in the context in which the conduct occurs. Harassment may take many forms. It may be subtle and indirect, or blatant and overt. It may occur between peers or between individuals in a hierarchical relationship. If it meets the conditions set forth in the above definition, conduct such as the following may be considered discriminatory harassment:

- epithets, slurs, negative stereotyping, obscene gestures, leering, insults, or threatening, intimidating, or hostile acts that relate to race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, status with regard to public assistance, or other legally protected category or characteristic;
- written or graphic material that is used for the purpose of denigrating or showing hostility or aversion toward an individual or a group of individuals because of race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, status with regard to public assistance or other legally protected category or characteristic;
- unwelcome and inappropriate physical contact related to race, religion, color, national origin, sex, sexual orientation, age, marital status, disability, familial status, status with regard to public assistance, or other legally protected category or characteristic, including without limitation, unwanted touching and assaultive conduct.

Sexual harassment and other forms of sexual misconduct are prohibited by both this policy and by the CSB/SJU Sexual Misconduct Policy. See the CSB/SJU Sexual Misconduct Policy for more information on conduct that constitutes sexual harassment and sexual misconduct.

Hostile Environment harassment is established when harassment (as defined above) is so severe or pervasive that it has the purpose or effect of substantially and unreasonably interfering with an individual’s work or educational experience or creating an intimidating, hostile, or offensive working, residential, or educational environment.

Sexual Misconduct Policy

The purpose of the Sexual Misconduct Policy is to maintain an environment that is free from the physical and emotional threat of sexual misconduct, including sexual harassment, sexual assault, and other forms of sexual violence. The College of Saint Benedict (CSB) and Saint John’s University (SJU) have zero tolerance for sexual misconduct in any form.

In institutions such as ours, which espouse Catholic and Benedictine values, every community member’s awareness of and respect for the rights and human dignity of all persons undergirds community life. These values demand that we strive to create an environment where the sacredness of each person is honored. Sexually assaultive conduct, sexual harassment, and other sexual misconduct violate the sacredness of the person, weaken the health of the community, and are antithetical to the mission of our institutions.

The College of Saint Benedict and Saint John’s University will investigate and promptly seek the equitable resolution of all allegations of sexual misconduct. In addition to initiating a complaint under the Sexual Misconduct Policy, students are also strongly encouraged to make a report to local law enforcement. Both CSB and SJU work closely with local law enforcement in handling sexual misconduct complaints and investigations.

Sexual misconduct incorporates a variety of behaviors, including sexual assault, sexual violence, sexual harassment, stalking, domestic violence, dating partner violence, sex-based cyber harassment, hazes of a sexual nature, peeping, voyeurism, going beyond the boundaries of consent (such as secretly allowing others to watch a sexual encounter), and any other conduct of a sexual nature that is nonconsensual or has the purpose or effect of threatening, intimidating, coercing or interfering with the rights of another person or persons. Much sexual misconduct includes nonconsensual sexual contact, but this is not a necessary component. Threatening or intimidating speech, which meets the definition of sexual harassment, for example, will constitute sexual misconduct. Photographs, video, or other visual or auditory records of sexual activity made or shared without explicit consent constitute sexual misconduct, even if the activity documented was consensual. Domestic violence and dating partner violence constitute sexual misconduct, regardless of whether the intimate or sexual relationship between the parties is consensual.

Sexual assault is defined as sexual contact, including but not limited to penetration, without consent. Sexual assault is a form of sexual violence and a severe form of sexual harassment.

Sexual contact, for purposes of this policy, shall have the same meaning as it has under Minnesota law. “Sexual contact” includes, but is not limited to, the intentional touching by the respondent of the complainant’s breasts, inner thighs, genitals and/or groin area, whether clothed or unclothed; or the coerced touching by the complainant of another’s intimate parts. Sexual contact also includes the intentional removal or attempted removal of clothing covering the complainant’s intimate parts.

Consent means words or overt actions by a person indicating a freely given present agreement to perform a particular sexual act with the actor. Consent must be informed and freely and actively given.

• Consent requires more than the existence of a prior or current social or sexual relationship between the actor and the complainant.

• Consent to one sexual act does not imply consent to another. Consent has to be specific to the act. Past consent to sexual activity does not imply ongoing future consent. Consent can be revoked at any time. Although consent does not need to be verbal, verbal communication is the most reliable form of asking for and gauging consent.

• Simple silence, the lack of a negative response, or failure to resist is not consent. It is the responsibility of the actor to obtain consent to any and all sexual involvement that occurs.

• The use or threatened use of force or other forms of coercion or intimidation take away a person’s ability to give consent to sexual contact. Consent is not present when another person fears the consequences of not consenting. Coercion includes intimidation, threats, misuse of authority, manipulation, tricking or bribing with actions and/or words.
• A person who is asleep, unconscious or substantially impaired by drugs, alcohol, disability, or other means, or who lacks full knowledge or information of what is happening cannot consent to a sexual act. This is true regardless of whether the person voluntarily or involuntarily consumed the drugs or alcohol. Use of drugs or alcohol by the accused, however, is not a defense against allegations of sexual misconduct and does not diminish personal accountability or criminal liability.

• A person who has not reached the legal age of consent may not give consent. The legal age of consent may vary depending on the circumstances and the applicable state law.

• Where there is otherwise credible evidence to support a finding of nonconsent, corroborating testimony is not required.

Sexual harassment, a form of discrimination based on sex, is defined in part as unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual or gender-based nature when:

• submission to such conduct is made either explicitly or implicitly a term or condition of an individual’s employment or educational experience; or submission or rejection of such conduct by an individual is used as the basis of employment decisions or academic or education-related decisions affecting such individual (Quid Pro Quo Sexual Harassment) or;

• such conduct has the purpose or effect of substantially and unreasonably interfering with an individual’s work or educational experience or creating an intimidating, hostile, or offensive working, residential, or educational environment (Hostile Environment Sexual Harassment).

• Non-verbal harassment may include suggestive or insulting sounds, leering, whistling, obscene gestures, and visual displays;

• Verbal harassment may include statements (written or spoken) drawing upon sexual innuendo, suggestive comments, insults, humor or jokes emphasizing gender-specific traits or clothing, sexual propositions (including repeated unwelcome invitations to social engagements), or sexual threats;

• Physical harassment may include unwanted touching, pinching, patting, hugging, or brushing of one’s body. In its most extreme form, sexual harassment includes sexual assault.

• Gender-based harassment may include non-verbal, verbal or physical harassment directed at an individual or a group of individuals solely on the basis of gender, whether or not such conduct is sexual in nature.

• In some cases, consensual romantic or sexual relationships may form the basis for a claim of sexual harassment when the relationship gives undue access or advantage, restricts opportunities or creates a hostile and unacceptable environment for others.

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

Domestic Violence includes felony or misdemeanor crimes of violence committed by a current or former spouse of the victim, by a person with whom the victim shares a child in common, by a person who is cohabitating with or has cohabitated with the victim as a spouse, by a person similarly situated to a spouse of the victim under the domestic or family violence laws of Minnesota, or by any other person against an adult or youth victim who is protected from that person’s acts under domestic or family violence laws.

Stalking means engaging in a course or pattern of unwelcome and unwanted conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others or to suffer substantial emotional distress. Stalking can be a form of sexual harassment. Stalking behavior includes, but is not limited to:
• Repeated, unwanted, intrusive, and frightening communications by phone, mail, and/or email;
• Repeatedly leaving or sending victim unwanted items, presents, or flowers;
• Following or lying in wait for the victim at places such as home, school, work, or recreation place;
• Making direct or indirect threats to harm the victim, the victim’s children, relatives, friends, or pets;
• Damaging or threatening to damage the victim’s property;
• Posting information or spreading rumors about the victim on the internet, in a public place, or by word of mouth;
• Unreasonably obtaining personal information about the victim by accessing public records, using internet search services, hiring private investigators, going through the victim’s garbage, following the victim, contacting victim’s friends, family work, or neighbors, etc.


**Sexual Assault Resources**

Sexual Assault Survivor’s Guide: http://www.csbsju.edu/chp/sexual-assault-survivors-guide
Central Minnesota Sexual Assault Center: http://cmsac.org/
Minnesota Coalition Against Sexual Assault: http://www.mncasa.org/
Not Alone: https://www.notalone.gov/
National Sexual Violence Resource Center: http://www.nsvrc.org/
Rape, Abuse and Incest National Network: http://www.rainn.org/
The Office of Violence Against Women: http://www.ovw.usdoj.gov/
Central Minnesota Sexual Assault Center (CMSAC): (320) 251-4357
National Sexual Assault Hotline: 1-800-656-HOPE