

First Steps: Getting Help

- Go to a safe location as soon as you are able.
- If you are experiencing an emergency situation, call 911.
- Seek immediate medical attention if you are injured or believe you may have been exposed to an STI/STD or potential pregnancy.
 - UnityPoint-St. Luke's Medical Center
2720 Stone Park Blvd., Sioux City, IA
 - Mercy Medical Health Center
801 5th Street, Sioux City, IA
- Preserve all evidence. After sexual violence, do not shower until you have considered whether to have a no-cost forensic sexual assault examination at the hospital, and save the clothes you were wearing (unwashed) in a paper or cloth bag. If existing, take photos of any damage or injury and keep communication records.

It is important to remember that it was not your fault: no matter what the circumstances, you did not deserve to be sexually assaulted.



Tips to Support a Survivor

Whether you are a friend, partner, or family member, you can be a pivotal force in your loved one's recovery from sexual assault. It is also important to recognize that the assault can be traumatizing for you as a loved one, so please make sure you practice self-care.

- Believe every person
- Be supportive and treat them with respect
- Listen, listen, listen
- Do not accuse or judge
- Focus on the survivor's emotions, not on actual facts about the assault
- Offer them local resources and encourage them to seek professional counseling
- Do not pretend the assault never happened
- Reassure: THIS WAS NOT YOUR FAULT
- Do not press for details.

It is normal to feel enraged that someone hurt your loved one, but the focus should remain on the survivor's emotions.

Sexual Misconduct Resource Guide



The Morningside College experience cultivates a passion for **lifelong learning** and a dedication to **ethical leadership** and **civic responsibility**.

What is Sexual Misconduct?

Morningside College will not tolerate sexual misconduct in any form. Sexual misconduct may include (but is not limited to) acquaintance or date rape, non-consensual sexual intercourse, non-consensual sexual contact, or sexual exploitation.

What is Consent?

Consent is voluntary and clear permission by word or action to engage in sexual activity. Consent can be withdrawn once given, as long as the withdrawal is clearly communicated. A current or previous dating relationship is reasonably not sufficient to constitute consent.

Possible Responses to Sexual Misconduct

There are many different responses a survivor may have to sexual misconduct. Some common reactions include, but are not limited to:

- Shock or disbelief
- Shame and embarrassment
- Sense of responsibility for the incident
- Fear of being blamed by others
- Loss of control
- Feeling overwhelmed
- Vulnerability

Although there may be similarities in how a person responds, reactions and the process of recovery can vary.

Reporting Options

Option I: Wait

Wait until you are ready to share with others. Do not allow well-intentioned individuals push you to report until you want to.

Option II: Confidential Reporting

If you wish that details of an incident be kept confidential, on-campus resources include Morningside's personal counselor, chaplain, and student health providers. Local resources such as crisis centers are also confidential and have no duty to report your information to the College. All College employees, except those deemed confidential resources above, have a duty to report sexual misconduct to the Title IX coordinator. Conversations will be kept private but not confidential.

Option III: Report to the College

Upon receiving a report, the Title IX coordinator will do a preliminary inquiry to determine if there is reasonable cause to believe a policy has been violated. If so, a formal investigation may ensue in order to provide a resolution internally.

Option IV: Report to Law Enforcement

You may wish to file an official report of the misconduct with the Sioux City Police. Filing a report does not obligate a student to follow through with legal action or action through the College.

Option V: Report to College and Law Enforcement

You may wish to have both the College and law enforcement investigate the misconduct. College proceedings and a criminal investigation of the incident occur independently.

On Campus Resources

Bobbi Meister712-274-5606
Personal Counselor - *Confidential Resource*

Carol Garvey712-274-5178
Student Health Nurse - *Confidential Resource*

Rev. Andy Nelson 712-274-5148
Campus Chaplain - *Confidential Resource*

Karmen Ten Napel 712-274-5191
Dean of Students / Title IX Coordinator

Chris Spicer, VP for Academic Affairs
and Deputy Title IX Coordinator.....712-274-5103

Sheri Hineman 712-274-5335
Director of Residence Life

Safety & Security, 24/7712-274-5234

Brett Lyon.....712-274-5500
Director of Safety & Security

Cindy Welp712-274-5114
Director of HR / Title IX Deputy Coordinator

Off Campus Resources

Council on Sexual Assault and Domestic
Violence - *Confidential Resource*712-258-7233

National Coalition Against Domestic
Violence - *Confidential Resource*.....800-799-7233

Iowa Victim Service Call Center
Confidential Resource 800-770-1650

Rape, Assault, and Incest National
Network - *Confidential Resource*712-856-4673

Sioux City Police 712-279-6440

UnityPoint Health—St. Luke's
Confidential Resource712-279-3500

Mercy Medical Center
Confidential Resource 712-279-2010