

NMC



ADDITIONAL SUPPORT AND RESOURCES

For Students

- Short-term counseling services as well as referral services: Student Life Office, (231) 995-1118
- Safety concerns on NMC’s campus: Jim White, Assistant Director of Campus Safety and Security, (231) 995-1939
- Health concerns: Renee Jacobson, Director of Student Health Services, (231) 995-1255

For Everyone (24 hour phone numbers and services)

- Traverse City Police Department: 911 or (231) 995-5150
- Women’s Resource Center: (231) 941-1210
- Third Level Crisis Center: (231) 922-4800
- Northern Lakes Community Mental Health 24-hour emergency services: (231) 922-4850
- Munson Medical Center SANE (Sexual Assault Nurse Examiner Program for Rape Survivors): (231) 935-6333

1701 E. Front Street | Traverse City, MI 49686-3061
(231) 995-1000 | (800) 748-0566 | www.nmc.edu

NON-DISCRIMINATION POLICY NOTICE

Northwestern Michigan College is committed to a policy of equal opportunity for all persons and does not unlawfully discriminate on the basis of race, color,

national origin, religion, disability, genetic information, height, weight, marital status or veteran status in employment, educational programs and activities, and admissions. nmc.edu/nondiscrimination

- A healthy relationship takes time and nurturing to develop and must be accomplished mutually. Here are some aspects of healthy relationships:
- Being honest and accountable for actions
- Communicating openly and working together to find mutually satisfying solutions
- Sharing responsibility and making important decisions together (such as financial decisions)
- Talking and acting in ways that each person feels safe and comfortable expressing her/himself
- Being mindful of the other person’s needs and wants as well as your own
- Respecting each other’s right to say no
- Maintaining individual beliefs and sense of self while also offering time and attention to the relationship

College is an exciting place where new relationships can be formed and ongoing relationships can be maintained. Being on a college campus opens the door to many new experiences and relationships can provide a great sense of comfort and support during this time; however, relationships can also create confusion and stress. It is therefore important to recognize qualities of healthy and unhealthy relationships and to know where to look for additional support.

WARNING SIGNS

Sometimes it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. If you or someone you know is concerned about being in an unhealthy relationship please consider reaching out to a supportive professional for help. Some warning signs are:

- Checking your cell phone or email without permission
- Isolating you from family or friends
- Physically hurting you in any way
- Calling you names, insulting you, or putting you down
- Preventing you from going to work or school
- Telling you that no one else will be supportive of your sexual orientation
- Trying to control how you spend money, where you go, or what you wear
- Forcing you to have sex or engage in sexual acts against your will
- Blaming you for his or her violent behavior and telling you that you deserve it

IF YOU ARE A SEXUAL ASSAULT VICTIM

- Go to a safe place and tell someone you trust what happened. If there is immediate danger, call campus security (995-1111) or 911. Victims are not required to report an incident to law enforcement authorities, but campus authorities will assist victims who wish to do so.
- Consider securing immediate professional support to assist you in the crisis. On campus counseling services (995-1118) and health services (995-1255) are available for students.
- For your safety and well being, immediate medical attention is encouraged-being examined as soon as possible, ideally within 120 hours, is important in the case of sexual assault. The hospital will arrange for a specific medical examination at no charge.
- If you are a NMC student, contact the Title IX Coordinator, Vicki Cook (995-1144) who can assist in any needed advocacy for students who wish to obtain protective or restraining orders with local authorities, or the Vice President of Enrollment Management and Student Services, Chris Weber (995-1046) if you need assistance with college related concerns, such as educational assistance or other protective measures.

ACTIVE BYSTANDER INTERVENTION

A bystander is someone who hears or sees an incident but does not take part in the situation. An active bystander takes steps to address behaviors before a potentially unsafe event occurs. The following approach provides some steps to consider as an active bystander.

Consider safety first: Being an active bystander involves stepping in before a potentially dangerous situation occurs, planning for safety, and intervening in the safest ways possible. In order to do this you must be aware of your surroundings and ask for additional support if needed.

Assess the situation: Investigate the situation further and figure out what tactic would likely be the most successful given the circumstances presented. There are a variety of ways to safely intervene that include but are not limited to talking to an individual to see if he or she is doing okay, using distraction to separate individuals, or even getting other people involved in helping behaviors.

Respond with respect for everyone: Remember that with whatever intervention you choose, it is important to respond with respect for everyone involved and to intervene in non-violent ways. It is also essential to show care for the victim. You can do this by asking the victim if he or she wants or needs medical care, if he or she wants to talk to a counselor or report the matter to law enforcement or campus security, and whether or not he or she has a safe place to go. Always refer individuals to trained individuals who can provide additional support.

Educate myself and others: Continue to seek education on bystander intervention and other relevant topics regarding violence prevention. For more information about additional education and opportunities to provide advocacy please call the Student Life Office (995-1118.)

IMPORTANT DEFINITIONS

Sexual assault: In Michigan, the law regarding sexual assault is called Criminal Sexual Conduct (MCL § 750.520). It involves any unwanted sexual contact resulting from force, threat, or coercion, or when the victim is mentally incapacitated or physically helpless.

Domestic violence (includes dating): In Michigan, domestic violence (MCL § 750.81) includes the assault or assault and battery of a spouse or former spouse, an individual with whom he or she has or has had a dating relationship, an individual with whom he or she has had a child in common, or a resident or former resident of his or her household. A "dating relationship" is frequent, intimate associations primarily characterized by the expectation of affectionate involvement.

Stalking: In Michigan, stalking means a willful course of conduct involving repeated or continuing harassment of another individual that would cause a reasonable person to feel terrorized, frightened, intimidated, threatened, harassed, or molested and that actually causes the victim to feel terrorized, frightened, intimidated, threatened, or molested (MCL § 750.411h).

Consent: In Michigan, consent is not an element of criminal sexual conduct that prosecutors are required to disprove beyond a reasonable doubt. Rather, it is an affirmative defense available for defendants who are charged with committing criminal sexual conduct under some of the provided-for circumstance. For instance, it may be used to negate the elements of "force or coercion." According to Michigan's standard criminal jury instructions, a person consents to a sexual act by agreeing to it freely and willingly, without being forced or coerced. It is not necessary to show that the complainant resisted the defendant to prove that this crime was committed. Nor is it necessary to show that the complainant did anything to lessen to damage to him/herself (Mich, CJI@d 20.27).

Therefore, consent occurs as a free and willing agreement to engage in a sexual act, provided without force or coercion, between individuals who are of sufficient age and are not mentally incapable, mentally disabled, mentally incapacitated (including drug or alcohol use) or physically helpless.