

Health and Wellness at Meredith College New Student Orientation August 2017

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Wellness

Wellness is an active process to become aware of and make positive choices towards holistic health and a fulfilling lifestyle. It is an ongoing process that involves personal time and commitment.



Orientation 2017

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Want to get involved?

Welcome to the Meredith Community!


- What are healthy relationships?
- Think about one of your healthiest, most rewarding relationships....
- What adjectives would you use to describe a healthy relationship?



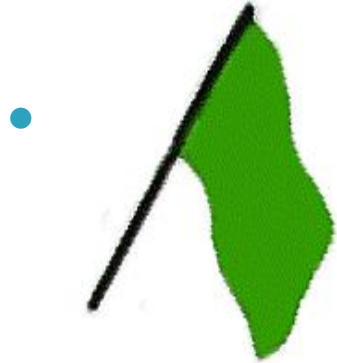
Signs of Healthy Relationships

- Effective communication
- Openness
- Support
- Respecting differences
- Self-awareness
- Honesty/trust
- Fun
- Makes you feel good about yourself
- Feeling Appreciated/valued
- Being active and engaged in the relationship
- Accepting the other person “as is”

Red Flags in Relationships

- Impulsivity
 - Insecurity
 - Withholding information
 - Lying
 - Not considering the other's needs
 - Not considering your own needs/desires
 - Jealousy
 - Not feeling like you can be yourself
 - Pressure to change or do things you don't want to do
 - Too much criticism
- 

Green Flags vs. Red Flags in Relationships



healthy, growth-oriented, positive



harmful, stifling, negative

Manipulative



Manipulative



Likes your family and friends



Likes your family and friends



Accepts responsibility for their own actions



Accepts responsibility for their own actions



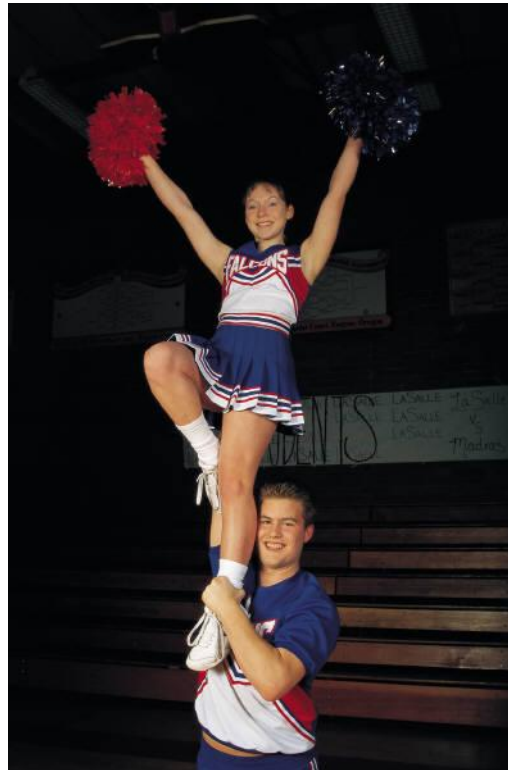
Expects and wants your undivided attention 99% of the time



**Expects and wants all your
undivided attention 99% of the time**



Encourages you and your goals



Encourages you and your goals



Blows up over little things



Blows up over little things



Is open-minded to non-traditional gender roles



**Is open-minded to non-traditional
gender roles**




Listens and cares about your thoughts and opinions



**Listens and cares about your thoughts
and opinions**



As you build a relationship, ask yourself: do these words describe my relationship?

- Effective communication
 - Openness; being active and engaged in the relationship
 - Support
 - Respecting differences
 - Self-awareness
 - Honesty/trust
 - Fun
 - Makes you feel good about yourself
 - Feeling appreciated/valued
 - Accepting the other person “as is”
- 

We care about your health and safety!

Speak up when you see **red** flags.

- What is **sexual misconduct**? **Major Red Flags.....**
- **Includes:** non-consensual sexual intercourse or sexual contact; sexual exploitation; sexual harassment; sexual coercion; domestic violence, dating violence, and stalking.
- All of these acts are forms of sexual violence and these violate **Title IX**, which is a federal law that protects people in the U.S. from sexual discrimination, including sexual violence
- These acts are also a violation of the **Meredith College sexual misconduct policy**.
- Every college has a Title IX Coordinator – at MC: Pam Davis in Human Resources; Ann Gleason, Dean of Students is Deputy Title IX Coordinator

What is consent?

Clear words or actions that affirmatively demonstrate a knowing and voluntary willingness to engage in mutually-agreed-upon sexual activity.



Video by Cristen Conger co-host of the “Stuff Mom Never Told You”

Other creative consent video: [Tea and Consent](#)

What is consent?

Consent: **Yes means Yes**

- Can't be gained by force or by taking advantage of another
- May not be inferred by silence or lack of active resistance
- Prior consent does not imply future consent
- Once a person says **NO**, it does not matter if or what kind of sexual behavior has occurred at an earlier time
- May not be given by minors, or those who have been mentally incapacitated, unconscious or otherwise physically helpless (*may also be a result of alcohol or drug use*)
- Not implied by how someone dresses

Let's define Sexual Violence/Misconduct.....

- **Non-consensual sexual intercourse** – defined by penetration (anal, oral or vaginal) by a penis, tongue, finger or other object
- **Non-consensual sexual contact** – ANY sexual contact that occurs without consent, including intentional touching of any area
- **Sexual exploitation** – taking sexual advantage of another person without effective consent (*example: taking a video of someone performing a sexual act and distributing this*)
- **Stalking** – repeatedly contacting (in person, texting, etc.) another person when contact is unwanted (*sending unwanted flowers, gifts, messages*); sufficiently serious enough to cause physical, emotional, or psychological fear or to create a hostile, intimidating or abusive environment

What else is considered Sexual Violence and Misconduct?

- **Sexual harassment** – unwelcome sexual advances, requests for sexual favors. Includes threats; unwanted sexual flirtations or propositions; unwanted graphic verbal comments about a person's body; unwelcome touching or physical contact
- **Sexual coercion** – an unreasonable amount of pressure or threat to engage in sexual activity
- **Dating Violence** - Violence, sexual abuse, physical abuse, or threats of such abuse between partners who are or have been in a personal, romantic or intimate relationship
- **Domestic Violence** - Attempting or intentionally causing bodily injury; or inflicting substantial emotional distress by causing fear of imminent serious bodily injury or harassment by someone with whom the aggrieved party has or has had a personal relationship (*includes relationship between current or former spouses, persons who live or have lived together, persons who have child in common, or persons who are or have been in a dating relationship*).
 - Sexual violence may occur between persons of the same or different gender.

Who is impacted by sexual violence on college campuses?

Some stats:

- Anyone can experience sexual violence, but most are female – 19% of college women reported experiencing an attempted or completed rape during college
- Over half of campus sexual assaults occur when individuals are incapacitated, primarily by alcohol
- Statistics underestimate the extent of the problem because many cases are not reported

Source: "Understanding Sexual Violence" fact sheet, CDC's National Center for Injury Prevention and Control, Division of Violence Prevention, 2012.

Possible impact on person who experiences sexual violence:

- Fear of not being believed
- Depression
- Change in sleep pattern
- Inability to concentrate
- Fear / worry / anxiety
- Loss of energy / persistent fatigue
- Flashbacks
- Anger / irritability / agitation
- Rape Trauma / PTSD
- Pregnancy / STI
- Suicidal thoughts
- Feelings of worthlessness, hopelessness or guilt
- Social withdrawal

Meredith College does not tolerate sexual misconduct.

- We will offer support and resources to anyone at MC who has been impacted by sexual violence.
- College will take prompt, effective steps to address the sexual violence/misconduct and prevent it from happening again.
- We have established a Sexual Misconduct Policy on campus – found in the online *Student Handbook*.
- Also found on Title IX web site:
www.meredith.edu/title-ix

Where can you get help if you experienced sexual violence?


If you need immediate **medical assistance**:

- Solace Center in Raleigh – receive help and exam within 5 days or call Interact Rape Crisis Line at 24-hour hotline
- ER – if more severe physical injuries or outside of Wake County

On-Campus Crisis Support and Confidential Assistance

- For immediate on-campus crisis support, contact the on-call MC counselor through calling Campus Police at **919-760-8888**
- For **confidential support**, contact any of these offices:
 - ❖ MC Counseling Center
 - ❖ MC Health Services
 - ❖ Campus Chaplain
- While all persons understand the desire to keep information confidential, confidentiality is not always possible as the College is obligated to act on information to provide a safe campus environment for all. Confidential resources may not share info without the express permission from students unless there is danger to self or others.
- Privacy protected

Other Resources

- 24-hour Rape Crisis Line through Interact of Wake County
 - Meredith College Campus Police; Raleigh Police Department
 - National Sexual Assault Hotline
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Reporting Incidents of Sexual Misconduct/Violence

- May report sexual misconduct/violence at any time to Campus Police or local law enforcement. Campus Police also available to offer advice about legal options
- May also report at any time to Meredith College by contacting MC Title IX Coordinator Pamela Davis or Ann Gleason, Dean of Students and Deputy Title IX Coordinator
- If a student shares information about sexual misconduct with a MC faculty or staff member, the employee must report this to the Dean of Students (DOS) or Title IX Coordinator
- If the person who committed the act of sexual misconduct/violence is a student at another college/university, the complainant can ask that Meredith College report this to the other student's campus

What happens next?


- DOS or Title IX Coordinator will:
 - Offer resources and support to MC campus community members impacted by sexual violence
 - Investigate complaint/report
 - Provide info about next steps in grievance process (College Grievance Hearing Panel)
 - Ensure safety of complainant and MC community: this may include **short-term or interim actions** to prevent repeat of incident or to eliminate hostile environment (*examples: offering counseling; request changes in academic or living arrangements; request a no-contact order or trespass order; etc.*)

Grievance Procedures


A person may request these on-campus options to address complaint/grievance:

- **Informal Resolution:** not available for all incidents of sexual violence (for example, sexual assault); Title IX Coordinator or DOS may arrange a meeting (mediation) between two persons to work on resolution, if this is desired by both persons. The complainant may bypass this option to initiate the formal College Grievance Hearing Panel process.
- **College Grievance Hearing Panel:** includes representation of a small number of faculty, staff and students who would hear the complaint, review evidence and decide appropriate sanctions

Non-Retaliation and Wrongful Allegations

- The College prohibits ***retaliation***, in any form, against any individual who reports in good faith an actual, potential, or suspected violation of the sexual misconduct policy
 - If a person does retaliate, this is a violation of the Sexual Misconduct policy
 - It is also a violation of College policy to bring a knowingly false complaint (***wrongful allegation***) of sexual misconduct/violence
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What can YOU do?

- Believe and support survivors of sexual violence
 - Be knowledgeable about campus and community resources
 - Reflect on your own behavior
 - Don't encourage behavior that disparages others and don't laugh at sexist jokes.
 - Check out the tips for non-confrontational strategies are on MC's Title IX website
 - Be an engaged and active bystander – intervene when safely possible
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Active Bystander: Be the difference

Bystander is anyone who sees a dangerous or potentially dangerous situation.

1. Notice an event
2. Recognize action may need to be taken
3. Decide to act
4. Identify how to safely intervene
 - direct
 - distract
 - delegate
5. Take action

-Source: National Sexual Violence Resource Center

Being an active bystander helps build a community that does not tolerate disrespect and disregard.

Next steps

- Go to Title IX web site for info and resources:
www.meredith.edu/title-ix
- Read over Title IX/Sexual Misconduct handout and post your teal blue magnet
- Be an effective UPStander – Watch this powerful video:
<http://www.youtube.com/watch?v=iUj20HLAG3w>
- Participate in Discovery programs, awareness weeks and workshops
- Stand Up Against Violence whenever you can



What can you do...

Go Strong!

**Stand Up Against
Sexual Violence!**



Thank you!

We wish you the very **best** as you begin classes this week!
Let us know how we can support and assist you during
your time at MC.....

