Concordia University, Nebraska, is committed to providing a learning and working environment that emphasizes the dignity and worth of every member of our institution. Sexual violence, dating violence, domestic violence, and stalking are crimes with serious consequences and prohibited in our community.

Possible Sanctions for Violations:

Incident*	Points	Probation	Fine
Sexual assault:	12-30	6-15 mo.	$0-300
Sexual violence:	10-30	5-15 mo.	$0-300
Dating violence:	10-30	5-15 mo.	$0-300
Domestic violence:	10-30	5-15 mo.	$0-300
Stalking:	6-30	3-15 mo.	$0-100

***A Concordia University student who is found to have committed rape, physical assault, sexual assault, or other sexual offense is subject to disciplinary action that may include immediate suspension or expulsion.**

Additionally, separation sanctions, "no contact" orders, mandatory counseling, activity restriction, visitation restriction, and other consequences may be imposed.

Criminal penalties in Nebraska for all such acts can include prison sentences of up to 25 years.

If you, or someone you know, experiences a crime such as sexual violence, dating violence, domestic violence, or stalking, the following guidelines are offered:

Victims of sexual assault are encouraged to take the following actions immediately:

1. Don't Blame Yourself

2. Get to a safe place and tell someone what happened.

- Contact the Sexual Assault Crisis Line **(800) 876-6238**.
- Notify a resident assistant (RA) or SLO.
- Speak with a counselor in the Counseling Office.
- Talk with the campus Chaplain.
- Talk to a trusted professor or administrator.
- Notify Seward Police **402-641-2455** or Campus Security **402-643-3033** if you wish to file a formal complaint.
- You also have the right to decline to notify authorities.

You may get help and maintain confidentiality by talking with a pastor, counselor, medical personnel, attorney or spouse.

Others may be required by law to report the crime to the appropriate authorities.

3. Preserve all evidence.

- Do not touch, remove, delete, or destroy any evidence or straighten up the area where the crime occurred.
- Do not shower, bathe, douche, brush your teeth, use mouthwash, or comb your hair as these actions will destroy evidence of the attack.
- Avoid using the toilet or changing clothes before your medical examination.
- If clothing is removed, place it in a paper bag and take it along to the exam. (Have other clothes to change into.)
- Gather and protect all physical and electronic evidence.

4. Get immediate medical attention.

- Go to a hospital emergency room. Treat your injuries.
- Assess your risk of exposure to a disease/infection, sexually transmitted diseases, or pregnancy.
- Gather medical evidence* to be used if you wish to press charges.

***Note:** Medical evidence for use in a criminal prosecution of a criminal offense is collected at the hospital. You are **NOT** obligated to press charges just because you consent to this procedure; however, **even if you feel certain that you do not wish to bring charges against your assailant, it is important to gather as much physical evidence as possible should you change your mind at a later date.** Security or the police will provide transportation if needed. Bring a full change of clothing because the clothes you were wearing at the time of the attack may be kept as evidence.

If you are a victim of sexual violence, dating violence, domestic violence, or stalking, you might be feeling:

Shock ■ Anxiety and hypervigilance ■ Fear of being alone ■ Difficulty eating and sleeping ■ A lack of trust in both strangers and close friends ■ Shame and disgust with your body ■ Sexual problems ■ Nightmares or flashbacks about the incident ■ Feelings of self-blame for what happened ■ Difficulty concentrating.

To help yourself recover

- Call Concordia's Counseling Office 402) 643-7398 to obtain assistance from a variety of campus services.
- Confide in a trusted friend or family member.
- Ask trusted friends to walk with you on campus or stay with you overnight.
- Allow extra time to complete academic tasks.
- Discuss any sexual concerns with your partner.
- Give yourself plenty of time to recover from the physical and emotional shock.
- Remember that nobody asks or wants to be assaulted, sexually assaulted, harassed, or stalked.

You may maintain confidentiality by talking with a pastor, counselor, health/medical personnel, attorney or spouse. Others may be required by law to report the assault to the appropriate authorities.

Ways to help a victim

Listen without judging.

- Find a private place where the person can tell you what happened without being interrupted.
- Do not assume that a person who is acting calmly and rationally has not been affected by the crime.
- Avoid asking questions that imply that the victim was responsible for what happened.

Let the person make the decisions.

- Help the victim plan for the immediate future.
- Separate your feelings about the incident from what may be best for the victim.

Provide protection.

- Suggest calling the police, Campus Security or the Resident Assistant.
- Offer a secure place to sleep.
- Provide companionship if the victim does not wish to be alone.

Attend to the victim's medical needs.

- Accompany the person to the hospital or doctor's office.
- Offer to call the Concordia Health Center to arrange treatment services.

Encourage preserving evidence.

- Explain the need to avoid showering, brushing teeth, or any other behavior that would eliminate physical evidence.

- Assist in preserving each piece of clothing in a separate paper bag to avoid contamination.

Suggest counseling resources.
- Concordia Counseling Office, (402) 643-7398.
- Sexual Assault Crisis Hotline, (800) 876-6238.

Continue to be available.
- Check in periodically to see how the person is coping.
- Do not assume that the person has recovered if they show no outward signs of distress.

Seek support yourself.
- Talk through feelings with a friend or a professional.
- Know your own limits, and be honest with the victim if you feel unable to meet her or his needs.

See the Student Handbook for Concordia's Policies and Procedures for Disciplinary Action.

Resources For Help

Concordia Counseling Office
Dina Critel-Rathje . . . . (402) 643-7398

Campus Security
Non-Emergency (8 a.m. - 5 p.m.) . . . .(402) 643-7415
Non-Emergency (After 5 p.m.). . . . . (402) 643-3033

Seward Police
Emergency. 911
Non-Emergency. . . . . .(402) 643-3002
Victim Assistance. . . . . .(402) 641-2455

Medical Treatment
Memorial Health Care Center . . . . . .(402) 643-2971

Other Counseling/Victim Advocacy Services
Lutheran Family Services. . . . . .(402) 435-2910
Offices in Seward or Lincoln
Blue Valley Mental Health Center . . . .(402) 643-3343
729 Seward St., Seward, NE

Sexual Assault Crisis Hotline . . . .(800) 876-6238

Student Life Office
Director of Student Life . . . . . .(402) 643-7411
Janzow Campus Center # 203

Office of the Provost . . . . . .(402) 643-7374
Weller Hall #104

Survivor's Bill of Rights

1. Survivors of sexual assault, dating violence, domestic violence, or stalking have the right to be treated with dignity and seriousness by campus personnel.
2. Survivors of crimes against one's person have the right to be reasonably free from intimidation & harm.
3. University personnel shall be encouraged to inform survivors that they are not responsible for crimes against their person.
4. Survivors shall be made aware of existing counseling, health, mental health, victim advocacy, legal assistance, and other services that are available to them both on and off campus.
5. Survivors shall be entitled to the same opportunities the University permits the accused in campus disciplinary proceedings, which include: prompt, fair, and impartial investigation and resolution by trained officials that protects the safety of the victim and promotes accountability; and the opportunity to have others present during disciplinary proceedings.*
6. The survivor and the accused shall be simultaneously informed in writing of the outcome of any disciplinary proceeding brought alleging an offense of sexual assault, dating violence, domestic violence, or stalking. This includes the final determination of the proceeding; any sanctions imposed against the accused; the procedure to appeal the results of the proceedings; any change to the results that occurs prior to the time that such results become final; and when such results become final.*
7. Survivors have options for, and available assistance with changing academic, living, transportation and/or working situations on campus, if so requested, and if such accommodations are reasonably available, regardless if the victim chooses to report the crime to law enforcement or not.

*(see the Concordia *Student Handbook* for more information)

SEWARD POLICE

911

CAMPUS SECURITY

402-643-3033

IMPORTANT INFORMATION

FOR SURVIVORS OF

Sexual Violence
Dating Violence
Domestic Violence
Stalking

Concordia Counseling Office

(402) 643-7398

Sexual Assault Crisis Hotline

(800) 876-6238

Hope Crisis Center

(877) 388-4673

Concordia University, Nebraska
www.cune.edu
Revised July 2013