

Where to turn for help

If you are in immediate danger, never hesitate to call 911.

In addition, the following resources and individuals can provide assistance, information, and guidance:

Campus Security
Dean of Students
Director of Human Resources

Statewide Sexual Assault Crisis and Support Line

1-800-871-7741; TTY 1-888-458-5599

Statewide Domestic Violence Helpline

1-866-834-4357; www.mcedv.org

Maine Statewide Crisis Hotline

1-888-568-1112 (Maine relay 711)

If you are concerned about yourself or someone else, this hotline will connect you to your closest crisis center.

A complete list of resources is available at mccs.me.edu/make-your-move.



Maine Community
College System

**YOUR ACTIONS
CAN HELP
KEEP YOUR
FRIENDS AND
COMMUNITY SAFE
FROM SEXUAL
VIOLENCE.**



**MAKE
YOUR
MOVE!**
END SEXUAL VIOLENCE



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What you need to know to protect yourself and others

The Maine Community College System and its seven colleges prohibit sexual assault, sexual misconduct, dating violence, domestic violence, and stalking.

The MCCS has a responsibility to clearly define what we mean by these terms, and every student and staff member is responsible for knowing what behaviors are prohibited within our community. Saying “I didn’t know” that a behavior was prohibited is not an excuse.

Here's what we mean by: **Sexual misconduct and sexual assault**

Any one of a number of different acts can constitute sexual misconduct and assault. Under law and/or MCCS policy, sexual misconduct generally involves engaging in sexual acts with someone who has not expressly given consent, while sexual assault involves engaging in sexual acts through force or intimidation or with someone who lacks the capacity to consent. Examples of prohibited sexual conduct include:

- Rape
- Non-consensual sexual contact: intentional touching of the genitals or anus, directly or through clothing where no permission is given or the person touched is incapable of resisting; and
- Non-consensual sexual touching: intentional touching of the breasts, buttocks, groin or inner thigh, directly or through clothing where no permission is given or the person touched is incapable of resisting.

Dating violence and domestic abuse

- Attempting to cause or causing bodily injury or offensive physical contact, including sexual assault;
- Attempting to place or placing another in fear of bodily injury;
- Compelling a person by force, threat of force, or intimidation to engage in or abstain from conduct against his or her will;
- Knowingly and substantially restricting the movements of another person without consent or lawful authority;
- Threatening a crime of violence against another person that places an individual — either the person who hears the threat or is being threatened — in reasonable fear that the crime will be committed; or
- Repeatedly, and without reasonable cause, following a person or being at or in the vicinity of the person’s home, school, business, or place of employment.

Stalking

Two or more acts that involve activities such as monitoring, threatening, harassing, interfering with property, or communicating with or about a specific person by someone who wants or knows that these acts will cause the person to:

- suffer serious inconvenience or emotional distress;
- fear bodily injury or death to himself/herself or a close relation;
- fear damage, destruction, or tampering of property; or
- fear injury or death of an animal that he or she owns or keeps.

How to stay safe

- Go to parties in a group or with a friend, keep track of each other and leave no one behind, especially if they are intoxicated.
- Stay with the crowd. Don’t allow yourself to be isolated.
- Trust your instincts if you feel uncomfortable.
- Watch your drink at all times, including while it is being prepared.
- Don’t let someone else get a drink for you.
- Know your limits. Pay attention to your alcohol consumption and know when to call it quits for the night. Don’t let someone push you to drink beyond your limits.
- Don’t be afraid to say, “I don’t want to.” That is your right.
- Keep your cell phone with you and include the number for campus security in your contacts list.
- Call for a ride if you feel unsafe.

Safe and positive ways to intervene and help stop sexual violence

- Keep yourself safe.
- Be non-confrontational and approach the situation as a friend.
- Avoid violence.
- Be firm.
- Create a diversion or distraction that allows the person being targeted to get away from the aggressor.
- Make an excuse to escort the target away.
- Remove a target from a risky situation quickly.
- Let the aggressor know that you (and others) can see what he/she is doing: use words, hand gestures, or facial expressions.
- Ask others for help in getting a target away from a problematic situation.
- Report the situation to someone in authority — a resident assistant, security or police officer, bartender, or bouncer.

Warning signs of abusive behavior

Some signs are obvious; others less so. Don’t ignore the following behaviors if someone you’re involved with:

- Physically hurts or threatens you in any way;
- Hurts or threatens your pets or children;
- Damages your property;
- Is extremely jealous or insecure;
- Has an explosive temper;
- Tries to control you;
- Isolates you from family and friends;
- Constantly puts you down;
- Does not listen to you, ignores what you say, or talks over you;
- Makes false accusations against you;
- Checks your cell phone or email without permission;
- Has significant mood swings;
- Is possessive of you;
- Plays mind games; or
- Blames the abuse on you or tries to make you feel guilty.