

Health and Wellness at Meredith College

**New Student Orientation
2020-21 Academic Year**

Presented by:

Ann Gleason, Dean of Students

Beth Meier, Director of Counseling Center

Well-Being

Well-being 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.





5 tried-and-true
MONEY SAVING TIPS
for students


ENTER TO WIN A \$25 GIFT CARD

SCHOOL RESOURCES & BULLETINS



MINDFULNESS FOR BEGINNERS
A simple game to get started with meditation

FitnessU
PYRAMID TRAINING



meredith.edu/sh101



“Meredith College Student Health”



@SH101atMeredith



mcwellness.blog



MEREDITH COLLEGE **STUDENT health101**

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



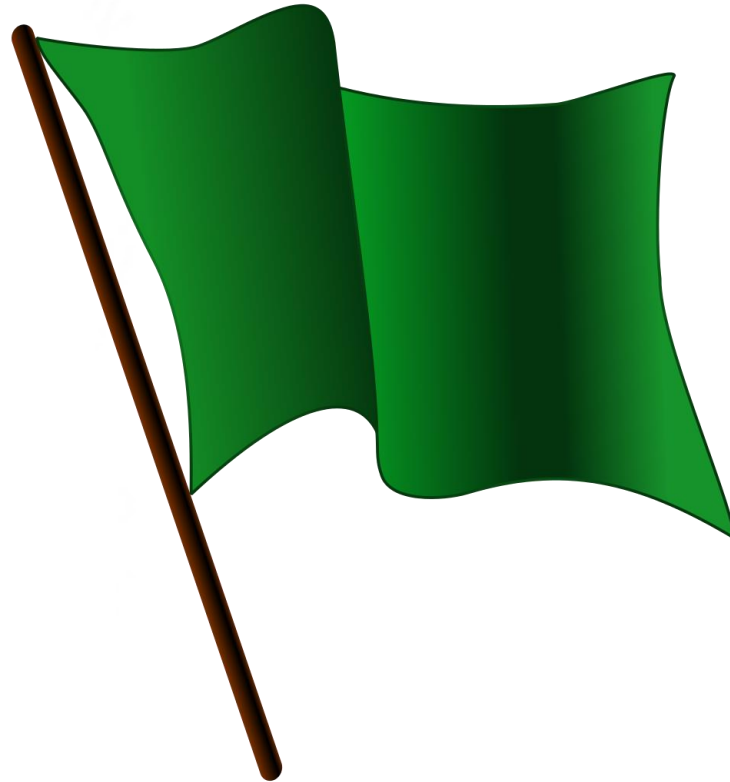
Accepts responsibility for their own actions



RESPONSIBILITY

No single drop of water thinks it is responsible for the flood.

Accepts responsibility for their own actions



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 misconduct and also may violate **Title IX**, which is a federal law that protects people in the U.S. from sexual discrimination, including sexual harassment.
- These acts are also a violation of the **Meredith College Title IX and sexual misconduct policy**.
- Every college has a Title IX Coordinator – at MC: Pam Davis Galloway in Human Resources; Ann Gleason, Dean of Students is Deputy Title IX Coordinator

Title IX Coordinators at Meredith College



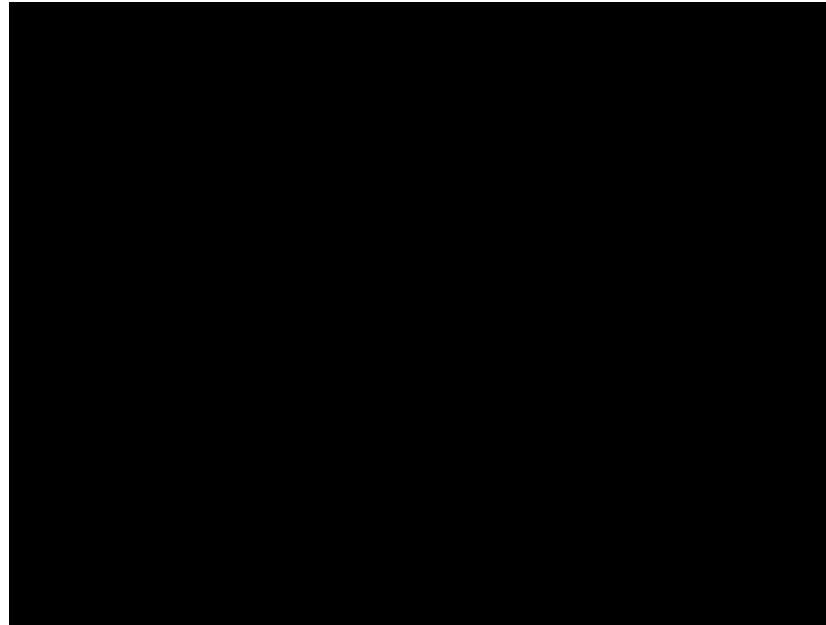
Pam Davis Galloway,
Director of Human Resources



Ann Gleason
Dean of Students

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 mean 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 Misconduct, also covered under Title IX:

Sexual harassment, including:

- **Non-consensual sexual penetration (rape)** – defined by penetration (and, oral or vaginal) by a penis, tongue, finger or other object
- **Fondling** - touching a person's private parts for the purpose of sexual gratification, without the person's consent
- **Quid pro Quo:** requiring a person to engage in sexual activity to receive something in return
- **Stalking** – engaging in conduct directed at another person when it is unwanted (sending unwanted flowers, gifts, messages); sufficiently serious enough to cause a reasonable person to fear for their safety or suffer substantial emotional distress

What else is prohibited under Title IX and MC Sexual Misconduct Policy?

- **Dating Violence** – sexual or physical abuse, or threat of such abuse between partners who are or have been in a social relationship of a romantic or intimate nature
- **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 dating relationship).
 - Sexual violence may occur between persons of the same or different gender.

Also prohibited under Meredith policy.....

- **Sexual exploitation** – taking sexual advantage of another person without effective consent (example: taking a video of someone performing a sexual act and streaming or distributing this)
- **Coercion** – use of unreasonable and persistent pressure or threat to initiate or continue sexual activity against an individual's will
- **Complicity**- an act that knowingly aids, abets, or encourages the following through of sexual misconduct by another person
- **Retaliation** - getting back at someone for that person's reporting or opposing a violation of sexual misconduct or Title IX
- **False Allegation** - bringing a knowingly false complaint against another

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 misconduct, whether it is covered under Title IX or not.
- College will take prompt, effective steps to address the sexual violence/misconduct and offer supportive measures.
- We have established a Title IX and 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 a danger to self or others.
- Privacy protected

Confidential Resource: MC Counseling Center



Beth Meier, Director

- Located in the top floor of Carroll Hall, between Martin Hall and Belk Dining Hall
- Phone Number:
 - (919) 760-8427
- Website:
 - <https://www.meredith.edu/counseling-center>

Confidential Resource: MC Health Services



Health Services Team

- Located in the bottom floor of Carroll Hall, between Martin Hall and Belk Dining Hall
- Phone Number:
 - (919) 760-8535
- Website:
 - <https://www.meredith.edu/health-services>

Confidential Resource: MC Chaplain



Donna Battle, Chaplain

- Located in the Chapel
- Phone Number:
 - (919) 760-8347
- Website:
 - <https://www.meredith.edu/campus-chaplain>

Other Community Resources



24-hour Rape Crisis Line through InterAct of Wake County
(<https://interactofwake.org/>)



Leading the National Effort to End Sexual Violence

National Sexual Assault Hotline (<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>)

Reporting Incidents of Sexual Misconduct/Violence

- May also report to any time to Meredith College by contacting MC Title IX Coordinator Pamela Davis Galloway or Ann Gleason, Dean of Students and Deputy Title IX Coordinator; reporting form also found on MC web Title IX site
- 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/university, the complainant can ask that Meredith College report this to the other student's campus

Campus Police



Al White, Chief of Police (left) and Mark Utley, Assistant Chief of Police (right)

- May report sexual misconduct/violence at any time to Campus Police or local law enforcement. Campus Police are also available to offer advice about legal options.
- Located in the Campus Police building, behind Belk Dining Hall
- Phone Number:
 - (919) 760-8888
- Website:
 - <https://www.meredith.edu/campus-police>

What happens next?

DOS or Title IX Coordinator will:

- Offer resources and support to MC campus community members impacted by sexual violence
- Provide information about College policies and complaint and grievance processes
- 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 against a member of the MC community:

- **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 grievance processes
- **Formal Grievance Process:** there are two separate processes - one for sexual misconduct covered under Title IX and the other for sexual misconduct that violates college policy, but not defined under Title IX includes representation of a small number of faculty, staff and students who hear the complaint, review evidence and decide appropriate sanctions

What can YOU do?

- Believe and support survivors of sexual misconduct/sexual violence
- Be knowledgeable about campus and community resources
- Don't encourage behavior or a culture that disparages others, ex: inappropriate jokes, social media comments
- 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

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
- Be an effective UPStander – Watch this powerful video:
<http://www.youtube.com/watch?v=iuj20HLAG3w>
- Participate in campus awareness weeks and workshops
- Stand Up Against Violence whenever you can



Thank you!

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

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