JACEY’S STORY: DEALING WITH SEXUAL ASSAULT

TRIGGER WARNING
This content uses language that may trigger sexual assault survivors.

By Jacey Goetzman
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I didn’t consider myself a victim of sexual assault until my perpetrator contacted me.

“I guess I want to start off by apologizing,” her message said. “I want you to know that I NEVER meant to make you feel pressured or uncomfortable.”

Until I got her text, my experience felt like a story I was telling myself.

She was my close friend. She was the friend of my friends. She was a reliable member of our shared community, known to be kind, to be funny, to be loyal. I trusted her.

She picked me up when the roads were icy. She held my hands when they were cold. She listened to me when I cried. She laughed at all my stupid jokes. She bought me ice cream when my paycheck was too tight.

She was genuine. She was gentle.

I never thought she was capable of hurting me.

It started out as a little joke between us. We were two of the very few openly queer women at our school, and, with our friendship, of course we joked about dating often.

She’d mention falling in love with me. I’d quip back, “I’m a mess. Don’t.”

And just as lighthearted as the conversation had started, it would stop. I thought.

Our friendship started back in the fall of 2015, when I was a senior in high school. It was a year after my father had died, and at the beginning of my realization that I had an eating disorder. I had began cutting again. I hated being home and I couldn’t talk to most of my friends without a giant weight sitting on my chest.

She was one of the few who I could.

I spent a lot of time at her house that winter. One evening, I collapsed onto her bed after a long day and asked, “Can I stay here?” She didn’t bother to pull her notebooks out; instead, she laid on her side and peered at me. She pushed my hair out of my face. She smiled. She leaned in, attempting to kiss me. Alarmed, I pulled away.

The rest was a chorus of no’s. A symphony of persistence. And after that, a stillness.

She was there with me in the story of an Iowa State Daily reporter’s experience in dealing with her assault. Every sexual assault survivor will have varying experiences coping with their situation and the decisions they make in whether to report or seek help, all of which are valid.

“I am there with you” is the story of one individual’s experience, but we hope it will raise awareness about an issue that affects this entire community.

This is the first story in a semester-long series where the Daily will publish a multitude of articles related to sexual assault, including discussions about various resources survivors can obtain after their experience.

- Emily Barske, editor in chief

Jacey Goetzman/iowa State Daily

AN IOWA STATE DAILY SERIES

CONVERSATION

PRT 1

‘I AM THERE WITH YOU’
Jan. 18

Open reception: Special Collections exhibit。“Hunting and Building a Community in Pre-1940s PANAM” features Permian Court neoclassic residence once situated on the north edge of campus. The event is free and begins at 6 p.m. and located at 198 Pammel Hall.

Kristine Heykants Art Opening: Kristine Heykants, a senior in graphic design, will have her solo show “Birthright.” Upstairs in a display in the Pioneer Room of the Memorial Union, the event is free and open to the public.

Jan. 19

Search to fill Student Affairs position

The Student Union Board announced Tuesday that DNCE will perform at Iowa State on April 5.

By Ashley Hannen

Student Affairs will host a public panel with Mary Aguayo, a condominium resident and associate vice president for enrollment management and student success. The event will be at 11 a.m. and located in the Soults Family Hall, located next to Beardshear Hall.

Aguayo will be the second candidate in the search to fill Student Affairs position. By Ashley Hannen

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Diversity project develops ‘change agents’

By Jacey Goetzman
@iowastatedaily.com

For students interested in discussing multicultural topics and issues, the National Conference on Student Leadership will take place from May 30 to June 3 in Fort Worth, Texas.

The conference, organized by the National Conference on Student Leadership, is an annual event that brings together students from across the country to discuss diversity and inclusion.

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**HOROSCOPES by Linda Black**

**Today's Birthday**

Collaboration will serve you well. Nurture your relationships, your greatest wealth. Consider enrolling in courses. Aim for excellence, aim higher. De-clutter your dealings with the Sun and New Moon in Aquarius, January 18th. A new start, do it right the first time.

**Taurus** - 8

Focus on a goal, and you will see it unfold. A patient approach pays off. Your unique gifts and talents will inspire others. Your presence is important to those around you. A dream is within reach.

**Aries** - 8

You have the power to make things happen. Reach for the stars, and you will find them within. Your creativity is at its peak. Keep it flowing.

**Scorpio** - 8

Focus on the goals you have set for yourself. You are capable of achieving great things. Trust your instincts and stay true to your vision.

**Libra** - 8

Collaboration is key to your success. Your unique perspective and insights are valued. Your close relationships are strengthening.

**Gemini** - 8

A dream is within reach. A new start is possible. Focus on your goals, and you will see them come to fruition. Your unique abilities will be appreciated.

**Cancer** - 8

Embrace your creativity and express it in ways that feel true to you. A dream is within reach. A new start is possible. Focus on your goals, and you will see them come to fruition. Your unique abilities will be appreciated.

**Capricorn** - 9

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**Sagittarius** - 9

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**Aquarius** - 9

Wealth is within reach. A dream is within reach. A new start is possible. Focus on your goals, and you will see them come to fruition. Your unique abilities will be appreciated.

**Leo** - 7

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**Virgo** - 7

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LETTERS TO THE EDITOR

By Anthony Carrier, community advocate and ISU staff writer

Because it is such a complex issue, you might not realize how prevalent it is in our community; you might not know what you can do or what to do about it. You might not even know what it is you are trying to prevent. But the bottom line is that it is a preventable issue. It is a preventable issue through education, discussions and then action. As a news organization, the Iowa State Daily takes its role in educating and facilitating discussions seriously, but we can’t do it without those who be educated and participate in discussion. If you aren’t yet convinced about why this issue matters to you, keep reading. There are a lot of people everywhere who are suffering from sexual assault, and it is on all of us to protect them and do what we can to help prevent it. If you aren’t sure, don’t do it.

When we were in grade school, our teachers told us about peer pressure. The more you do it, the more your friends do it. I wouldn’t have a victim willing to share with me if I didn’t have the fear of being thought of as being a stranger to their victim, some who may pretend to know someone reports being in a car crash. If we respond with empathy and concern when someone reports being in a car crash. If we respond with empathy and concern when someone reports being in a car crash. If we respond with empathy and concern when someone reports being in a car crash. If we respond with empathy and concern when someone reports being in a car crash.

For those reading this who are not survivors, that means as you walk around the ISU Campus or study in Parks Library, you are likely in the presence of a sexual assault survivor — someone who has reported, someone who may not have told those close to them, and someone who might not have told a friend. It also means, that on campus, you are likely in the presence of a sexual assault survivor — someone who might be struggling with guilt, someone who may not know what to do or who to tell after being attacked. If a stranger to their victim, some who may not realize how prevalent it is in our culture that they’ve been sexually assaulted. Some think their issue is about sexual assault. It’s about treating people with respect, it’s about keeping the possibly more important part, is that we have the materials we need to report. Without education, without resources available. Many people prefer the term “survivor” instead of “victim” because of the process that it takes to recover from and continue moving forward after such a traumatic event. Our resources are available only to help victims survive, but to thrive. Start by believing and get people in touch with the resources they need.

IOWA STATE DAILY

OPINION

It’s on all of us to prevent sexual assault on campus

By Cole Staudt, ISU Student Government President

Men, I’m talking to you today about sexual assault. It’s on us, too. As men, we stop regarding each other for aggression and violence against women while we direct behaviors toward ourselves. We do this through stopping our buddies on the back and offering them fists if he can get that girl in bed. We do it in our Graffiti’s and our Facebook groups and in other forums where we rate women as if they are objects for our own use. I want to stop regarding each other for respect and pressure and how to say no to something that should not be happening. For 10 years old, we could go home and be away from the pressure. Now, we are constantly being pressured because our peers are in our hands and our pockets and our fellow guys are in our hands. We try to show off to one another by having the best Instagram photo or the coolest Pinterest profile. When it comes to sex and relations, society doesn’t teach us to respect the person from my male friends. I know many men who have experienced sexual assault before. Being a man has nothing to do with how many women you can have sex with. Being a man is about treating people with respect, it’s about keeping the people around you safe, whether you are like them or not. Instances of sexual assault increase when alcohol is involved. One in three of us will be in a situation where we might be in a situation where we are drunk, not take advantage of them. Alcohol consumption is no excuse for rape. Guys, it’s on you to understand how drunk you are and how drunk your partner is, if you aren’t sure, don’t do it.

As the Daily’s series on sexual assault of the ISU Student Government, we take the time to read the very real stories that are told by those who have shared.

Today, the Daily kicks off a seven-part series on some of our most pressing concern regarding issues of substance with a pun on this issue. But the Daily is not the only one to tackle this issue. The other part, and the possibly more important part, is that we need you to follow along, consider ways we are all affected by this issue and take the steps needed to help prevent sexual assault; because though it is a complex problem, it is something we must put a stop to.

— Cole Staudt, editor-in-chief
**Cyclones' toughest test arrives amid slump**

Wednesday, January 18, 2017

No. 16 Iowa State (17-1, 6-0 Big 12) at 7 p.m.

Texas, to play No. 2 Baylor (16-2, 5-1 Big 12) will travel to Waco, Texas on FS+ Ferrell Center in Waco, Texas for the Iowa State women's season, Iowa State sits in a<br />

Six games into the Big 12 season, Iowa State sits in a<br />

Wins have not come easy for the Iowa State women's<br />

Soellner has “tremendous turns,” when she swims. Sorenson also said<br />

From there, Soellner wanted to try something new. Growing up, including volleyball, softball and dance. While she didn’t think she would be able to play softball enough to make her join the Cyclone Aquatics Club. Soellner was told that<br />

Keely Soellner swims the 1,000-yard freestyle against Nebraska on Oct. 8, 2016, at Beyer Hall. She finished third with a time of 10:37.88.

With This Ring...
Dressing for changing winter weather

By Maggie Curry
@iowastatedaily.com

Snow is expected in winter, but it hasn’t really shown up this month. Just in case the low flurries we have seen turn into a blizzard, here is a guide to dressing for this month’s returning winter weather.

Just because it’s winter doesn’t mean you can put away your umbrellas. The icy rain this month has been alternating and can be dangerous in prolonged exposure. Take care with your travel plans. The snow will add warmth when you remove your wet coat once you get into your car and will keep you from feeling the biting cold when you step out of the car. You will likely need a thick, warm coat while walking across campus.

Add a scarf wrapped around your neck and lower face to limit the amount of precipitation that hits your cheeks. Wet skin can freeze more quickly than dry skin. A hat pulled over your ears will keep the snow from gathering on and melting in your hair, turning any hair into a wet, stringy mess. Boots aren’t enough in the snow. Look for tall shoes with a gripping tread to keep you upright, untroubled by the snow. Snow boots should go above the ankles to protect against heavier precipitation and wind. Remember that ice, snow and slushy puddles can damage some shoe materials.

Add a second layer under your pants with long Johns, tights and leggings or knee socks. Snow will eventually soak through even good materials, even denim, and there is nothing worse than cold, wet denim against your skin when you are trying to focus in class. It’s also a nice extra layer to keep you warm when you slip on the ice.

Adding more precipitation makes walking across campus a dangerous affair. Snow is pretty as it falls, but once it touches your skin, it can damage some shoe materials.

Health risks in the cold

• Frostbite: Freezing of the skin and the tissues under the skin because of temperatures at or below freezing. Frostbitten skin looks pale or blue and feels cold, numb and stiff to touch. Hypothermia: An abnormally low body temperature that occurs when the body loses heat faster than it can make heat. Hypothermia is deadly and can occur at temperatures as high as 80 degrees Fahrenheit.

• Trench foot: Can occur in cold temperatures even above freezing, and may cause pain and blanched skin like frostbite after the skin has warmed.

Definitions according to the Mary Greeley Online Health Library.
I would not report the sexual assault. I did not report the sexual assault. The reason, I never considered the assaults so far away from me, the assaults so far out of my mind and out of my reach. I would not report the sexual assault.

I have read it. I do not want her to have my name. I do not want her to have my face.

I do not want her to have my entire past, and could be used against me. That is very real. I do not want her to have my name, that is very real.