

## CONFIDENTIAL RESOURCES

### CARE ADVOCATE

Advocacy Office for Sexual and Gender-Based Violence and Misconduct  
John Wooden Center West, 1st Floor  
advocate@careprogram.ucla.edu  
(310) 206-2465  
www.careprogram.ucla.edu  
www.sexualviolence.ucla.edu

### CAPS (COUNSELING AND PSYCHOLOGICAL SERVICES)

John Wooden Center West  
Office Hours: Mon-Thurs 8am-7pm; Fri 9am-5pm  
(310) 825-0768 (Counselors are available by phone 24 hrs/day)  
www.counseling.ucla.edu

### RAPE TREATMENT CENTER

#### AT SANTA MONICA – UCLA MEDICAL CENTER

1250 Sixteenth Street  
Santa Monica, California 90404  
(424) 259-7208 (Counselors are available by phone 24 hrs/day)  
www.rapetreatmentcenter.org

### STUDENT LEGAL SERVICES

A239 Murphy Hall  
(310) 825-9894  
www.studentlegal.ucla.edu  
Assistance exploring your legal options.

### STAFF AND FACULTY COUNSELING CENTER

10920 Wilshire Boulevard, Suite 380  
(310) 794-0245  
www.chr.ucla.edu/employee-counseling

### OFFICE OF OMBUDS SERVICES

Strathmore Building, 501 Westwood Plaza, Suite 105  
(310) 825-7627  
www.ombuds.ucla.edu

## REPORTING OPTIONS

### UC POLICE DEPARTMENT (UCPD)

601 Westwood Plaza  
(310) 825-1491  
www.ucpd.ucla.edu  
To file a criminal complaint or request a protective order.

### TITLE IX OFFICE

2241 Murphy Hall  
titleix@conet.ucla.edu  
(310) 206-3417  
www.sexualharassment.ucla.edu  
The Title IX Coordinator is responsible for implementing policies and procedures to prevent and respond to sexual harassment and sexual violence. The Title IX Office takes reports of sexual harassment or sexual violence involving any member of the campus community.

## ADDITIONAL RESOURCES

**If you are seeking academic support, housing options, or referrals to resources:**

### CASE MANAGERS

(310) 825-7291  
CRTeam@ucla.edu  
www.studentincrisis.ucla.edu

**If you are traveling alone on campus or surrounding area and would like a safety escort:**

### COMMUNITY SERVICE OFFICER EVENING ESCORT PROGRAM

For walking escorts call (310) 794-WALK (every day, dusk – 1 am) 15 minutes before you need to leave.  
For van services call (310) 825-1493 (Mon – Thurs, 6 pm – 11 pm)

**If you are looking for information regarding visas or immigration:**

### DASHEW CENTER FOR INTERNATIONAL STUDENTS & SCHOLARS

106 Bradley Hall/417 Charles E. Young Drive West  
(310) 825-1681  
www.internationalcenter.ucla.edu

**If you are seeking medical attention:**

### ARTHUR ASHE STUDENT HEALTH AND WELLNESS CENTER

(310) 825-4073  
www.studenthealth.ucla.edu  
\*Note: Evidence collection is not offered here. For this service, contact the Rape Treatment Center at Santa Monica.

**If you are looking for LGBTQ specific resources:**

### LGBT CAMPUS RESOURCE CENTER

220 Westwood Plaza – Student Activities Center  
(310) 206-3628  
www.lgbt.ucla.edu

**If you are seeking assistance for permanent and/or temporary disabilities:**

### CENTER FOR ACCESSIBLE EDUCATION

A255 Murphy Hall/410 Charles E. Young Drive East  
(310) 825-1501  
(310) 206-6083 (Telephone Device for the Deaf)  
www.cae.ucla.edu

**Sexual violence (including sexual assault, relationship violence, and stalking) and sexual harassment violate the law and UC Policy.**

# CARE

Campus Assault Resources & Education

**CARE (CAMPUS ASSAULT RESOURCES & EDUCATION)** is a safe place for students who are victims or survivors of sexual assault, dating and domestic violence, stalking, and sexual harassment to get support, consultation, and counseling services.

## ADVOCACY

**CARE Advocates** are available to support and advocate for UCLA student victims or survivors. They can assist students in finding resources and navigating reporting options. CARE Advocates can also assist students in receiving campus accommodations. **You can get help from CARE Advocates without formally reporting an assault regardless of when or where the assault occurred.**

**A CONFIDENTIAL CARE Advocate can provide information on:**

- Your rights as a survivor
- Reporting options
- Assistance when navigating the university conduct system and/or the criminal justice system
- Obtaining emergency protective orders, restraining orders or university no contact orders
- Counseling or medical referrals through UCLA or outside community agencies
- Academic accommodations
- Change in living arrangements
- Change in transportation arrangements
- Change in working situation

**To contact a CARE Advocate:**

**(310) 206-2465**  
advocate@careprogram.ucla.edu

## OTHER CARE SERVICES

### ALTERNATIVE HEALING

The impact that trauma has on the body's physiology is far-reaching and CARE is committed to providing alternative programming for survivors to support them in various stages of healing. CARE offers programs specifically tailored to survivors, including: trauma-informed yoga, art, drumming & music, journaling, and dance. For more information on these programs, please contact admin@careprogram.ucla.edu.

### EDUCATION, OUTREACH, and PREVENTION

CARE workshops and trainings are offered to students, staff, and faculty to educate the community about sexual violence prevention and response.  
www.careprogram.ucla.edu

www.sexualviolence.ucla.edu

## RESOURCES & OPTIONS

for **Survivors** of Sexual Violence and Sexual Harassment



UCLA

## WHAT IS CONSENT?

**CONSENT IS AFFIRMATIVE.** Consent is an informed and conscious decision by each person, to engage in mutually agreed-upon sexual activity.

**CONSENT IS VOLUNTARY.** Consent means a willing and positive cooperation in an act, or expressing a desire to engage in an act. A person can only give their true consent if there is no force, threats, or intimidation. Silence does not mean consent.

**CONSENT IS REVOCABLE.** Consent to sexual activity, on one occasion, does not mean consent has been given to any form of sexual activity, on any occasion. A past dating experience or sexual relationship, by itself, is not enough to assume consent. Even in the context of a relationship, there always has to be mutual consent to engage in any sexual activity at any time. Consent is ongoing; meaning at any point during a sexual encounter consent has to be given, and can be withdrawn. Once consent is withdrawn, the sexual activity must stop immediately.

**CONSENT CANNOT BE GIVEN WHEN A PERSON IS INCAPACITATED.** Incapacitation is the physical, and/or mental inability to make informed, rational judgments. States of incapacitation may include, but are not limited to, unconsciousness, sleep, and blackouts. Incapacitation may be caused by alcohol, drugs, or other medications.

A person cannot consent if they are unable to understand the act because of a physical or mental impairment.

**Perpetrators are responsible for their own behaviors even if they are under the influence. Being assaulted, stalked, or harassed is not your fault.**

## WHAT IS SEXUAL HARASSMENT?

**Sexual harassment** includes unwelcome sexual advances, requests for sexual favors, or other unwelcome verbal, nonverbal, or physical conduct of a sexual nature that interferes with a person's employment or education, and creates an environment which a reasonable person would find to be intimidating, hostile or offensive.

Sexual harassment can occur in all types of relationships: hierarchical, between peers, or between individuals of the same sex or opposite sex. The University will respond to reports of any such conduct between any such members of the University community.

## WHAT IS SEXUAL VIOLENCE?

**Sexual violence** is conduct of a sexual nature engaged in without the consent of the other person, or when the other person is unable to consent. Sexual violence includes any of the following: sexual assault, domestic violence, dating violence, and stalking.

**Sexual assault** occurs when physical, sexual activity is engaged without the consent of the other person, or when the other person is unable to consent to the activity. The activity or conduct may include the following: physical force, violence, threat, intimidation, ignoring the objections of the other person, causing the other person's intoxication or incapacitation (through the use of drugs or alcohol), or taking advantage of the other person's incapacitation (including voluntary intoxication).

**Seeking medical attention is always recommended, no matter when the assault occurred. Seeking help within the first 120 hours allows the best outcome for evidence collection and HIV, STD/STI, and pregnancy prevention.**

### SEXUAL ASSAULT SAFETY MEASURES

- **TRY TO FIND A SAFE PLACE OR CALL 911 IF YOU ARE IN DANGER.**
- **CALL A CRISIS COUNSELOR AT CAPS (310) 825-0768 OR THE RAPE TREATMENT CENTER (424) 259-6700.** Counselors are available by phone 24 hrs/day. UCPD can provide transportation to the Rape Treatment Center without taking a report. The Rape Treatment Center will pay for a taxi.
- Preserve all physical evidence of the assault until you have considered whether or not to file a report.
- Try to save all the clothing you were wearing at the time of the assault in a paper bag. Paper bags are best for preserving evidence; plastic bags have been found to damage evidence.
- Showering, bathing, douching, or brushing your teeth can impact evidence.
- If the assault took place in your home, do not rearrange or clean up anything.
- Whether or not you intend to file a police report, seek medical attention to receive a rape exam, emergency contraception, and/or tests for STIs and pregnancy. If you suspect that you may have been drugged, ask for a urine test.
- Although it may be challenging, write down as much as you can remember about the circumstances of the assault, including a description of the assailant. This may be helpful if you decide to report.

## WHAT IS RELATIONSHIP VIOLENCE?

**Relationship violence includes dating and domestic violence.**

**Dating violence** includes abuse committed by a person who is, or has been, in a romantic or intimate relationship with the victim.

**Domestic violence** includes abuse committed against a current or former spouse, intimate partner, or cohabitant, or someone with whom the abuser has a child.

### SIGNS OF DATING AND DOMESTIC VIOLENCE

**Economic Abuse:** Making or attempting to make an individual financially dependent by maintaining control over financial resources, or forbidding attendance at school or employment.

**Emotional Abuse:** Undermining an individual's sense of self-worth and self-esteem. This may include, but is not limited to, constant criticism, diminishing one's abilities, name-calling, and damaging one's relationship with his or her children.

**Physical Abuse:** Includes, but is not limited to, hitting, slapping, shoving, grabbing, pinching, biting, and hair pulling. This type of abuse also includes denying medical care and forcing alcohol or drug use.

**Psychological Abuse:** Includes, but is not limited to, causing fear by intimidation; threatening physical harm to self or loved ones; harming pets and property; and forcing isolation from family, friends, school or work.

**Sexual Abuse:** Coercing or attempting to coerce sexual contact or behavior without consent. Sexual abuse includes, but is not limited to, marital rape, attacks on sexual parts of the body, and treating one in a sexually demeaning manner.

**Threats:** Using words, gestures, or weapons to communicate the intent to cause death, disability or injury.

**Leaving an abusive relationship is the most dangerous time for a survivor. Creating a safety plan may reduce the risk that the violence will escalate.**

### DATING AND DOMESTIC VIOLENCE SAFETY MEASURES

- **CALL 911 IF YOU ARE IN IMMEDIATE DANGER.**
- Stay away from isolated places and try not to walk alone.
- Avoid speaking to the abuser; if it is unavoidable, meet in a public place during the middle of the day with people around.
- No matter where you go, ensure that there is a plan for how to leave safely in case of an emergency.
- Change the privacy settings and passwords of social media accounts to restrict access.
- Predesignate a friend or family member with whom you can stay during emergencies.
- Create easy access to keys, money, and important documents.
- Consider obtaining a restraining order or No Contact Order on campus against the abuser.

## WHAT IS STALKING?

**Stalking** is repeated conduct directed at a specific person of a sexual or romantic nature or motivation, that would cause a reasonable person to fear for their safety, or the safety of others, or to suffer substantial emotional distress.

### SIGNS OF STALKING

A stalker may:

- Follow or watch you wherever you are.
- Send unwanted gifts, letters, cards, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or GPS, to track you.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or online search services; hiring investigators; going through your garbage; or contacting friends, family, neighbors, or co-workers.
- Post information or spread rumors about you on the Internet, in a public place, or by word of mouth.
- Control, track, or frighten you by other means.

### STALKING SAFETY MEASURES

- Trust your instincts. **IF YOU DO NOT FEEL SAFE IN A SITUATION, LEAVE OR CALL 911 IF YOU FEEL YOU ARE IN IMMEDIATE DANGER.**
- Do not interact with the person stalking or harassing you. Responding to a stalker's actions may reinforce their behavior.
- Keep a journal or log of all the stalking incidents
- If possible, have a phone nearby at all times, preferably one to which the stalker has never had access. Memorize emergency numbers and make sure that 911 and helpful family or friends are on speed dial.
- Treat all threats, direct and indirect, as legitimate. Inform law enforcement immediately
- Vary daily routines. Change routes to work, school, the grocery store, and other places regularly frequented.
- Try not to travel alone and stay in public areas.
- Get a new, unlisted phone number. Leave the old number active and connected to an answering machine or voicemail. Messages from the stalker can be critical evidence for law enforcement.
- Consider obtaining a restraining order or a campus No Contact Order.

**Keep a journal or log of stalking-related incidents and behavior. Recording this information will help document the behavior for restraining orders, court proceedings and criminal investigation.**