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

**CARE MANAGERS**
(310) 825-7293
(310) 206-2465
campus_care@ucla.edu

If you are being sexually assaulted:

**UC POLICE DEPARTMENT (UCPD)**
601 Westwood Plaza
(310) 206-3417
www.uchpd.ucla.edu

**THE CARE ADVOCATE**
Advocacy Office for Sexual and Gender-Based Violence and Misconduct
John Wooden Center West, 1st Floor
advocate@careprogram.ucla.edu
www.careprogram.ucla.edu

**STAFF AND FACULTY COUNSELING CENTER**
10920 Wilshire Boulevard, Suite 380
(310) 206-3628
www.lgbt.ucla.edu

**CENTER FOR ACCESSIBLE EDUCATION**
A255 Murphy Hall/410 Charles E. Young Drive East
(310) 206-3417
www.cae.ucla.edu

**CAPS (COUNSELING AND PSYCHOLOGICAL SERVICES)**
John Wooden Center West
(310) 206-3417
www.caps.ucla.edu

**Rape Treatment Center at Santa Monica**
1250 Sixteenth Street
Santa Monica, California 90404
(310) 259-7208
www.rapetreatmentcenter.org

**ADVOCACY**
CARE Advocates are available to support and advocate for UCLA students. They can assist students in finding resources and navigating reporting options. CARE Advocates can also assist students in receiving campus accommodation. 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 RESOURCES**

**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
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 partaking 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 due to the influence. Being assaulted, stalked, or harassed is not your fault.

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 allowing the advantage of the other person’s incapacitation (including voluntary intoxication).

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, cohabitant, or someone with whom the abuser has a child.

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, to suffer substantial emotional distress.

Signs of stalking:
- Follow or watch you wherever you are.
- Send unwanted gifts, letters, calls, or emails.
- 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:
- • Call 911 or LEAVE 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 call the police or emergency services.
- • 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.

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.

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) 359-6700. Counselors are available by phone 24 hrs/day. UCSF 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.
- • Showers, bathing, douching, or brushing your teeth can impact evidence.
- • If the assault took place in your home, do not rearrange or clean up the house.
- • 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 sober sitter.
- • 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.

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.
- • Note where you go, and 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.
- • Find a trusted 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.

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.

WHAT IS 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.