

Resources, Options, and Support

FOR SURVIVORS OF SEXUAL VIOLENCE

UCLA

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Sexual violence is conduct without consent.

Sexual violence impacts all of us. At UCLA we believe ending sexual and gender-based violence is everyone's responsibility.

If you or someone you know has experienced sexual violence, you are not alone.

Sexual violence survivors, regardless of gender or gender identity, can experience profound emotional trauma which may include depression, self-doubt, self-blame, withdrawal, shock, fear, and anxiety. Survivors may experience this trauma days, weeks, or even years afterward.

If you have been affected by sexual violence at any point of your life, UCLA has an entire community of students and staff who understand you and support you.

At UCLA, the phrase "sexual violence" is an umbrella term encompassing:

- sexual assault
(including rape)
- interpersonal violence
(a.k.a. domestic or dating violence)
- stalking

All forms of sexual violence and sexual harassment violate the UCLA Code of Conduct and UCLA Policy.

If you are unsure whether or not your experience is covered by the policy, contact CARE or Title IX to learn more.

Consent is the key to preventing sexual violence.

Always ask for consent.

In the state of California, persons who are at least 18 years of age, are fully conscious, and are able to understand their own actions are able to give consent.

In the state of California, persons under the age of 18 are considered minors and are therefore unable to give consent. Consent cannot be given by someone who is incapacitated. Finally, a person cannot consent if they are unable to understand their own actions because of a physical or mental impairment.

If you are incapacitated, you lack the consciousness to give consent.

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.

Your own incapacitation is not an excuse for not knowing if your partner is incapacitated. Individuals who commit sexual assault are responsible for their own behaviors even if they are incapacitated.

There are four key elements of consent.

Consent is voluntary.

True consent is given voluntarily without the use of force, threats, coercion, manipulation, or intimidation of any kind, whether verbal or physical. When a person gives their consent, it means the person is cooperative and willing to act in a positive way or expressing their desire to engage in a positive way.

Consent is affirmative.

The state of California defines consent as affirmative, meaning not just the absence of “no” but the clear communication of “yes.”

Consent is conscious.

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

Consent is revocable.

Consent can be revoked at any time, meaning that consent does not carry over from one encounter to the next and consent is never implied. If you gave consent to a partner during a past encounter, you have not implied consent during any future encounter. Consent may be withdrawn at anytime and the sexual activity must stop immediately. Past, present, or future relationship status does not imply consent.



CARE: Campus Assault Resources & Education

A223 Murphy Hall
(310) 206-2465

careprogram.ucla.edu
FB/IG @uclacareprogram
advocate@careprogram.ucla.edu

Open weekdays 8:00 am–5:00 pm or by appointment.
Crisis support is available 24 hours a day on our phone hotline.

What is CARE?

CARE is committed to the eradication of sexual and gender-based violence through creating and sustaining a safe, healthy, and equitable community for all people.

CARE strives to achieve this through provision of comprehensive prevention education, individual support and advocacy, and holistic healing programs for all members of the UCLA community.

What do CARE Advocates do?

CARE has three distinct, but complementary services:
Education, Advocacy, and Healing.

Combined, these three components allow us to address primary, secondary, and tertiary levels of prevention, providing a comprehensive approach in service of our mission.

- Effective education programming, in addition to addressing root causes of sexual violence, will raise awareness and compassion for survivors within the community.
- Strong advocacy services are survivor centered and provide emotional support, but also include an educational component to contextualize incidents of harm and promote healing.
- Healing programs offer survivors a multitude of ways to connect with their own healing process, which empowers individuals and increases resilience.

Confidential Resources

Here are some UCLA resources who can help you if you are a survivor of sexual violence. These services are 100% confidential.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

counseling.ucla.edu
(310) 825-0768

Counselors are available by phone 24 hours a day.

John Wooden Center West
Monday through Thursday, 8:00 am to 7:00 pm
Friday, 8:00 am to 5:00 pm
(by appointment only after 4:00 pm)

RAPE TREATMENT CENTER UCLA MEDICAL CENTER SANTA MONICA

rapetreatmentcenter.org
(424) 259-7208

1250 16th Street
Santa Monica, CA 90404
Support is available 24 hours a day.

STAFF AND FACULTY COUNSELING CENTER

chr.ucla.edu/employee-counseling
(310) 794-0245

10920 Wilshire Boulevard, Suite 380
Monday to Friday, 8:00 am to 5:00 pm

OFFICE OF OMBUDS SERVICES

ombuds.ucla.edu
(310) 825-7627

105 Strathmore Building
Monday to Friday, 8:00 am to 5:00 pm
(or by appointment)

Reporting Resources

A CARE Advocate, Title IX, UCPD, and/or Student Legal Services can help you understand your options and determine which option is right for you.

Campus Reporting

TITLE IX OFFICE

sexualharassment.ucla.edu
(310) 206-3417
titleix@conet.ucla.edu
2241 Murphy Hall
Open weekdays 9:00 am to 5:00 pm

Administrative reports of sexual violence can be made at the Title IX Office. A survivor can request an initial consultation, seek interim measures, secure a no-contact directive, request an investigation, or explore alternative resolutions.

Criminal Reporting

UCLA POLICE DEPARTMENT (UCPD)

ucpd.ucla.edu
(310) 825-1491
info@ucpd.ucla.edu
601 Westwood Plaza
Open weekdays 9:00 am to 5:00 pm

It is always a survivor's choice to report sexual violence as a crime. Survivors can file a police report, a restraining order, or press charges in criminal court. If a survivor chooses not to report the crime immediately, the report can still be made at a later time.

Civil Reporting

STUDENT LEGAL SERVICES

studentlegal.ucla.edu
(310) 825-9894
A239 Murphy Hall
Open weekdays 9:00 am to 12:00 pm,
1:00 pm to 5:00 pm

Survivors of sexual violence may also file a restraining order or file a suit in civil court.

Call in advance to schedule an appointment. An initial 1-hour consultation costs \$10 for students.

Additional Resources

The following campus resources have Responsible Employees who can help you with any crisis, including sexual violence.

BRUIN RESOURCE CENTER

brc.ucla.edu
(310) 825-3945
B44 Student Activities Center

CENTER FOR ACCESSIBLE EDUCATION

cae.ucla.edu
(310) 825-1501
(310) 206-6083 (TDD)
A255 Murphy Hall

CONSULTATION & RESPONSE TEAM

studentincrisis.ucla.edu
CRTeam@ucla.edu

DASHEW CENTER

internationalcenter.ucla.edu
(310) 825-1681
(866) 743-7732 (ISSP Hotline)
106 Bradley Hall

ECONOMIC CRISIS RESPONSE TEAM

studentincrisis.ucla.edu/Economic-Crisis-Response
(310) 206-1189
ecr@saonet.ucla.edu

LGBT RESOURCE CENTER

lgbt.ucla.edu
(310) 206-3628
B36 Student Activities Center

RESIDENTIAL LIFE

reslife.ucla.edu
(310) 825-3401
205 Bradley Hall

RISE CENTER

FB/IG @risecenterucla
LuValle Commons, Basement Level

What is a “Responsible Employee”?

At UCLA, any employee who is not explicitly stated as confidential is considered a Responsible Employee. Examples include but are not limited to supervisors, managers, faculty, TAs, coaches, co-workers, and all student employees.

Responsible Employees are required to report any incident of sexual harassment, sexual violence, or other prohibited behavior they learn of in their capacity as UCLA employee to the Title IX office.

Any information you share about an incident of sexual harassment or sexual violence with a Responsible Employee is required to be shared with the Title IX office for your protection and the safety of others.

UCLA is committed to a fair process.

UCLA is committed to a fair process for all parties involved in a Title IX complaint around sexual violence. This includes both the Complainant—the person who files the complaint—and the Respondent, the person who is accused of sexual violence in the complaint.

The Respondent Support Services office provides guidance and coordination with the investigation and appeal process as well as referrals to available campus and community resources.

RESPONDENT SUPPORT SERVICES

1206 Murphy Hall
(310) 825-3871
respondents@ucla.edu

*Respondent Support Services is not an advocate on behalf of the Respondent, a provider of legal advice, or an investigator or adjudicator in the Title IX process.

Sexual Violence Definitions and Safety Measures

SEXUAL HARASSMENT

SEXUAL ASSAULT & RAPE

INTERPERSONAL VIOLENCE

STALKING

Sexual Harassment

What is sexual harassment?

Sexual harassment includes unwelcome sexual advances, requests for sexual favors, or other 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 all genders.

While discussions of sexual harassment are typically focused on workplace environments, the U.S. Supreme Court ruled in *Gebser v. Lago Vista Independent School District* (1998) that sexual harassment is also applicable to educational settings. A teacher, professor, or other figure of authority in a school environment can be convicted of sexually harassing a student.

The University will respond to reports of any such conduct between any such members of the University community.

Sexual Harassment (cont'd)

There are two forms of sexual harassment.

QUID PRO QUO

Quid pro quo is a Latin term meaning “this for that.” In the context of sexual harassment at a university, a quid pro quo arrangement is when a person explicitly or implicitly uses sexual advances and other verbal, nonverbal, or physical conduct of a sexual nature as a basis for grades or other decisions affecting participation in a university program or workplace. For example, if a professor says to a student, “I’ll give you an A in my class if you have sex with me,” that statement is considered quid pro quo sexual harassment. Alternatively it may be a supervisor saying to an employee, “I’ll give you better shifts during the week if you come over to my place tonight.”

HOSTILE ENVIRONMENT

When unwanted conduct of a sexual nature unreasonably denies, adversely limits, or interferes with a person’s participation in or benefit from the programs and services of the University, including employment, and creates an environment that a reasonable person would find intimidating or offensive, the behavior is considered sexual harassment that creates a hostile environment.

If you experience sexual harassment at UCLA, contact the Title IX office.

UCLA students and employees are strongly encouraged to report incidents of sexual harassment to the Title IX office.

TITLE IX OFFICE

sexualharassment.ucla.edu
(310) 206-3417
titleix@conet.ucla.edu
2241 Murphy Hall
Open weekdays 9:00 am to 5:00 pm

Sexual Assault & Rape

What is sexual assault?

Sexual assault is any attempt or completion of physical sexual contact without consent. Sexual assault behavior may include physical force or violence, threats, intimidation, ignoring the objections of the other person, surprise, abuse of power, 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).

Sexual assault may occur between strangers, acquaintances, family, friends, and partners. There is no delineation as to the seriousness of the incident based on the relationship between the individuals involved.

There are many forms of sexual assault.

UNWANTED SEXUAL CONTACT

Any physical activity performed in a sexual manner without consent. This may include touching, fondling, groping, and grabbing.

SEXUAL COERCION

Unwanted sexual penetration that occurs after a person is pressured in a non-physical way. Examples of this pressure include being worn down by someone who repeatedly asks for sex despite being told no; deliberately misrepresenting a situation for the purpose of convincing you to engage in sex when you would have otherwise said no; having someone spread rumors if you don't concede; and using a position of power, authority, or status to exert pressure for sex.

ANY FORM OF SEXUAL ASSAULT CAN BE PRECEDED BY

- Physical force: being pinned, held down, or some other form of violence.
- Stated or implied threats of physical harm.
- Stated or implied threats of social, academic, or other consequence.
- The inability of the survivor to give consent due to incapacitation.

Sexual Assault & Rape (cont'd)

What is rape?

Rape is a specific kind of sexual assault that involves sexual penetration without consent. The penetration can be vaginal, oral, or anal, and the penetration can be performed by a penis, a finger, or a foreign object.

Another related form of sexual assault is being made to penetrate someone else, which includes times you are made to, or there is an attempt to make you, sexually penetrate them without your consent.

Take these safety measures in the event you are sexually assaulted and/or raped.

IN THE MOMENT

- If you are in immediate danger, try to find a safe place and call 911.
- Seek immediate medical attention to receive treatment for physical injury, post-exposure prophylaxis, emergency contraception, and/or tests for STIs and pregnancy.
- Call The Counseling Center: (310) 825-0768, or the CARE Program: (310) 206-2465. Counselors are available by phone 24 hours a day, 7 days a week.
- Call the Rape Treatment Center: (424) 259-7208. RTC can arrange transportation if needed.

GATHERING FORENSIC EVIDENCE

- Seeking help within the first 120 hours (or 5 days) allows the best outcome for trauma-informed forensic evidence collection and the prevention of HIV, STIs, and pregnancy.
- Showering, bathing, douching, or brushing your teeth before a forensic exam can impact evidence.
- Write down as much as you can remember about the circumstances of the assault, including a description of the assailant. This may be challenging, but this information will be very helpful if you decide to report.
- Preserve all physical evidence of the assault until you have considered whether or not to file a report. If the assault took place in your home, do not rearrange or clean up anything.
- Try to save all the clothing you were wearing at the time of the assault in a paper bag. Avoid plastic bags.

Interpersonal Violence

What is interpersonal violence?

Interpersonal violence is also known as domestic violence, dating violence, intimate partner violence, and relationship abuse.

Interpersonal violence is a pattern of harmful language and/or behaviors that fall on the spectrum of violence used with the intent to maintain control and exert power over others.

Victims of interpersonal violence include people in intimate relationships, past & present sexual partners, and members of your family or household, including children.

There are many forms of interpersonal violence.

THREATS

If someone uses words, gestures, or weapons to communicate the intent to cause death, disability or injury to another person, that is considered interpersonal violence.

PHYSICAL ABUSE

If someone hits, slaps, shoves, grabs, pinches, or bites another person, the University considers this an act of interpersonal violence. Physical abuse also includes the denial of medical care or the forced consumption of drugs or alcohol

EMOTIONAL ABUSE

If someone undermines another individual's sense of self-worth and self-esteem, the University considers this an act of interpersonal violence. 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.

Interpersonal Violence (cont'd)

There are many forms of interpersonal violence.

(cont'd)

PSYCHOLOGICAL ABUSE

If someone abuses another person using psychological tactics, the University considers it a form of interpersonal violence. 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.

ECONOMIC ABUSE

If someone makes or attempts to make another individual financially dependent by maintaining control over financial resources, or forbidding attendance at school or employment, the University considers this an act of interpersonal violence.

SEXUAL ABUSE

If someone coerces or attempts to coerce sexual contact or behavior from another person without consent, the University considers this a form of interpersonal violence. 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.

Interpersonal Violence (cont'd)

If you are experiencing interpersonal violence, take these actions to maintain your safety.

IN THE MOMENT

- If you are in immediate danger, call 911.
- 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.

DAILY ROUTINES

- Travel in groups as much as possible.
- Avoid traveling to isolated places.
- Change the privacy settings and passwords of social media accounts to restrict access.

IN A RELATIONSHIP

- Create a safety plan to reduce the risk or severity of violence.
- Memorize phone numbers you can call during an incident— family, friend, or hotline.
- Pre-designate a friend or family member with whom you can stay during emergencies.
- Create easy and secure access to keys, money, and important documents.

LEAVING A RELATIONSHIP

Leaving is often the most dangerous part of an abusive relationship. Keep in mind some people choose to return to the abusers and non-judgmental support is available at all times. Your safety always comes first.

- Enlist an advocate who can help create a safety plan unique to the circumstances for exiting the relationship.
- Consider obtaining a restraining order or No-Contact Order on campus against the abuser.
- Keep a copy of the restraining order on you at all times so you can show it to the police if it is violated.

Stalking

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.

There are many forms of stalking.

BEING FOLLOWED

- Someone is following you or watching you wherever you are.
- Someone drives by or hangs out at your home, school, or work.
- Someone hires an investigator to follow you.
- Someone gets in contact with your friends, family, neighbors, or co-workers.

USING TECHNOLOGY

- Someone is monitoring your phone calls or computer use.
- Someone is using technology, like hidden cameras or GPS, to track you.
- Someone gathers information about you by using public records or online search services to use with malicious intent.

USING OBJECTS

- You are receiving unwanted gifts, letters, cards, or e-mails.
- Someone is going through your trash.
- Someone damages your home, car, or other property.

THREATS

- Someone is threatening to hurt you, your family, your friends, or your pets.
- Someone is posting information or spreading rumors about you on the Internet, in a public place, or by word-of-mouth.
- Someone is trying to control, track, or frighten you by other means.

Stalking (cont'd)

Here are some ways to protect yourself if you believe you are being stalked.

IN THE MOMENT

- If you feel you are in imminent danger, call 911.
- If you do not feel safe, leave the situation and notify law enforcement immediately.
- Do not interact with the person stalking or harassing you.

GOOD DOCUMENTATION

- Treat all threats from a stalker, both direct and indirect, as serious.
- Keep a journal or log of all the stalking incidents. Recording this information will help document the behavior for restraining orders, court proceedings, and criminal investigation.
- Consider obtaining a No-Contact Order from the Dean of Students office or a restraining order from a criminal or civil court.

SECURE COMMUNICATION

- If possible, get a new unlisted phone number and have it nearby at all times.
- Memorize emergency numbers and make sure that 911 and helpful family or friends are on speed dial.
- Keep your existing phone number active and connect it to an answering machine or voicemail. Messages from the stalker can be critical evidence for law enforcement.

DAILY ADJUSTMENTS

- If possible, change up your routine every day. This may include finding alternate routes to work, to school, to the grocery store, and any other places regularly frequented.
- As much as possible, travel in groups, stay in public areas, and trust your instincts.

Your response to a survivor can make all the difference.

Here are ways you can respond with care.

BE COMPASSIONATE.

- “Thank you for telling me.”
- “I’m so sorry this happened.”
- “How can I support you?”
- Let the individual direct the conversation.
- Don’t ask “why” questions.

ACKNOWLEDGE THEM.

- “I hear you. While we don’t have to name it anything, I want to share that I don’t think that kind of behavior is okay. You did not deserve that.”
- Recognize harm-reducing behaviors as positive steps.

RESPOND RESPECTFULLY.

- Don’t make promises you cannot keep.
- Establish boundaries.
- Don’t try to be all the things to everyone.

KNOW YOUR RESOURCES.

Refer back to this guide to find the support you need.



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