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

**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**
241A Murphy Hall
(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 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:**
CENTER FOR ACCESSIBLE EDUCATION
A255 Murphy Hall/410 Charles E. Young Drive East
(310) 825-1501
www.lgbt.ucla.edu

**If you are seeking medical attention:**
ARTHUR ASHE STUDENT HEALTH AND WELLNESS CENTER
220 Westwood Plaza – Student Activities Center
(310) 794-0245
www.sexualviolence.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) 825-1131
(310) 206-6083 (Telephone Device for the Deaf)
www.caes.ucla.edu

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
CAREadvocate@caps.ucla.edu

**OTHER CARE SERVICES**

**TRAUMA-INFORMED YOGA**
The impact that trauma has on the body’s physiology is far-reaching and CARE is committed to providing alternative forms of healing for survivors to support them in various stages of healing.
For an interest form to participate in the 8-week yoga as healing series for survivors, please contact our CARE program administrator at careadmin@caps.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
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.

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, threats, intimidation, ignoring the objections of the other person, causing the other person’s incapacitation or incapacitation (through the use of drugs or alcohol), or taking advantage of the other person’s incapacitation (including voluntary intoxication).

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 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.

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

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 such as stalkers, 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, tracks, or frighten you by other means.

STALKING SAFETY MEASURES

• Be careful about whom 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 routes. 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, unlocked 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.

WHAT IS OVERDOSE?

An overdose is an unintentional ingestion of a toxic dose of a substance. If you are an overdose victim, or you think you may have been a victim of an overdose, you are urged to seek medical attention immediately. A person who has overdosed may exhibit the following symptoms:

• Drowsiness
• Slurred speech
• Slow or shallow breathing
• Loss of consciousness
• Nausea
• Vomiting
• Anorexia
• Diaphoresis
• Lethargy

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

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 hours/day. UCSC can provide transportation to the Rape Treatment Center without taking a report. The Rape Treatment Center will pay for a taxi.
• Prevent all physical evidence of the assault until you have considered whether or not to file a report.
• Try to save all 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.
• 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 victim’s or assailant’s areas.
• 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 perpetrator. This may be helpful if you decide to report it.

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