

Sexual Violence Index

DEFINITIONS, SAFETY MEASURES, REPORTING
OPTIONS, AND CAMPUS RESOURCES

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:

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

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.

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.

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.

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.

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.

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.

Sexual Harassment Safety Measures

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

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.

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.

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 Safety Measures

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.

Sexual Assault & Rape

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.

Any form of sexual assault can be preceded by:

- You were physically forced such as being pinned, being held down, or some other form of violence.
- You were threatened with physical harm.
- Threat of social, academic, or other consequence was stated or implied.
- You were drunk, high, drugged, or passed out and unable to consent

Forms Of Sexual Assault & Rape

Unwanted Sexual Contact

- Unwanted sexual contact is any physical activity performed in a sexual manner without consent. This may include touching, fondling, groping, and grabbing.

Sexual Coercion

- Sexual coercion is the unwanted sexual penetration that occurs after a person is pressured in a non-physical way.
- Some examples of this pressure include being worn down by someone who repeatedly asks for sex in spite of having been 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.

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.

Sexual Assault Safety Measures

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 hotline: (310) 825-0768. Counselors are available by phone 24 hours a day, 7 days a week.
- Call the CARE Program office (310) 206-2465.
- Call the Rape Treatment Center: (424) 259-7208. RTC can arrange transportation if needed.

Gathering forensic evidence

- Seeking help within the first 120 hours allows the best outcome for trauma-informed forensic evidence collection and the prevention of HIV, STD/STI, 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.
- Try to save all the clothing you were wearing at the time of the assault in a paper bag. Avoid plastic bags.
- If the assault took place in your home, do not rearrange or clean up anything.

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.*



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.

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.

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

Safety Measures

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.

CARE Advocates

careprogram.ucla.edu

(310) 206-2465

advocate@careprogram.ucla.edu

A223 Murphy Hall

Campus Assault Resources & Education (CARE) is a safe place for survivors of sexual violence to get confidential support.

If you are a survivor of sexual violence, CARE Advocates act as your primary support on campus, should you need them.

A CARE Advocate can help you with the following:

- Provide immediate and ongoing emotional support.
- Confidentially explore available options.
- Address academic, housing, and employment concerns.
- File a complaint with the Title IX Office.
- Obtain a no-contact order from the Dean of Students.
- Consult with Student Legal Services.
- File a criminal report with UCPD.
- Obtain a civil or criminal restraining order.

A CARE Advocate can be with a survivor during interviews, phone calls, line-ups, or any other proceedings that involve criminal, civil or campus reports.

If a survivor is in a situation without a CARE Advocate they have the right to wait until the advocate is present.

Additional CARE services include alternative healing programs such as trauma-informed yoga, art, drumming & music, journaling, and dance, as well as workshops and trainings for students, staff, and faculty to educate the community about sexual violence prevention and response.

Reporting Options

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

Administrative reports of sexual violence may be made at the Title IX Office.

A survivor can request any of the following:

- Initial consultation
- Interim measures
- No-contact directive
- Investigation
- Alternative resolutions

Criminal Reporting

It is always a survivor's choice to report sexual violence as a crime. If a survivor chooses not to report the crime immediately, the report can still be made at a later time.

A survivor can choose to:

- File a police report
- File a restraining order
- Press charges in criminal court

Civil Reporting

Civil court procedures are also available to survivors of sexual violence.

A survivor can choose to:

- File a restraining order
- File a civil suit

REPORTING RESOURCES

TITLE IX OFFICE

sexualharassment.ucla.edu

(310) 206-3417
titleix@conet.ucla.edu

2241 Murphy Hall

Monday to Friday, 9:00 am to 5:00 pm

OFFICE OF THE DEAN OF STUDENTS

deanofstudents.ucla.edu

(310) 825-3871
dean@sao.ucla.edu

1206 Murphy Hall

Monday to Friday, 9:00 am to 5:00 pm

UCLA POLICE DEPARTMENT (UCPD)

ucpd.ucla.edu

(310) 825-1491
info@ucpd.ucla.edu

601 Westwood Plaza

Monday to Friday, 9:00 am to 5:00 pm

Confidential Resources

CAMPUS ASSAULT RESOURCES & EDUCATION (CARE)

careprogram.ucla.edu

(310) 206-2465

Crisis support is available 24 hours a day.

A223 Murphy Hall

Monday through Friday, 8:00 am to 5:00 pm
(or by appointment)

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.

STUDENT LEGAL SERVICES

studentlegal.ucla.edu

(310) 825-9894

A239 Murphy Hall

Monday to Friday, 9:00 am to 12:00 pm, 1:00 pm to 5:00 pm

Call in advance to schedule an appointment.

An initial 1-hour consultation costs \$10 for students.

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)

Additional Campus Support

If you decide not to file a formal report, all campus resources are still available to you.

EMOTIONAL SUPPORT

From CARE, CAPS, Staff and Faculty Counseling Center, or the Rape Treatment Center

ACADEMIC SUPPORT

From the Office of the Dean of Students

HEALTH CARE SUPPORT

From the Ashe Center

HOUSING SUPPORT

From CARE, Title IX, or the Consultation & Response Team

PERSONAL SAFETY SUPPORT

From Student Legal Services and UCPD

ADDITIONAL RESOURCES

Here are some other UCLA resources who can help you in any crisis, including sexual violence.

**Everyone on this page is a Responsible Employee.*

CONSULTATION & RESPONSE TEAM (CR TEAM)

studentincrisis.ucla.edu
CRTeam@ucla.edu

ECONOMIC CRISIS RESPONSE TEAM (ECR TEAM)

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

UCLA RESIDENTIAL LIFE

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

DASHEW CENTER FOR INTERNATIONAL STUDENTS & SCHOLARS

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

BRUIN RESOURCE CENTER (BRC)

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

LGBT RESOURCE CENTER

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

CENTER FOR ACCESSIBLE EDUCATION (CAE)

cae.ucla.edu
(310) 825-1501
(310) 206-6083 (Telephone Device for the Deaf)
A255 Murphy Hall

Call the numbers on this list if you recently experienced an act of sexual violence.

These numbers are also printed on the back of your BruinCard.

IF YOU ARE IN IMMEDIATE DANGER

Call 911

IF YOU'RE IN AN UNSAFE SITUATION

Call UCPD Non-Emergency

(310) 825-1491

Call CSO Escort Services

(310) 794-9255

IF YOU URGENTLY NEED SOMEONE TO TALK TO

Call the CAPS 24/7 hotline

(310) 825-0768

Call the CARE 24/7 hotline

(310) 206-2465

IF YOU WOULD LIKE FORENSIC EVIDENCE COLLECTION AFTER BEING SEXUALLY ASSAULTED

Call the Rape Treatment Center

(424) 259-7208

IF YOU NEED OR WANT MEDICAL TREATMENT

Contact a CARE Advocate to receive services at Ashe including treatment of physical injury, STI and pregnancy testing, and post-exposure prevention treatment.

(310) 206-2465

IF YOU NEED OR WANT SUPPORT AFTER BEING SEXUALLY ASSAULTED

Call a CARE Advocate

(310) 206-2465

sexualviolence.ucla.edu