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

**CARE MANAGERS**
(310) 825-7279
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) 825-1491 (Mon – Thurs, 6 pm – 11 pm)

If you are looking for information regarding visas or immigration:

**AT SANTA MONICA – UCLA MEDICAL CENTER**
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**
A239 Murphy Hall
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) 206-3021
www.lgbt.ucla.edu

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

**CENTER FOR ACCESSIBLE EDUCATION**
A201 Murphy Hall/410 Charles E. Young Drive East
(310) 825-1501
(310) 206-6083 (Telephone Device for the Deaf)
www.cae.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
advocate@careprogram.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) 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.
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 considered 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, or 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 SENSITIVE 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, 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.

WHAT IS RELATIONSHIP 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, shoving, grabbing, punching, 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 intimidating; threatening physical harm to self or loved ones; harming pets and property; and preventing or isolation from family, friends, school or work.

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

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

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—between peers, 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. 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.
• Showers, 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 testing 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.

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.

WHAT IS MESTIC VIOLENCE?

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SIGNS OF DATING AND DOMESTIC VIOLENCE

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• 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

• If possible, have a phone nearby at all times, preferably one to which the stalker has never had access. 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 connect it 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 investigations.

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WHAT IS RELATIONSHIP VIOLENCE?