



CAMPUS ADVOCACY RESOURCES & EDUCATION

You Have an Advocate

If you're a survivor of sexual and/or relationship violence, know that what happened was not your fault. What you're feeling and what your next steps will be – they are yours to feel and to choose.

The CARE Advocates are here to listen to, support and empower. They offer a supportive and confidential space for UCR students, staff and faculty who are survivors – and supporters of survivors – of sexual assault, relationship violence and stalking.

CARE Advocates provide information on:

- **Survivors rights**
- **On- and off-campus reporting options**
- **Academic accommodations**
- **Safety planning**
- **Changes in living arrangements**
- **Changes in transportation arrangements**
- **Changes in working situations**
- **How to help a friend**
- **Prevention and education**
- **UCR conduct systems and the criminal justice system**
- **Emergency protective orders, restraining orders and on-campus no contact orders**
- **Counseling/medical referrals through UCR and community agencies**

You can get assistance from CARE Advocates without formally reporting an assault.

Sexual assault, stalking, dating/domestic violence and sexual harassment violate the UCR Code of Conduct and UC Policy. You have the right to live, study, work and grow in a supportive campus environment that is free from sexual violence. Contact a CARE Advocate to learn more.



Campus Advocacy, Resources & Education

(951) 827-6225 | advocate@ucr.edu
care.ucr.edu or sexualviolence.ucr.edu

CONFIDENTIAL RESOURCES

CARE Advocates
Campus Advocacy, Resources & Education Offices
(951) 827-6225 | advocate@ucr.edu
care.ucr.edu

Counseling and Psychological Services (CAPS)
Veitch Student Center, North Wing
Hours: Monday-Friday, 8:30am-4:30pm
(951) 827-5531 | counseling.ucr.edu
(Counselors available by phone 24/7.)

Office of the Ombuds
388 Surge Building, 3rd Floor
(951) 827-3213 | ombuds@ucr.edu
ombuds.ucr.edu

The Riverside Area Rape Crisis Center (RARCC)
1845 Chicago Avenue, Suite A
Riverside, CA 92507
24/7 Hotline: (951) 686-RAPE (7273) or (866) 686-7273 (toll-free)
info@rarcc.org | rarcc.org

Alternatives to Domestic Violence (ADV)
24/7 Hotline: (951) 683-0829 in Riverside or (800) 339-SAFE (7233) countywide
info@alternativestodv.org | alternativestodv.org

REPORTING OPTIONS

UC Police Department, Riverside (UCPD)
3500 Canyon Crest Drive
Emergency (Police, Fire, Medical): 911
(951) 827-5222 | ucpdgeneralmail@ucr.edu
police.ucr.edu

Title IX Office
349 Surge Building
(951) 827-7070 | TitleIX@ucr.edu
titleix.ucr.edu



(951) 827-6225 | advocate@ucr.edu
Website: care.ucr.edu or sexualviolence.ucr.edu

ADDITIONAL RESOURCES

LGBT Resource Center (LGBTRC)
245 Costo Hall
(951) 827-2267 | out@ucr.edu
out.ucr.edu

Women's Resource Center (WRC)
260 Costo Hall
(951) 827-3337 | wrc@ucr.edu
wrc.ucr.edu

Medical Attention

Student Health Services (SHS)
Veitch Student Center
(951) 827-3031 | health@ucr.edu
studenthealth.ucr.edu

Visa & Immigration Information

Undocumented Student Programs
224 Costo Hall
(951) 827-3808 | ana.coria@ucr.edu
rdream.ucr.edu

International Students and Scholars Office (ISSO)
321 Surge Building, 3rd Floor
(951) 827-4113 | internationalcenter@ucr.edu
internationalcenter.ucr.edu

Help with Temporary/Permanent Disabilities

Student Disability Resource Center
125 Costo Hall
(951) 827-3861 | sdrc@ucr.edu
sdrc.ucr.edu

Campus Safety Escort Services (CSES)

- Call dispatch at **(951) 827-3772**.
- Pick up any red phone on campus that reads "Campus Safety Escort Service." You'll either be connected to dispatch (during hours), or UCPD (after hours).
- Visit dispatch (HUB information desk) or Rivera Library to request a safety escort.
- If you see a safety escort on campus (yellow shirt and ID badge), wave them down. They will walk you to your destination.

Hours: Sunday-Thursday from dark to 11:30pm
For campus escort assistance after 11:30pm, call UCPD at (951) 827-5222.



CAMPUS ADVOCACY, RESOURCES & EDUCATION

Resources and Options for Survivors of Sexual Assault, Relationship Violence and Stalking



CONSENT

CONSENT IS...

INFORMED
Consent is an unambiguous, affirmative and conscious decision by each person to engage in mutually agreed-upon sexual activity.

VOLUNTARY
Consent is the willing, positive cooperation in an act, or the expression of a desire to engage in an activity. True consent is not coerced by force, threats or intimidation. (Silence is not consent.)

REVOCABLE
Consent on one occasion does not mean consent has been given for future sexual activity. Consent can be given and withdrawn at any point, regardless of the nature of the relationship. Once consent is withdrawn, any activity must stop immediately.

CONSENT CANNOT BE GIVEN IF A PERSON IS...

INCAPACITATED
Incapacitation is the physical/mental inability to make informed, rational judgments. Alcohol, drugs or other medications can cause incapacitation. States of incapacitation include – but are not limited to – vomiting, sleep, blackouts and unconsciousness.

IMPAIRED
Consent is not given if a person is unable to understand the act due to a mental/physical impairment.

No one is ever responsible for being victimized. We believe and recognize that those who commit violence are responsible for their own behaviors and actions.

WHAT IS SEXUAL VIOLENCE?

Sexual violence is the 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:

- Sexual assault
- Sexual battery

- Relationship violence
- Stalking

Sexual assault and sexual battery occur when physical, sexual activity is engaged in without the consent of the other person. It can also occur when the other is unable to consent. The activity of conduct may include:

- Physical force
- Violence
- Threats
- Intimidation
- Ignoring the objections of the other person
- Causing the other person's intoxication/incapacitation with drugs and/or alcohol
- Taking advantage of the other person's incapacitation, including voluntary intoxication

Seek Medical Attention

If you've been sexually assaulted within the last 5 days (120 hours), you can get a free forensic medical exam in a local Sexual Assault Response Team (SART) facility.

A CARE Advocate can accompany you to these facilities and/or arrange transportation. (Available Monday-Friday, 9am – 5pm)

Riverside University Health Systems Medical Center

(11.8 miles/18.9 kms)
26520 Cactus Avenue
Moreno Valley, CA 92555
Emergency Room: (951) 486-5650
Operator: (951) 486-4000
(Ask to page a SART Nurse, or walk into the Emergency Room. A counselor will assist you.)
ruhealth.org

Rancho Springs Medical Center

(33.9 miles/54.5 kms)
2550 Medical Center Drive
Murrieta, CA 92562
(951) 696-6000
ranchospringsmedcenter.com

If you choose to get a forensic medical exam, try NOT to:

- Bathe/shower
- Use the restroom
- Brush teeth
- Change clothes
- Comb hair
- Clean crime scene
- Move anything the perpetrator might have touched

If you've changed your clothes, place the items you were wearing at the time of the assault in a paper bag. (Do not use plastic.) Take the bag to the SART facility.

Whether or not you intend to file a police report, seek medical attention to receive an exam, emergency contraception (if applicable), and HIV, STI and pregnancy tests.

Ask for a urine and blood test if you suspect that you've been drugged.

Write down as much as you can remember about the assault. This may be helpful if you later decide to report.

Sexual violence impacts us all – regardless of race, gender, sexual orientation and ability. Affected communities include LGBTQ+ survivors, male survivors, international populations and individuals with disabilities.

Seek medical attention regardless of when an assault has occurred. If you've been recently assaulted, seek help within 5 days (120 hours) to receive emergency contraception (if applicable) and HIV, STI and pregnancy tests. This also provides the best outcome during evidence collection (SART forensic exam).

WHAT IS STALKING?

Stalking is any behavior in which someone repeatedly engages in conduct directed at another individual that would cause a reasonable person to fear for their safety or the safety of others.

Stalking encompasses repeated and unwanted attention, harassment, contact or any other course of conduct that a reasonable person would construe as sexual-based or gender-based in nature.

SIGNS OF STALKING

- Following/watching you
- Sending unwanted gifts, letters, cards or emails

- Damaging personal property (phones, laptops, vehicles or homes)
- Monitoring phone calls or computer use
- Using tracking technology (hidden cameras or GPS)
- Driving by or hanging out at a person's residence hall, home, school or work
- Threatening harm to you, friends, family, roommates, co-workers or neighbors
- Learning more about you by accessing public records/online search services, hiring investigators, going through garbage, or contacting roommates, friends, family and co-workers
- Controlling, tracking or frightening you by other means

STALKING BEHAVIOR SAFETY MEASURES

- Trust your instincts. Leave if you do not feel safe. Call 911 if in immediate danger.
- Do not interact with a stalker/harasser, as it may reinforce the behavior.
- Treat all threats – direct and indirect – as legitimate. Inform law enforcement immediately.
- Vary daily routines. Change routes to work, school and other places regularly frequented locations.
- Stay in public areas.
- Travel with a friend.
- Get a new phone with an unlisted number. Leave the old number active, and connected to voicemail or an answering machine. Stalker messages may be critical for law enforcement and investigations.
- If possible, keep a phone nearby at all times (one the stalker has never accessed). Add family, friends and emergency phone numbers to speed dial. Memorize emergency numbers.
- Get a restraining order or an on-campus no contact order. A CARE Advocate can help.

Record stalking-related behavior or incidents. This information will be helpful if you later decide to pursue a Title IX Complaint, restraining order, court proceedings or a criminal investigation.

WHAT IS RELATIONSHIP VIOLENCE? (Also referred to as Intimate Partner Violence)

Dating Violence includes abuse committed by a person who is, or has been, in a romantic or intimate relationship with the survivor.

Domestic Violence includes abuse committed against an adult (or minor) who is a CURRENT or FORMER spouse, cohabitant, co-parent, significant other or fiancé.

SIGNS OF ABUSIVE BEHAVIOR

Digital/Cyber: Demands access to emails, social media accounts or phone/text messages.

Economic: Makes – or attempts to make – someone financially dependent by controlling resources or forbidding class/work attendance.

Emotional Abuse: Undermines another's self-worth and self-esteem. Includes constant criticism about body image, diminishing

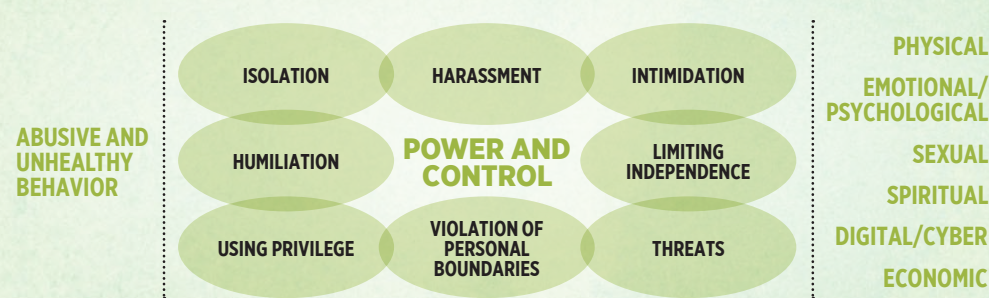
one's abilities, name-calling and damaging interpersonal relationships.

Physical: Hits, slaps, shoves, grabs, pinches, bites and hair pulling. Also includes the denial of medical care and forced drug/alcohol use.

Psychological Abuse: Induces fear with intimidation. Includes threats of physical harm to self, others, pets and property, as well as forced isolation from friends, clubs/organizations, school and work.

Sexual Abuse: Coercion – or attempted coercion – sexual contact/behavior without consent. Includes marital rape, attacks on sexual body parts and sexually demeaning behavior.

Threats: Words, gestures or weapons that express the intent of causing injury or disability.



RELATIONSHIP VIOLENCE SAFETY MEASURES

- If you are in immediate danger, call 911.
- Stay away from isolated places.
- Travel with a friend.
- Avoid speaking to the abuser. If unavoidable, meet in a public place in the middle of the day. Tell a friend where you'll be.
- No matter where you go, have an emergency exit plan.
- Change all passwords/privacy settings for email and social media accounts.
- Pre designate a friend/family member with whom you can call or stay with during emergencies.
- Have quick access to keys, money and important documents (i.e. ID and health information).
- Get a restraining order or an on-campus no contact order. A CARE Advocate can help.

It can be difficult – and even dangerous – to leave an abusive partner/relationship. Create a safety plan to reduce the risk of escalating violence. A CARE Advocate can help. (951) 827-6225