

# 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

205 Covell Commons  
(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](http://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](http://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](http://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](http://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@equity.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.

# 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.



## **CARE: CAMPUS ASSAULT RESOURCES & EDUCATION**

A223 Murphy Hall  
(310) 206-2465

[careprogram.ucla.edu](http://careprogram.ucla.edu)  
FB/IG @uclacareprogram  
[advocate@careprogram.ucla.edu](mailto:advocate@careprogram.ucla.edu)