

## Program Overview

Center for Advocacy, Resources & Education (CARE) is dedicated to reducing the incidence and impact of sexual harassment and sexual violence, including sexual assault, dating and domestic violence, and stalking. CARE provides confidential crisis intervention and victim advocacy services, as well as prevention education to the UC Davis campus and UC Davis Health System in Sacramento.

**Sexual Harassment** is a form of gender discrimination, and can be defined as unwelcome sexual attention or behavior which negatively affects the work or learning environment. This may look like unwelcomed sexual jokes or comments, sexual touching, or other unwanted behavior of a sexual nature, which creates an intimidating, offensive or hostile environment that disrupts people's ability to do their job or learn. Sexual harassment may also include situations where a supervisor, faculty member, or another person in a position of authority, offers a student or employee a promotion, grade, or another benefit in exchange for sexual activity.

**Sexual Assault** is any unwanted, non-consensual sex act in which a person is threatened, coerced or forced to comply against their will, or where a person is unable to give consent because they are a minor, unconscious, asleep, or incapacitated due to drugs or alcohol. Consent may also be revoked at any time during the sex act.

**Domestic violence** is defined as abuse committed against an adult or a minor who is a spouse or former spouse, cohabitant or former cohabitant, or someone with whom the abuser has a child; and has an existing or former dating or engagement relationship.

**Dating violence** is defined as abuse committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim.

**Stalking** is a pattern of unwanted behavior that is directed at a specific person that would cause a reasonable person to experience fear for their own safety or the safety of others. Stalking behaviors might include unwanted emails, phone calls, text messages, following, etc.

CARE's mission is to reduce sexual violence and its impact using a multi-faceted approach, including primary prevention, education and awareness, and trauma-informed survivor services. CARE staff work to broaden public awareness about the nature of sexual violence and its impact on people of all genders, to reinforce the necessity of healthy communication, including healthy sexual communication and consent, and to mitigate the trauma of the survivor.

**More information about the program, staff, and services can be found at <http://care.ucdavis.edu>.**

## Resources

### Reporting a Crime

Emergency 911	
UC Davis Police	(530) 752-1230
City of Davis Police	(530) 747-5400
Sacramento City Police	(916) 732-0100
Sacramento County Sheriff	(916) 874-5115

### Confidential Advocacy Services

Center for Advocacy, Resources and Education	(530) 752-3299
CARE's Emergency 24-Hour On-Call Advocate	(866) 515-0155
Empower Yolo (Yolo County) 24-Hour Crisis Line	(530) 662-1133
WEAVE (Sacramento County) 24-Hour Crisis Line	(916) 920-2952

### Confidential Counseling Services

Student Health and Counseling Services	(530) 752-2349
<i>For Medical School students, tell them you are a med student when you call</i>	
Academic and Staff Assistance Program	
Davis Campus	(530) 752-2727
Sacramento Campus	(916) 734-2727

### Reporting Sexual Violence or Sexual Harassment to UC Davis

#### Davis Campus

Harassment and Discrimination Assistance and Prevention Program	(530) 752-9255
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#### Sacramento Campus

Equal Employment Opportunity, Sexual Harassment Prevention Office	(916) 734-2259
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UC Davis Policies, Procedures, and Resources  
<http://sexualviolence.ucdavis.edu>



center for advocacy,  
resources & education

## Intervention, Education & Prevention



**UC DAVIS**

**CARE:** Advocate Office for Sexual and Gender-Based Violence and Sexual Misconduct

# Prevention Education & Professional Training

# Survivor Services

CARE is committed to creating a community free of sexual and gender-based violence.

CARE's knowledgeable staff provide educational programming and professional training to the UC Davis campus and UC Davis Health System community, not only to increase the knowledge and awareness of sexual assault, dating and domestic violence, and stalking, but also to create social norm change and promote a violence-free community.

## Education and training services include:

- Campus and community presentations
- Guest lecturing
- Academic classes
- Bystander intervention programming
- Awareness campaigns and events
- Professional training

*Professional trainings are focused on increasing knowledge and developing skills to work with survivors of violence.*

To schedule an educational program or professional training for your department, class, residence hall, or group, contact CARE at (530) 752-3299 or [ucdcare@ucdavis.edu](mailto:ucdcare@ucdavis.edu).

Services are confidential and available to all UC Davis affiliates, including undergraduate, graduate and professional school students, faculty, academic appointees and staff, regardless of sex, gender, gender presentation, ethnicity, sexual orientation, age, religion, physical or mental disability, national origin, citizenship, or membership in uniformed services.

A victim advocate is available to provide confidential and case specific intervention services to survivors of sexual harassment and sexual violence, including sexual assault, dating or domestic violence, and stalking.

Services include, but are not limited to:

- Crisis intervention & support
- Advocacy
  - » Exploring reporting options
  - » Housing and academic assistance
  - » Safety planning
  - » Restraining order assistance
- Accompaniment
  - » Investigation interviews
  - » Forensic exams
  - » Hearings
- Referrals to additional resources

CARE supports a survivor's right to choose if or when to report their assault or abuse. CARE services are available to all survivors regardless of whether a report is made or not.

An advocate can be reached by calling the business line at (530) 752-3299 or, for urgent matters that require immediate assistance, contact the 24-hour CARE answering service at (866) 515-0155 to reach the emergency on-call victim advocate.

# How do I help someone who is a survivor of sexual violence?\*

Many times a survivor of assault or abuse will seek support and information from a friend or colleague before taking any other steps. The following tips are things you can do to support a friend or colleague:

1. **Make sure the survivor is safe.** While it is not uncommon for survivors of sexual assault, dating or domestic violence, or stalking to delay reporting or seeking services, it is still important to ask about safety at the time they disclose to you. If the assault or abuse is recent, make sure the survivor's immediate safety needs are met and offer to help them get medical services, if needed.
2. **Listen, don't investigate.** It is very common for people who become aware that their friend or colleague has experienced assault or abuse to want to ask a lot of questions about what happened. It is important to listen to what the survivor chooses to tell you, but asking too many questions about details of the incident can feel invasive, even if this is not your intention. Instead of asking about details of the incident, ask how your friend or colleague is coping, if they need anything in particular, or how you can help them.
3. **Remind the survivor that the assault/abuse is not their fault.** Many survivors will blame themselves for the assault or abuse. It's important for us to remember that the only person responsible for the assault is the person who perpetrated it. Telling your friend or colleague that you believe them and they are not to blame can help them to feel supported.
4. **Provide options and resources.** Whether or not your friend or colleague chooses to report the incident, participate in an investigation, or seek

out counseling or other resources, must be their choice. It is important to allow the survivor to make the choice that is best for them; however, you can help by giving them information about their options and resources that are available.

5. **Be aware of your responsibilities.** Responsible employees, including student employees, University officials – supervisors, faculty, coaches, and other employees, have an obligation to respond to reports of sexual harassment, sexual assault, dating or domestic violence, or stalking, even if the person making the disclosure requests that no action be taken. If you are a responsible employee, it is essential for you to notify the sexual harassment officer at your campus immediately, or as soon as possible, of any disclosure of sexual harassment or sexual violence. You are also strongly encouraged to refer the survivor to a confidential resource for continued support and information about options.
6. **Take care of yourself.** As a friend or colleague of a survivor of sexual assault, dating or domestic violence, or stalking, you might feel overwhelmed, angry, helpless, confused, sad, or any number of other emotions. Because the survivor will not be in a place to be able to help you process the impact of their disclosure on you, it is crucial for you to seek support for yourself to cope with the many emotions you might be feeling.

For more information on how to help or questions about resources, visit <http://care.ucdavis.edu>, or contact CARE at (530) 752-3299 or [ucdcare@ucdavis.edu](mailto:ucdcare@ucdavis.edu).

*\*Please note that depending on your status as a responsible employee (see #5), you may be required to notify the Sexual Harassment Officer at your campus of the disclosure, even if the survivor has requested to have no action taken. It is your responsibility to confirm whether or not you are a responsible employee of the University.*

