

Program Overview

CARE's mission is to reduce sexual violence and its impact using a multifaceted approach including primary prevention, education and awareness, trauma-informed survivor services, and advocacy for victim rights at the campus, University of California, and state level. We work to broaden public awareness about the nature of sexual assault, intimate partner violence, stalking, sexual harassment, and their impact on people of all identities. We foster a culture intolerant of sexual violence by promoting healthy sexual communication, safe relationships, and respect.

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 a person'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.

Intimate partner violence is a pattern of abuse committed against an individual by someone who is or has been in a dating, spousal, romantic, or intimate relationship with the individual or a person with whom they share a child in common. Abuse may be emotional, sexual, financial, technological, or physical; some forms of intimate partner violence may be a crime or a violation of UC policy.

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.

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

Center for Advocacy, Resources and Education

Davis Campus	(530) 752-3299
Sacramento Campus	(916) 734-3799
CARE's Emergency 24-Hour On-Call Advocate	(866) 515-0155

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

Harassment and Discrimination Assistance & Prevention Program	
Davis Campus	(530) 747-3864
Sacramento Campus	(916) 734-5335

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 communities, not only to increase the knowledge and awareness of sexual assault, intimate partner 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 by phone or email at ucdcare@ucdavis.edu

Services are confidential and available to all UC Davis and UC Davis Health affiliates, including 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, intimate partner 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 CARE business line. For urgent matters that require immediate assistance, contact CARE's Emergency 24-Hour On-Call 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, intimate partner 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, intimate partner 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, such as CARE, for continued support and information about options.
6. **Take care of yourself.** As a friend or colleague of a survivor of sexual assault, intimate partner 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>, contact CARE by phone, or email at ucdcare@ucdavis.edu.

