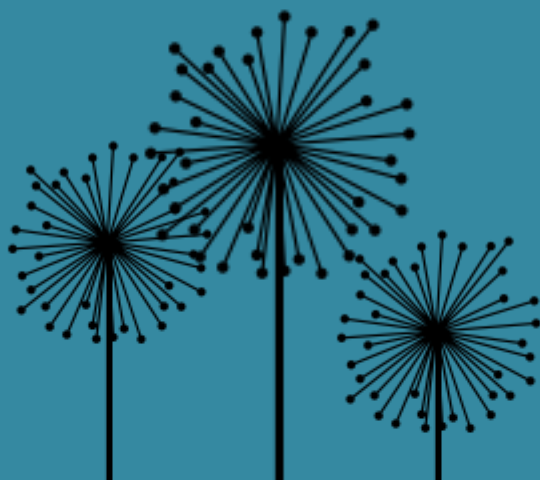


Sexual Assault Awareness Month



Education Toolkit

2020



CARE

center for advocacy,
resources & education

UC Davis Sexual Assault Awareness Month Toolkit

During the 1980s, on the heels of the sexual violence awareness movement that began in the 1970s, the National Coalition Against Sexual Assault (NCASA) brought national agencies together to determine the dates for a National Sexual Assault Awareness Week. Over time, this week turned into a month and in April 2001, the first national Sexual Assault Awareness Month (SAAM) was recognized. SAAM is a campaign meant to give institutions, agencies, communities, and individuals a chance to raise awareness, empower and support sexual assault survivors, and collaborate on prevention efforts.

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Connect to UCD CARE

Website <https://care.ucdavis.edu>

Phone (530) 752-3299 (Davis)
(916) 734-3799 (UCDH)

Email ucdcare@ucdavis.edu

 @ucdcare

 /ucdavisCVPP/

We hope that you and your families are staying safe and healthy during these unprecedented times. CARE recognizes the additional hurdles created for survivors by the COVID-19 health crisis, in particular survivors who may be exposed to an increased risk of domestic violence. The need for resources and support has never been greater for our community.

CARE remains available and operational to provide support services to all UC Davis students, staff, and faculty. However, to prevent the spread of the Coronavirus (COVID-19) we are providing services remotely. To speak with a confidential advocate, please email us at ucdcare@ucdavis.edu.

You can also reach us by calling (530) 752-3299. During business hours (Monday-Friday between 8-5 pm) please leave a message and the advocate will call you back promptly. Should you call after hours, you are welcome to leave a message that will be returned the next business day or select the option to be connected with a confidential counselor.

Sexual Assault 101

Sexual assault is an umbrella term that is used to describe any unwanted sex act. This includes any vaginal, anal, or oral penetration or sexual contact committed or attempted without **consent**.

WHAT IS CONSENT?

Consent is an affirmative, unambiguous, and conscious agreement to participate in sexual activity. It is voluntary and revocable at anytime. Consent cannot be given when an individual is incapacitated, forced, underage, or unconscious.

WHO IS IMPACTED?

Sexual assault impacts millions of people worldwide. It is important to know that sexual assault does not always involve a woman as the victim and a man as the perpetrator. It affects people across gender, sexual orientation, race, ethnicity, spirituality, class, or background. Sexual and gender-based violence is a system of oppression, and like other forms of oppression, is rooted and power and control. As a result, individuals in marginalized communities are more likely to experience sexual assault and face even more obstacles when it comes to reporting or accessing resources.

IT'S NEVER THE VICTIM'S FAULT

Just because a survivor chose to wear a specific outfit, go out to a specific location, hang out with a specific person or voluntarily consume drugs or alcohol, it does not mean that they did anything that caused another individual to assault them. The responsibility lies solely with the perpetrator.

PERPETRATORS ARE USUALLY SERIAL OFFENDERS & DON'T THINK THEY ARE RAPISTS

Most offenders of sexual assault lack empathy and adhere to rape myths. As a result, they usually commit multiple assaults and find ways to justify their behavior. To them, a rapist is a creepy person who attacks people out at night; so as long as they do not fit that image, they will not hold themselves accountable.

PERPETRATORS ARE USUALLY SOMEONE THE VICTIM KNOWS

In most cases of sexual assault, the perpetrator is someone the victim knew or even someone they trusted. The relationship the victim had to the perpetrator prior to the assault greatly impacts how they move forward.

PREVENTION REQUIRES ALL OF US

Sexual assault prevention is not possible without community engagement. Sex offenders make up a small minority of our population, but are able to commit violence because we exist in a society that supports and accepts their behavior. As a community, we have the power to come together and hold perpetrators accountable by dismantling victim blaming, changing culture, and using our voice to shape laws and policies.

Supporting a Survivor of Sexual Assault

Experiencing sexual assault is incredibly traumatic. Survivors may experience confusion, fear, anxiety, or shame. This event is one in which the survivor has had their power and control removed from them. As support people of survivors, we should always be asking ourselves, "How can I help restore some of the power this individual lost?" Here are some ways to practice that.

Listen and then ask how you can help

By listening and showing empathy, you are showing the survivor that you care and are grateful they shared this with you. Mirror their language--if they have not labeled their experience as a sexual assault, do not call it that. Refrain from asking probing questions and allow them to share only what they are comfortable with. Ask them how you can help, as their needs may be different than what you perceive is best.

Offer options, rather than pressuring them to report

Sometimes people may think it is helpful to encourage survivors to report, or may even make it seem like it is survivor's responsibility to do so. You may have heard people say, "By not reporting, they're allowing it to happen to other people." It is important to recognize that the responsibility lies solely with the perpetrator. It is best to offer reporting as option and let the survivor know that at the end of the day, they get to decide what to do.

Refer them to resources

Let the survivor know that help is available if they would like to access it. CARE is able to provide support and talk through their options in a confidential setting. You can offer to call or email CARE on their behalf while they are with you. CARE staff are also able to reach out directly if the survivor is comfortable with you sharing their contact information.

This is not your fault.

How can I best support you?

Thank you for sharing this with me.

How Can I Raise Awareness?

PARTICIPATE IN SEXUAL ASSAULT AWARENESS MONTH EVENTS ON CAMPUS

There are many virtual events this April to provide members of the UC Davis community with plenty of opportunities to support survivors, raise awareness, promote community action, and learn more. Visit <https://care.ucdavis.edu/sexual-assault-awareness-month> to learn more.

CONTACT YOUR REPRESENTATIVES

Contact your local, state, or federal legislators and ask them to take action this month. Representatives are receptive to receiving phone calls, emails, and physical mail. They are also very active on social media so sending a Twitter message or tagging them on Facebook or Instagram post could be just as effective. Find out who your CA representative is at: <http://findyourrep.legislature.ca.gov/>

WEAR DENIM ON APRIL 29, 2020

Wear your favorite denim outfit and spread the word through social media.

REQUEST A PROGRAM

CARE is still providing training via Zoom. Program requests can be made through the CARE website.

SPREAD THE WORD BY PROVIDING INFORMATION ON SAAM OR RESOURCES

Make an announcement at your club/organization meetings, send out an email blast, or take to social media! See below for some sample language.

SAMPLE LANGUAGE: EMAIL BLAST

In honor of Sexual Assault Awareness Month, UC Davis is showcasing several events and resources to provide community members with a wide range of opportunities to learn more and get involved. The Sexual Assault Awareness Month information is available at <https://care.ucdavis.edu/sexual-assault-awareness-month>. Join the rest of UC Davis this April in preventing violence and cultivating communities of care and healing.

Upcoming Virtual Programs

NETFLIX PARTY: YOU (SEASON 2 EPISODE 1)

Thursday, April 16th

3:00 - 4:00 PM

CARE will be hosting this Netflix Party with ongoing discussion in the chat box throughout the episode.

Sign-up for the Netflix Party Link: <https://tinyurl.com/YOUnetflixparty>

SENDING NUDES 101

Wednesday, April 22nd

5:30-6:30 PM

The LoveLab and CARE have come together to bring you this workshop on navigating sex and consent during this time of virtual connection.

Sign-up for workshop link: <https://tinyurl.com/LoveLabCAREcollab>

TAKE BACK THE NIGHT

Thursday, April 23rd

4:00 - 6:00 PM

Programming will begin at 4:00 PM

Trauma-informed yoga will begin at 5:00 PM

Sign-up for event link: <https://tinyurl.com/ucdTBTN2020>

DENIM DAY INFO SESSION

Monday, April 27th

12:00 - 1:00 PM

Join CARE in learning the history behind Denim Day and how to participate in supporting survivors.

Sign-up for workshop link: <https://tinyurl.com/ucdDenimDay>

SUPPORTING SURVIVORS

Thursday, April 30th

12:30 - 1:30 PM

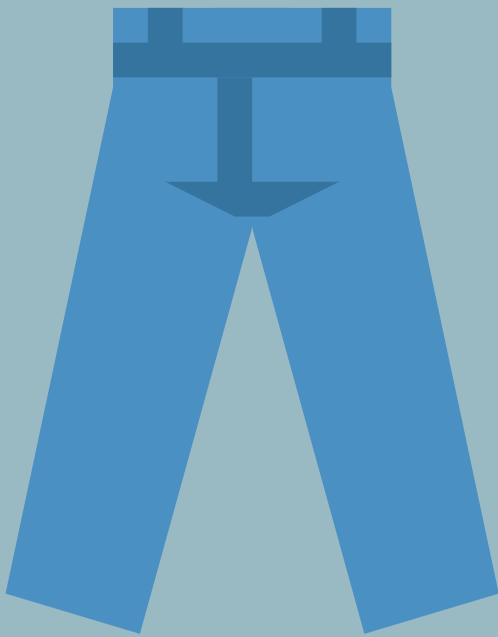
Learn more about sexual assault and best practices on how to support loved ones who have experienced sexual violence.

Sign-up for workshop Link: <https://tinyurl.com/ucdSupportingSurvivors>

Denim Day 2020

In 1998, the Italian Supreme Court overturned the conviction of a 45-year-old driving instructor who raped an 18-year-old girl during a driving lesson. The Chief Judge claimed that because the victim wore "very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex."

The women in the Italian Parliament were outraged by this decision and subsequently wore jeans to work the next day as a protest. This act of solidarity eventually made its way to the California State Senate and Assembly, who decided to participate in the protest by wearing jeans as well. As a result, Denim Day was created in Los Angeles and has been recognized since 1999.



DENIM DAY 2020

APRIL 29TH

Participate in this year's Denim Day by wearing jeans on April 29th.

Tag @ucdcare and use the hashtag #ucddenimday

DENIM DAY INFORMATION SESSION

Monday, April 27th
12 PM to 1 PM

Register for Zoom information:
<https://tinyurl.com/ucdDenimDay>

Confidential Resources

CENTER FOR ADVOCACY, RESOURCES & EDUCATION (CARE)

<https://care.ucdavis.edu>

Confidential resource for any UCD student, staff, or faculty who has experienced sexual assault, intimate partner violence, stalking, and sexual harassment. CARE has offices both on the main Davis campus as well as UCD Health in Sacramento.

COUNSELING SERVICES

[https://shcs.ucdavis.edu/
counseling-services](https://shcs.ucdavis.edu/counseling-services)

Free, short-term confidential counseling for all UC Davis students. Counseling Services help students to realize their academic and personal goals. Meeting with a counselor can help students clarify issues, explore options, and cope more effectively.

EMPOWER YOLO

<https://empoweryolo.org>

24-hour crisis intervention, emergency shelter, confidential counseling, legal assistance, and other services for individuals and families affected by domestic violence, sexual assault, stalking, human trafficking, and child abuse.

WOMEN'S RESOURCES & RESEARCH CENTER (WRRRC)

<https://wrrc.ucdavis.edu>

The Women's Resources and Research Center (WRRRC) provides a place for students to learn about resources and educational programs that focus on gender equity and social justice. The WRRRC is confidential per UC Davis policy.

LGBTQIA RESOURCE CENTER

<https://lgbtqia.ucdavis.edu>

The purpose of the LGBTQIA Resource Center is to provide an open, safe, inclusive space and community. The LGBTQIARC promotes education as well as space for self-exploration about all sexes, genders and sexualities and their intersections with other identities. The LGBTQIARC is confidential per UC Davis policy.

Self-Care during Sexual Assault Awareness Month

Being a part of the movement to end sexual violence can be challenging, exhausting, and frustrating. The impact can be profound whether you are a community member learning more about the dynamics of sexual assault, someone attending an event during Sexual Assault Awareness Month, or a friend providing support to a survivor. While we encourage everyone to do what they can to participate in SAAM, we also acknowledge that everyone has limitations. As you play your part this April, please practice self-care.



Validate your feelings.



Attend a virtual self-care event during SAAM.



Talk to a counselor.



Creatively express yourself by drawing, coloring, crafting, or writing.



Go for a walk or have a picnic in the arboretum.



Watch your favorite TV show.



Connect with loved ones.



Visit the animals at the Yolo County Animal Shelter.

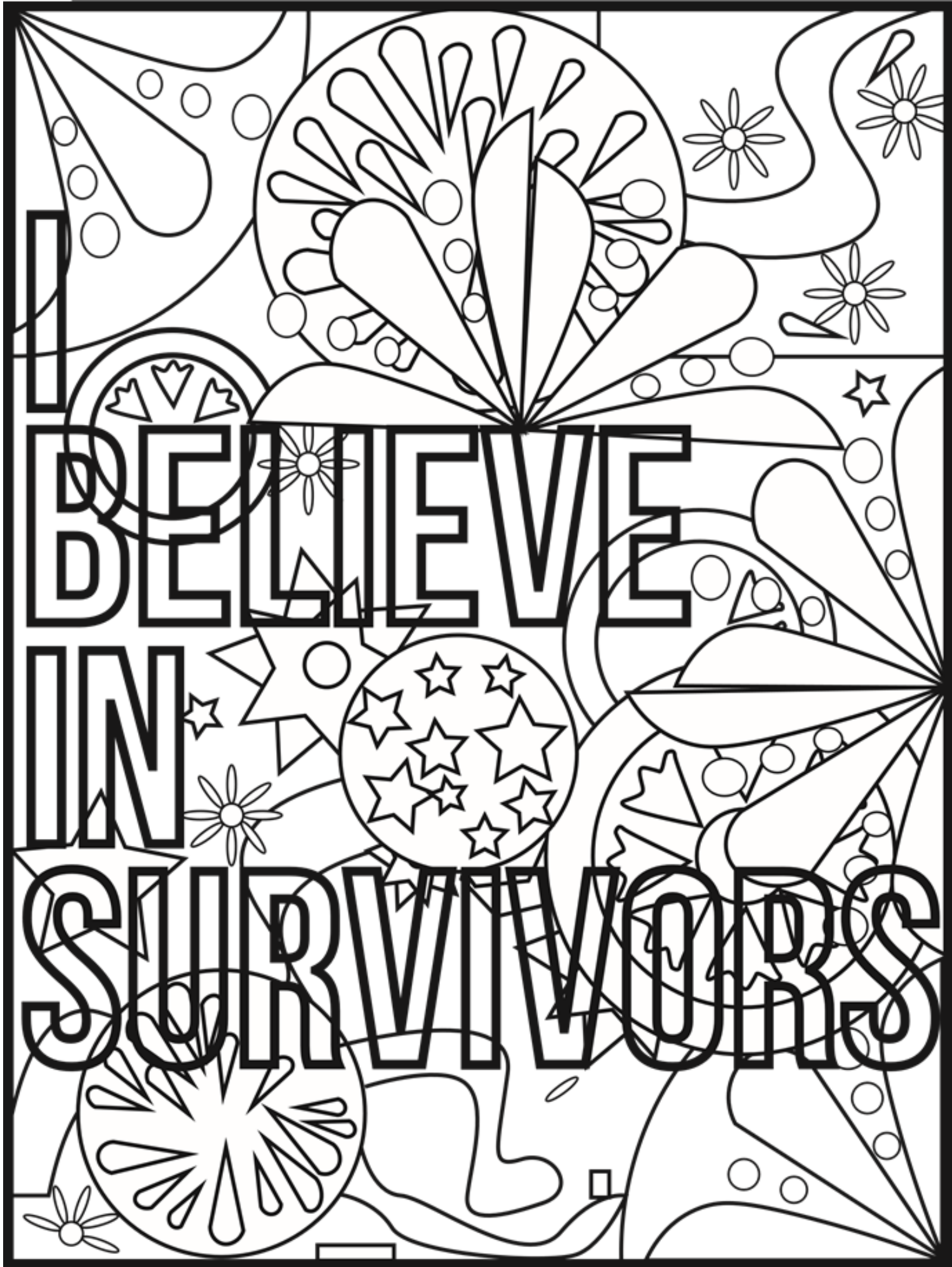


Tidy up your work space.

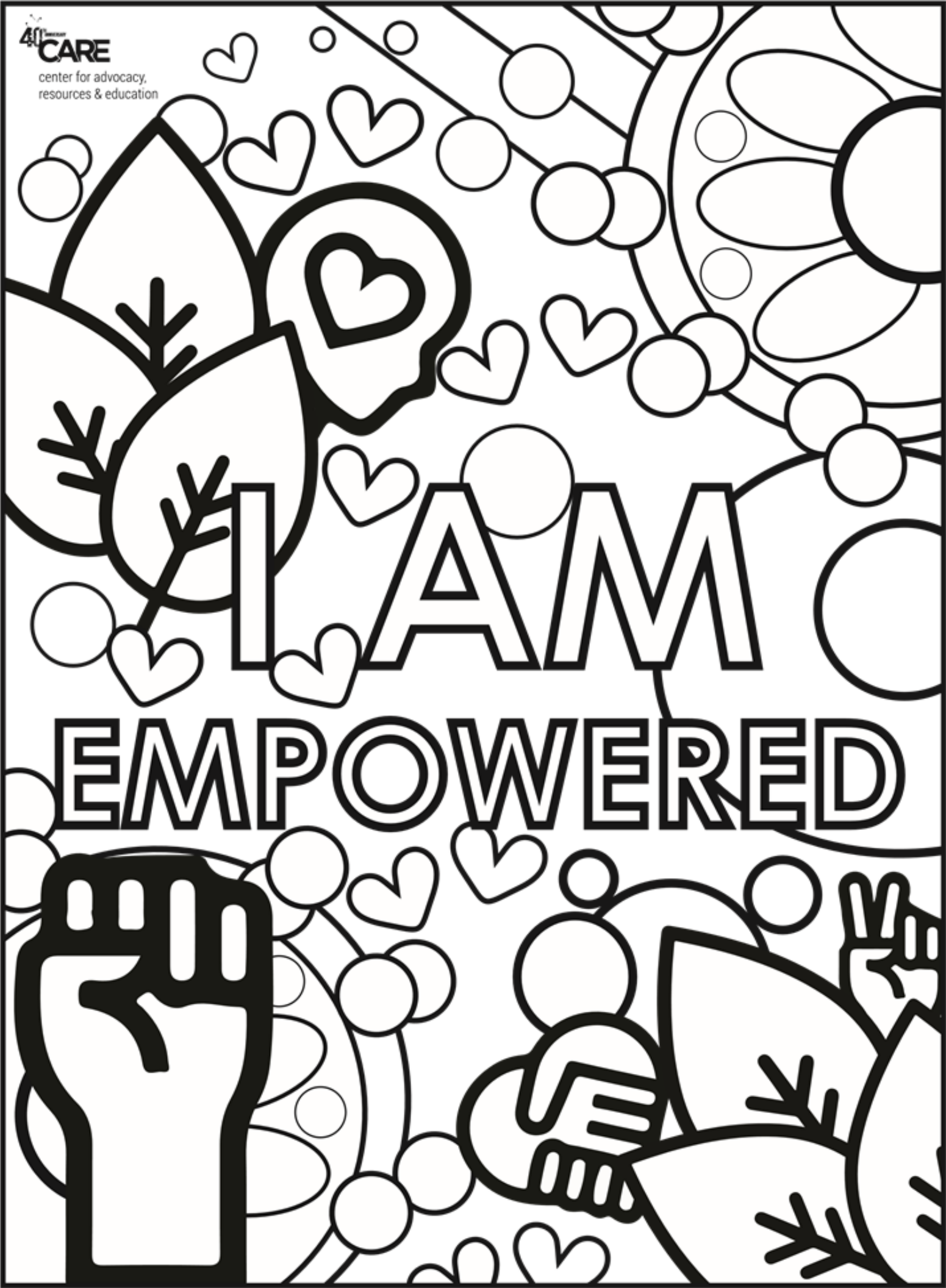


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I BELIEVE IN SURVIVORS



I AM
EMPOWERED