

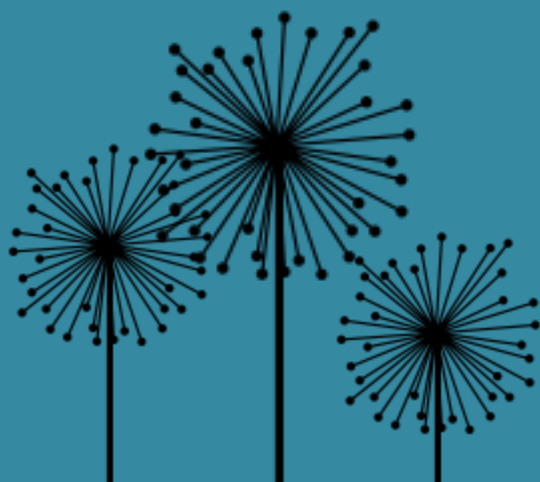
Sexual Assault Awareness Month



Education Toolkit



For UC Davis Staff & Faculty



CARE

center for advocacy,
resources & education

UC Davis Sexual Assault Awareness Month Educator 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.

The UC Davis Center for Advocacy, Resources and Education (CARE) developed this toolkit to engage UC Davis staff and faculty community members during this month. We hope that the information in this resource educates community members on the dynamics of sexual assault as well as the unique opportunities we all have to contribute to sexual assault prevention.

If you would like to receive additional information on sexual assault prevention and response, please feel free to connect with the UC Davis CARE office by visiting our website or contacting us.

CONNECT TO UCD CARE

Website <https://care.ucdavis.edu>
Phone (530) 752-3299 (Davis)
(916) 734-3799 (UCDH)
Email ucdcare@ucdavis.edu

 @ucdcare

 /ucdavisCVPP/

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 genders, sexual orientations, 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, 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, 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.

As a staff or faculty member of the University of California, you may be a Responsible Employee. Click [here](#) to access the Compliance "Responsible Employee: What you need to know" document.

How can I raise awareness?

PARTICIPATE IN SEXUAL ASSAULT AWARENESS MONTH EVENTS ON CAMPUS

Various campus departments are hosting 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. Click [here](#) to access the UC Davis 2019 SAAM Calendar.

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 TEAL ON APRIL 2, 2019

Teal is the color for Sexual Assault Awareness Month and this year's Wear Teal Day is April 2nd! Wear your favorite teal outfit and spread the word through social media.

REQUEST A PROGRAM

CARE provides training to campus departments and units on sexual assault prevention and response. Program requests can be made through the CARE website.

SPREAD THE WORD BY PROVIDING INFORMATION ON SAAM OR RESOURCES

Make an announcement at your staff meetings, send out an email blast, make a statement in your spring quarter syllabus, or take to social media! See below for some sample language.

SAMPLE LANGUAGE: SYLLABUS

You have the right to work toward your educational goals and enjoy the benefits of being a student at UC Davis without being harassed, assaulted or abused. If you or someone you know has experienced sexual harassment, sexual assault, intimate partner violence, or stalking, you have rights, including the right to speak with someone confidentially about the incident and the right to report the incident to the police and/or the University's Title IX Office. To get more information about your rights and options, and to speak with a confidential victim advocate, you can contact the Center for Advocacy, Resources and Education (CARE) at 530-752-3299 or visit <https://care.ucdavis.edu>.

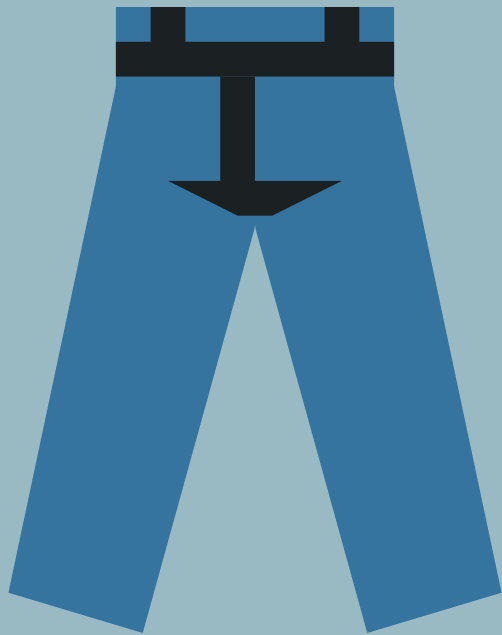
SAMPLE LANGUAGE: EMAIL BLAST

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 Calendar of Events is available at <https://care.ucdavis.edu/sexual-assault-awareness-month>. You may also access the SAAM Education Toolkit for UCD Staff and Faculty at the CARE website under Resources. Join the rest of UC Davis this April in preventing violence and cultivating communities of care and healing.

Denim Day 2019

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 2019

APRIL 24TH

Participate in this year's Denim Day by wearing jeans on April 24th. Contact UCD CARE for Denim Day buttons or pick some up by attending our pre-Denim Day events!

DENIM DAY INFORMATION SESSION

Wednesday, April 17th
11 AM to 1 PM
SCC Multi-Purpose Room

DENIM DAY INFORMATION TABLING

Tuesday, April 23th
12 PM to 2 PM
Student Community Center

Starting the Conversation

The Center for Disease Control and Prevention (CDC) has extensive research showing that providing youth with skills for violence prevention can address sexual violence perpetration, victimization, and risk factors. We all have an opportunity to teach these skills to the children in our lives and it starts by talking with them about empathy, bystander intervention, and healthy sexual communication.

AGES 1-5

Show them the importance of asking for permission.

- Tell them they should ask permission before touching or embracing a playmate.
- If the playmate declines, assure them it is okay.
- Don't force them to show physical affection, even to family members.

Help them foster empathy.

- Explain to children how something they did may have hurt someone.
- Encourage them to help those in need.

AGES 5-12

Teach kids that their behaviors affect others

- Let children know that their choices can have an impact on others.
- Have them observe how their peers respond to them and ask them how they would feel if they were in their peers' place.

Promote healthy communication

- Encourage them to talk about their feelings and their boundaries. Ask them what they like and don't like so that they can practice articulating that information.

TEENAGERS

- Teach teenagers that it is inappropriate to speak of others like they're objects.
- When you talk about sex, emphasize the importance of consent. Show that consent is a fundamental piece to sex by normalizing healthy sexual communication.
- Tell them it is okay to ask partner(s) how far they would like to go or where their boundaries are.
- Empower them to be open and direct about their personal boundaries. Remind them they have the right to refuse sexual activity at any time.
- Create an explicit distinction between sex and sexual assault. State that sex is not sex without consent.
- Make it clear that sexual assault is never the victim's fault and that if someone needs their help, they should provide support.
- Provide them with resources so that they can learn more about sex, healthy sexual communication, tools for safer sex, and sexual assault prevention.

Click [here](#) to access the CDC's "Technical Package to Prevent Sexual Violence," which has numerous evidence-based violence prevention strategies.

Confidential Resources for UCD Staff and Faculty

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.

ACADEMIC & STAFF ASSISTANCE PROGRAM (ASAP)

<https://hr.ucdavis.edu/departments/asap>

Confidential, cost-free assessment, intervention, consultation, and referral services to all UC Davis and UC Davis Health faculty, staff and their immediate families.

OFFICE OF OMBUDS

<https://ombuds.ucdavis.edu>

Confidential, independent, impartial, and informal problem-solving and conflict management resource for all members of the UC Davis and UC Davis Health campus communities.

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.

Every county in California has a rape crisis center that serves the residents of that county. Empower Yolo serves residents of Yolo County. To learn about the resources in the county you live in, visit <http://centers.rainn.org>.

Confidential Resources for UCD Students

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 (WRRC)

<https://wrrc.ucdavis.edu>

The Women's Resources and Research Center (WRRC) provides a place for students to learn about resources and educational programs that focus on gender equity and social justice. The WRRC 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.

Give back to your local community!

Every county in California has a local nonprofit that is dedicated to providing sexual assault and domestic violence victim services to the residents of that county. These organizations do a tremendous amount of work with the support of donations, grants, and volunteers. Consider giving back to your community this month by providing a cash donation, purchasing items on their wish list, or volunteering your time!

LOCAL CENTERS

Empower Yolo

Yolo County

<http://empoweryolo.org>

WEAVE, Inc.

Sacramento County

<http://weaveinc.org>

My Sister's House

Sacramento County

<http://my-sisters-house.org>

A Community for Peace

Sacramento County

<http://acommunityforpeace.org>

SafeQuest Solano

Solano County

<https://safequest.org>

Stand Up Placer

Placer County

<https://standupplacer.org>

The Center for Violence-Free Relationships

El Dorado County

<http://thecenternow.org>

Live Violence Free

El Dorado County

<https://liveviolencefree.org/>

To find the organization that serves the county you live in, visit <https://centers.rainn.org/>

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 self-care event during SAAM. [Click here for the calendar.](#)



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.



Plan a fun activity for you and your co-workers.



Visit the animals at the Yolo County Animal Shelter.



Tidy up your work space.

