WOMEN'S RESOURCE CENTER INFORMATION SHEET for
SEXUAL VIOLENCE/ASSAULT PREVENTION

You have the right to choose when and with whom you do or do not want to be sexual.

**What rape is**
The California Penal Code defines rape as nonconsensual intercourse accomplished by means of threats, force, or fraud. Although rape in and of itself is criminal, a number of crimes fall under its aegis: date rape, spousal rape, statutory rape, and oral copulation by force.

**What to do if you are sexually violated**
- Remember, it was not your fault. No one asks to be sexually violated.
- Your safety is first. Try to get to a safe place.
- Contact a friend or family member for support, or call your local rape crisis center or any of the resources listed below. You do not have to go through this alone.
- Medical attention is important, even if you think you haven’t been hurt. There could be hidden injuries. Seek medical attention. If a rape has occurred, medical attention mediates against sexually transmitted infections and pregnancy.
- If you choose to report the crime, call 911 immediately and a police officer will assist you as soon as possible. You can also report as a “Jane Doe.” Preserve evidence by not bathing, eating, changing clothes, or straightening up or altering the surroundings.

**What to do if someone you care about has been sexually assaulted**
- Be clear the sexual assault was not the survivor’s fault. No one asks to be sexually assaulted.
- Encourage the survivor to seek medical and professional help, such as through the police or a rape crisis center.
- Validate the survivor’s feelings of fear, pain, and anger. These are natural, healthy feelings that need to be expressed.
- Respect the time and space it takes to heal. Healing can be a slow process and cannot be hurried.
- Do not pry for details or specifics. Respect the survivor’s right to privacy in sharing with whom they choose.
- Get support with your own feelings. Taking care of yourself allows you to be there for the survivor.

**Suggested dating boundaries**
- Set Boundaries. Know what your limits are when dating. Know that any type of force is wrong.
- Respect boundaries set by others.
- Communicate clearly. Talk about your expectations of the date or relationship or whether there is going to be a relationship at all.
- Meet in public places. Group-date with friends until you know the person well.
- Notice how your date acts with other people and treats you.
- Avoid situations that involve alcohol when you or your date can lose control.
- Trust your feelings. If you feel uncomfortable or threatened, go to a safe place away from the person or situation.
- Be aware of who you are with, where you are going, and what drink and/or drugs you take or may be available.

**On-campus resources**
- Emergency Services – 911
- University of California Police Department – (951) 827-5222
- Title IX/Sexual Harassment Office – (951) 827-7070
- Campus Health Center – (951) 827-3031
- Counseling Center – (951) 827-5531
- Office of the Ombudsman – (951) 827-3213
- Assistant Director of Residence Life, Judicial – (951) 827-6503/(951) 827-4252
- Student Conduct & Academic Integrity Programs – (951) 827-4208
- Dean of Students Office – (951) 827-6095
- Dean of Graduate Division – (951) 827-4302
- Women’s Resource Center – (951) 827-3337
- Lesbian Gay Bisexual Transgender Resource Center – (951) 827-2267

**Off-campus resources**
- Emergency Services – 911
- Riverside County Regional Medical Center Emergency Department – (951) 486-5650
- Riverside Area Rape Crisis Center Hotline – (951) 827-686-7273
- Alternatives to Domestic Violence – (951) 683-0829
- Riverside County Family Justice Center – (951) 955-6100
- Department of Education – (415) 486-5555
- Equal Employment Opportunity Commission – (800) 669-4000
- Department of Fair Employment and Housing – (800) 884-1681