



UCI CARE

CULTIVATING A COMMUNITY OF SUPPORT

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The background features a repeating pattern of overlapping, semi-transparent blue circles of various shades, ranging from light sky blue to deep navy. Superimposed on these circles are delicate, gold-colored branch-like structures that resemble coral or seaweed, with thin, tapering stems and small, forked tips. The overall aesthetic is soft and organic.

CONTENT DISCLOSURE

This workshop will include discussion of trauma and power-based personal violence, including definitions and scenarios.

Please take care of yourself and engage in this workshop in the way that is safe and comfortable for you.

ABOUT UCI CARE

UCI CARE provides free and confidential support services to members of the UCI community who have been impacted by sexual assault, sexual harassment, relationship abuse, family violence and/or stalking. Programs and services are available to people of all identities and regardless of status.

UCI CARE aims to end these forms of power-based personal violence by engaging the campus community in education, programming, and transformative action.

ADVOCACY SERVICES

Emotional



Medical

**Employment/
Academics**



Reporting

Financial



Housing

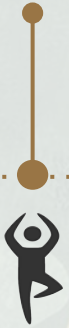


Referrals



HOLISTIC HEALING

re:Connect
Yoga as Healing



re:Create
Art as Healing



re:Assert
Personal Safety



re:Engage
Animals as Healing



re:View
Healing Library



re:Group
Support Group



re:Mix
Music as Healing



re:Source
Downloadables



re:Cultivate
Horticulture as Healing



PROGRAMMING & OUTREACH

Campus-wide Programming

Green Dot
Denim Day
Clothesline Project
Take Back the Night
Stalking Awareness Campaign

Workshops and Training

Challenging All Men to Prevent Sexism
Violence Intervention and Prevention (VIP)

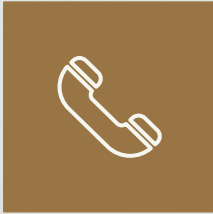
Peer Programs

Right to Know

WHEN TO SEEK OUR SERVICES

- You aren't sure if a relationship you have is healthy.
- You may have been sexually assaulted or sexually harassed.
- You do not feel safe at home/work.
- Someone is making you feel uncomfortable or scared and won't leave you alone.
- You aren't sure if what you experienced falls into the category of power-based personal violence but want a safe, confidential space to discuss your options.
- You want to help support someone who experienced relationship abuse, stalking, sexual assault, or sexual harassment.
- You want to learn more about violence prevention, bystander intervention, and trauma-informed practices.
- You want to become a leader and support your community.

GETTING CONNECTED TO CARE



Phone

(949) 824-7273



Email

care@uci.edu



Website

care.uci.edu



Location

G320 Student
Center

We understand that there may be barriers to accessing some services remotely, if this is the case, please let our staff know so we can ensure you receive the support needed.

Check our website for updates on in-person services and office hours.

GROUNDING

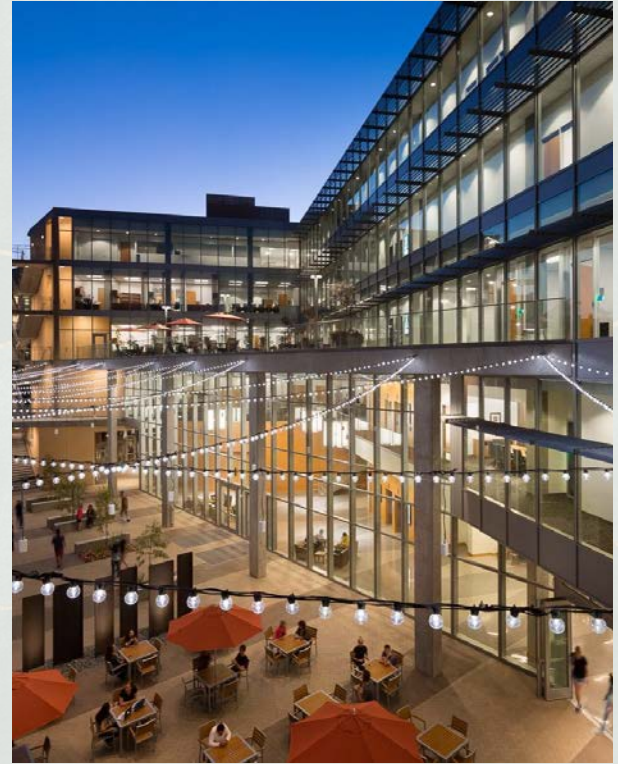
Nationally, 13% of undergraduate and graduate students experience sexual assault by physical force or inability to consent and 42% experience sexually harassing behavior while at their institution.

Campus communities are unique spaces and the dynamics and prevalence of this type of violence differ from the general population.

This type of violence affects our entire community, not just the individuals directly involved in any incident.

On average, only 12% of graduate students feel “very” or “extremely” knowledgeable about where to get help.

SOURCE: Report on AAU Climate Survey on Sexual Assault and Misconduct (2019)



WHAT'S YOUR ROLE?

As community members and leaders, your role in violence response and prevention is critical to cultivating a community of care.

Our social norms are set through observation and you have the power to influence these.

By committing to learning, growing, and being a source of support (and encouraging others to do the same) you are cultivating positive change.



GREEN DOT

Green Dot is a bystander intervention program that focuses on reducing the occurrence of power-based personal violence on our campus.

A **Green Dot** represents any choice, behavior, or action that promotes safety and communicates intolerance for violence.



BARRIERS TO INTERVENING

- Feelings of it “not being their business”
- Fear for own safety or of retaliation.
- Not recognizing a potentially harmful situation.
- Afraid of push-back from others.
- Not wanting to be embarrassed or embarrass those involved.
- Holding identities that may put them in harm’s way if they intervene.



IDENTIFYING SITUATIONS

Remember that harm occurs on a spectrum, often starting with beliefs or attitudes - not explicit physical violence.

- Institutional barriers to support/resources.
- Expressing stereotypes, victim-blaming, denial of harm, or other microaggressions.
- Disregard for the boundaries of others.
- Exercises of power/control over others.
- Attempts to isolate someone.
- Body language, appearance, and habits of the person potentially being harmed.



REACTIVE GREEN DOTS



Direct



Distract



Delegate

Choices, actions, and behaviors that reduce harm.

PROACTIVE GREEN DOTS

Choices, actions, and behaviors that prevent violence and change norms.

1.

Harm and violence
will not be tolerated
in our community.

2.

Each community
member is expected
to do their part.

SUPPORTING A SURVIVOR

- Create a safe environment for them when they disclose.
- Believe them, be present, listen, and have empathy.
- Allow for the person to express their feelings in any way (there's no "normal" way to respond to violence or trauma).
- Empower them and allow them to make their own decisions.
- Connect them to confidential support resources where they can explore their options and experiences with a trained advocate or counselor.
- If within your capacity as a Responsible Employee, be transparent about your reporting requirements.

AFTER-HOURS RESOURCES

UCI COUNSELING CENTER

(949) 824-6457

Crisis intervention by
phone for registered
students.

WAYMAKERS

(949) 831-9110

Local sexual assault
crisis response and
resource hotline.

HUMAN OPTIONS

(877) 854-3594

Local relationship
violence resources
and support.

NATIONAL SEXUAL ASSAULT HOTLINE

(800) 656-4673

hotline.rainn.org

NATIONAL DOMESTIC VIOLENCE HOTLINE


(800) 799-7233

Text "LOVEIS" to 22522
thehotline.org

CRISIS TEXT LINE

Text "HOME" to 741-741

Also available on
Facebook Messenger.



*No one has to do
everything, but
everyone has to do
something.*

WELCOME TO UCI!

What questions can I answer for you?

Kaeleigh Hayakawa, Violence Prevention Coordinator

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UCI CARE

G320 Student Center

Mon. - Fri., 8:00AM - 5:00PM

care@uci.edu

(949) 824 - 7273

@ucicare

Evaluation:



bit.ly/CAREeval