

# sarc

sexual assault &  
violence prevention  
resource center

## Our Services

The Sexual Assault and Violence Prevention Resource Center has been providing educational and supportive services to the UCSD campus since 1988.

The Sexual Assault & Violence Prevention Resource Center offers free and confidential services for students impacted by violence, with a particular focus on survivors of sexual assault, dating violence, and stalking.

### Our direct services include:

- Individual counseling
- Crisis intervention and safety planning
- Support groups
- On-campus advocacy regarding academic, housing and safety concerns
- Accompaniment to police interviews, medical evidentiary exams and court dates

### Our educational programming includes:

- Peer facilitated workshops on sexual assault, healthy relationships and dating violence awareness and prevention
- Collaboration with the UCSD Police department to offer Rape Aggression Defense (RAD) trainings on campus
- Safety workshops on a variety of topics
- Campaigns on healthy relationships, sexual assault prevention, and bystander intervention

**Contact us at (858) 534-5793 to schedule an appointment or workshop. For after hours assistance contact UCSD Police at (858) 534-HELP to be connected with a SARC Staff Member.**

### **Sexual Assault & Violence Prevention Resource Center**

*A Division on Student Affairs*

Student Services Center, 5th floor, Suite 555

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# Sexual Assault & Violence Prevention Resource Center

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(858) 534-5793 <http://sarc.ucsd.edu>

## Defining the Different Types of Interpersonal Violence:

**Dating and domestic violence** refer to a pattern of behavior that is used to gain and maintain power and control over an intimate partner. Typically, dating and domestic violence are characterized by five types of abuse: physical, emotional and/or verbal, sexual, social, and economic abuse. Trust your instincts: feeling afraid or nervous around your partner is an important sign that he/she could become abusive.

**Rape** is any sexual intercourse without a person's consent. Rape includes instances where sex is physically forced, and/or against a person's will, and/or occurs while a person is incapable of giving consent.

A person who is drugged, drunk or unconscious is considered incapable of giving consent.

**Sexual assault** encompasses all unwanted behaviors that are sexual in nature. On this continuum, everything from non-consensual kissing and fondling to forced rape, is an act of sexual assault.

**Stalking** refers to repeated harassment or invasion of privacy committed by someone known or not known to the victim. Common forms of stalking include repeated phone calls, emails, or letters that are unwanted and/or unsolicited, and following, watching or waiting for someone.

## How to Help a Friend:

### *Believe your friend*

Your friend may be afraid of negative reactions from people she/he cares about. Your support makes all the difference.

### *Listen*

Let your friend talk at her/his own pace. Respect their boundaries.

### *Give Resources*

Offer information and always let your friend make her/his own decisions. Be available if your friend wants support while seeking assistance.

**Statistical Sources:** Tjaden, Patricia and Nancy Thoennes, "Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women: Finding from the national Violence Against Women Survey." Center for Policy Research, November 2000. U.S. Department of Justice, Bureau of Justice Statistics, "Intimate Partner Violence and Age of Victim, 1993-1999." October 2001.

## Important Facts on Interpersonal Violence:

- Girls and women between the ages of 16 and 24 experience the highest rates of physical abuse in their relationships
- The vast majority of sexual assault victims are assaulted by someone they know
- Among women who are stalked during their college years, 4 in 5 know their stalkers.

## Considerations for Victims & Survivors:

Sexual assault, dating violence, and stalking can happen to anyone. These types of violence affect both women and men, regardless of sexual orientation, gender identification, race, socioeconomic background, etc.

Sometimes victims and survivors feel responsible, or are made to feel responsible, for what happened to them. Know that experiences of sexual assault, dating violence, and stalking are not your fault.