

Sexual Violence Resource and Information Sheet

Provided by the CARE Office

Definitions

Sexual Assault—Sexual assault is any unwanted sexual contact. Many people think of this as rape, but sexual assault can include any kind of touching, kissing, groping without consent as well.

Dating / Domestic Violence —Dating and Domestic violence is any way that one person uses power and control over another in a relationship. This can be emotional (such as controlling or isolating the person), verbal, physical, financial (by controlling their money or resources) or even sexual.

Stalking—Stalking is a pattern of unwanted attention that causes fear; this means it is something that happens more than once and that makes the person afraid or uncomfortable. This can include calling, texting, using social media or email, leaving unwanted gifts or following in person.

Consent—Consent means active and enthusiastic participation. Being active means that someone is fully aware and engaged in what is going on. Being enthusiastic means that the person enjoys and is excited about what is going on. All of these crimes are actions without consent.

How you can prevent violence:

1. **Be Direct** if you see something—this can be asking the person if they need help or asking them to stop
2. **Create a Distraction** —For example, play a song really loud or ask the people where the nearest coffee shop is
3. **Delegate** to someone in charge—such as the manager, security or by calling the police if you feel comfortable

You can also use the “the 3 D’s” when someone makes a joke about sexual violence or says a victim-blaming statement. A *victim-blaming statement* is anything that puts the blame on the person that got hurt, not on the person that hurt them.

If you know someone that needs help, refer them to these resources:

CARE Campus Advocate

Call or Text (209) 386-2051

Valley Crisis Center 24/7 Hotline

Call (209) 722-4357 at any time



The CARE Office is located in Kolligian Library 107.

For general questions, email ucmcare@ucmerced.edu or call (209) 228-4147