Campus and Community Resources

**Counseling/Referral**
- UCI Campus Assault Resources and Education (CARE)  
  [www.care.uci.edu](http://www.care.uci.edu)  
  (949) 824-7273
- Sexual Assault Victims Services Hotline (24 hour)  
  (949) 831-9110
- UCI Counseling Center  
  (949) 824-6457
- UCI Student Health Center (Mental Health)  
  (949) 824-5304
- Cascade Centers (Employee Assistance Program)  
  (800) 433-2320

**Violence Victims**
- Human Options Domestic Violence Shelter Hotline  
  (949) 854-3554
- Orange County Domestic Violence Assistance Program  
  (714) 935-7956
- Domestic Violence Hotline  
  (800) 799-7233
- National Child Abuse Hotline (24hr)  
  www.childhelp.org  
  (800) 422-4453

**Shelters**
- Human Options Emergency Shelter and Bilingual Hotline  
  (949) 854-3554
- Laura’s House 24 hour toll free hotline  
  (866) 498-1511
- Laura’s House Heart Chatline — Text ‘HEART’ to  
  (949) 484-8440
- Women’s Transitional Living Center  
  (714) 992-1931

**Hospitals/Medical Assistance**
- Anaheim Regional Medical Center  
  1111 W. La Palma Avenue, Anaheim, CA 92801  
  (714) 774-1450
- Santa Monica Rape Treatment Center  
  1250 16th Street, Santa Monica, CA 90404  
  (424) 259-4503
- Hoag Hospital  
  16200 Sand Canyon Avenue, Irvine, CA 92618  
  (949) 764-4624
- Saddleback Memorial Medical Center  
  24451 Health Center Drive, Laguna Hills, CA 92653  
  (949) 837-4500
- UCI Student Health Center  
  (949) 824-5301
- UCI Health Education  
  (949) 824-9355

**Legal/Administrative Assistance**
- Legal Aid Society of Orange County  
  (800) 834-5001
- Western State Immigration Clinic  
  (714) 459-1101
- UCI Office of Equal Opportunity & Diversity  
  [www.oed.uci.edu](http://www.oed.uci.edu)  
  (949) 824-5594
- UCI Office of Student Conduct  
  [www.dos.uci.edu/conduct](http://www.dos.uci.edu/conduct)  
  (949) 824-5590

**Mediation**
- Dispute Resolution Services  
  (949) 975-0244
- UCI Ombudsman  
  (949) 824-7256

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**Myth vs Fact**

**Myth**
- The victim must have “asked for it” by being seductive, careless, drunk, high, etc.
  
  No one asks to be abused, injured, or humiliated. This line of thought blames the victim for what happened instead of the perpetrator who chose to commit the crime. Individuals of all ages and genders, have been targets of sexual assault. Not one of them “caused” their assailant to commit a crime against them.

**Fact**
- If you wouldn’t have been drinking, you wouldn’t have been sexually assaulted.
  
  Alcohol is a weapon that some perpetrators use to control their victim and render them helpless. As part of their plan, an assailant may encourage the victim to use alcohol, or identify an individual who is already drunk. Alcohol is not a cause of rape; it is only one of many tools that perpetrators use.

**Myth**
- Most perpetrators are strangers to their victims.
  
  Most rapes are committed by someone that the victim knows: a neighbor, friend, acquaintance, co-worker, classmate, spouse, or partner.

**Fact**
- Sexual assault is often the result of miscommunication.
  
  Sexual assault is a crime, never simply a mistake. It does not occur due to miscommunication between two people. Sexual assault is any unwanted sexual contact obtained without consent.

**Myth**
- Individuals who commit rape are mentally ill or psychotic and cannot help themselves.
  
  Very few perpetrators are mentally incompetent and/or out of touch with reality. Rapes may be planned or carried out by anyone.

**Fact**
- It is okay to pressure or talk someone into sexual activity.
  
  No! This falls into the category of coercion. Coercion is a tactic used to intimidate, trick, or force someone to have sex with him or her without physical force.
**What is Sexual Assault?**

Sexual assault occurs when physical sexual activity is engaged in without the consent of the other person, male or female. The conduct may include:

- Physical force, violence, threat, or intimidation
- Ignoring the objections of the other person
- Causing the other person’s intoxication or impairment through the use of drugs or alcohol
- Taking advantage of the other person’s incapacitation (including voluntary intoxication), state of intimidation, or other inability to consent
- Sexual battery

Rape is a specific form of sexual assault that includes an act of intercourse (vaginal, anal, or oral penetration), accomplished with a person who does not consent to the sexual contact or is incapable of consenting. This includes situations in which a victim is...

- Forced to engage in intercourse
- Threatened with harm if they do not participate
- Prevented from resisting due to intoxication from alcohol or drugs
- Incapable of giving consent because of disability
- Asleep or unconscious to the nature of the act

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**You can lower your risk of sexual assault**

There are things you can do to reduce your chances of being sexually assaulted. Follow these tips from the National Crime Prevention Council.

1. Be aware of your surroundings—who’s out there and what’s going on.
2. Walk with confidence. The more confident you look, the stronger you appear.
3. Be assertive—don't let anyone invade your space.
4. Know your limits when it comes to using alcohol. NEVER leave your drink unattended—no matter where you are.
5. Trust your instincts. If you feel uncomfortable in your surroundings, leave.
7. Avoid walking or jogging alone, especially at night. Stay in well-traveled, well-lit areas.

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**What to do if you are sexually assaulted**

If the assault just occurred, the following actions must be taken:

1. Preserve the evidence of the attack; don’t bathe or brush your teeth.
2. Place clothing worn during the assault in a paper bag.
3. Write down all the details you can recall about the assault and perpetrator.
4. If the assault took place in your home, do not re-arrange and/or clean up anything.
5. Seek medical attention. Ask the hospital for an evidence collection (also known as a “rape exam”), test for STDs and pregnancy, and if you think you may have been drugged, collect a urine sample for analysis.

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**VICTIM BILL of RIGHTS**

California law provides crime victims with important rights. If you are the victim of crime, you may be entitled to the assistance of a victim advocate who can answer many of the questions you have about the criminal justice system. Victim advocates can assist with the following:

1. Explain what information you are entitled to receive while proceedings are pending.
2. Assisting you in applying for restitution to compensate you for crime-related losses.
3. Communicating with the prosecution.
4. Assisting you in receiving victim support services.
5. Helping you prepare a victim impact statement before an offender is sentenced.

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**Counseling**

The violation, loss of trust, and humiliation can have serious long-term impact after experiencing a sexual assault. It is not unusual for a person to withdraw, feel guilty or distrustful. However, there are many people who understand and places where support is available while recovering. Professional counseling is a very important step in helping someone who has been sexually assaulted regain control of her/his life. You may begin the healing process by contacting the UCI Campus Assault Resources and Education (CARE) office at: (949) 824-7273

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**UCI CAMPUS ASSAULT RESOURCES AND EDUCATION**