

CONNECTING WITH CARE

Winter
2019



Winter Newsletter & Zine



CARE





We are the educational outreach component to the CARE office and we cover topics like :

- Bystander intervention
- Consent
- Healthy and unhealthy relationships
- red flag
- Boundaries

We take workshops request from various on-campus organizations so feel free to reach out to us in the future!

Love shouldn't hurt

DOs COMPRISE Compassion

patience always honesty hand holding

- shared responsibility of finances. flexibility boba
- open, non-judgmental communication
- respect of space

appreciation hugs love & hard work **Surprises** SUPPORT UNCONDITIONAL LOVE respect

asks about your day



What our students had to say about healthy and unhealthy relationships.

What do you think?

DON'Ts

- Controlling who you talk to uses you **AVOIDS YOU**
- refusal to compromise publicly you in public **UNsupportive** **MAKES YOU FEEL BAD ABOUT YOURSELF**
- would rather fight than reconcile **possessive**
- yelling **Relationship** sharing passwords forcefully
- RED** Name-calling stays about you



Consent According to Costo

Why do you think intersectionality is important around the topic of consent?

"There's levels of understanding. With any sort of knowledge people are going to be coming from different places... But also the intersection between consent in a straight world and consent in a queer world, they mean the same things but both [communities] have a different idea what it looks like." - Kevin Rivas, LABTRC Student

What are some challenges that your community is currently facing around the topic of consent?

"There is a lack of opportunity to be able to discuss and learn about it. We have been taught by our families to not talk about a lot of these topics. So getting people to care and talk about these topics is hard. It's even more difficult because the South Asian community does not have a resource center on-campus, so it's difficult to find safe spaces." - Ayesha Abbasi, South Asian Federation

What is your community doing to address and educate folks around this topic?

"I think within these walls folks are very vocal in talking about consent and what that means to especially to different individuals and also educating folks around them of the variety of ways that consent works whether it's in the bdsm community or whether it's in the walls of this community. Whether its related to a sexual context or general community based context, like I said taking pictures, that has nothing to do with touching but is still about consent." - Toi, LABTRC

What is the most important thing to consider when talking about consent in your community?

"Being self aware that consent is a thing that everyone must have. But also the implications of why it's important and why it needs to be brought up. The seriousness of people believing that this is an issue amongst different communities. Having it become part of regular conversations." - Nohely Hernandez, WRC Student

What does consent mean to you?

"That confirmation that all parties involved in whatever is happening are okay and enthusiastic about whatever is happening." "If you're unsure if its a yes than its a no. You shouldn't have to question it." "It should be an affirmative yes." "It's an enthusiastic yes. It should not be something that is coerced out of you. It's also not this umbrella of like you consented to this so x, y, or the other is okay." "Consent means mutual respect. Respect for the thoughts and well being of someone that you are interacting with." "Complete communication whenever you want to do something with a stranger or a partner. People think [asking] has to be formal or some sort of weird spectacle. It can be in the moment and It doesn't have to be awkward." "It's important to ask for consent in literally every aspect of your life. It applies to when you're venting to somebody or when you are approaching somebody about a sensitive issue. Consent covers a lot of things."

"I think it's important that folks remember that consent is something we have to learn. We pressure our students to know [know everything] but we tend to forget that some of them never got this talk so we are the first ones to teach them. Sometimes to learn something it takes someone to repeat it to someone. So being patient is really important." - **Nathaly MARTINEZ, WPC**

"As a trans man that is out in some communities and not in others it's not always a situation where it's worth me outing myself, so someone outing me without my consent can make things more complicated than I'm comfortable with." - **Michal, LBSTRC**

"Although you may have given consent in the beginning its okay to change your mind and say no and just because you said yes before does not invalidate [you changing your mind.]" - **Hazel Xochill Arteaga, NASP**

"It is not your fault in any way shape or form that someone did not respect your wishes. It is completely up to you to report or not report, say their name or not say their name. What ever you feel comfortable with is the right thing to do." - **KAWN Rivers, LBSTRC**

"It's not just a queer thing or just a woman thing, it's an every body thing. It has to be, its inherently intersectional because it doesn't belong to any one group. It affects us all." - **Katarina, LBSTRC**

SAVE

Spotlights

Sexual Assault & Violence (SAVE) student Volunteer Peer educators facilitate outreach and quarterly campaigns and events to promote and educate on consent, rape culture, healthy relationships, bystander intervention, and available resources on campus and in the community!



Bailey Campbell
3rd year
Psychology
they/them

"What motivates me is the hope that we can make the campus safer for everyone"



Derek Wu
3rd year
Asian American Studies

"What motivated me is changing the campus culture for a safer campus"

What does consent look like?

Are you comfortable right now?

Can I kiss you?

do you like it if...?

do you want to go further?

Does this feel good?

HEALTHY RELATIONSHIPS WEEK

FEB. 11-14

Bee
Healthy
with Your
Honey



A Healthy Relationship Has...

accountability

Respect

Compromise

reciprocity

Trust

Honesty

patience

open
communication

integrity

CARE

CARE.UCR.EDU
#beehealthywithyourhoney

S.A.V.E.
SEXUAL ASSAULT AND VIOLENCE EDUCATION

BSAV

COUNCILS:

CPA

IFC

NPHC

CMC

WHO WE ARE: BROTHERS & SISTERS AGAINST VIOLENCE IS AN ORGANIZATION THAT COMBINES THE EFFORTS OF THE CARE OFFICE AND FSIC TO EDUCATE THE GREEK COMMUNITY ON CONSENT, RAPE CULTURE, AND SEXUAL VIOLENCE ISSUES. (YOU MIGHT HAVE SEEN US @ YOUR NEW MEMBER SUMMIT!)

JOIN US: CONTACT VIDHI DAVE FOR INFO.
EMAIL: BSAVUCR@gmail.com

SEE YOU ALL ON DENIM DAY 2019...

SPOTLIGHT:

AXΩ: LOVE IS...



PROMOTING HEALTHY RELATIONSHIPS

Support Sexual
Assault Survivors

Defend Title IX

The University of California is committed to creating and maintaining a community where all individuals who participate in University programs and activities can work and learn together in an atmosphere free of harassment, exploitation, or intimidation. The University prohibits **sexual harassment** and **sexual violence** and will respond promptly and effectively to all reports. The University will take appropriate action to prevent, to correct, and when necessary, discipline behavior that violates the University of California Policy on Sexual Violence and Sexual Harassment.

Protect Survivors

Sign on to oppose the harmful Title IX rule that seeks to eliminate protections for sexual assault survivors.



bit.ly/TitleIXcomment


951.827.7070 | TITLEIX.UCR.EDU



THE COLLECTIVE ON VIOLENCE PREVENTION

**STAND WITH US IN OUR MISSION
TO PREVENT SEXUAL VIOLENCE AND
SUPPORT SURVIVORS ON CAMPUS.**



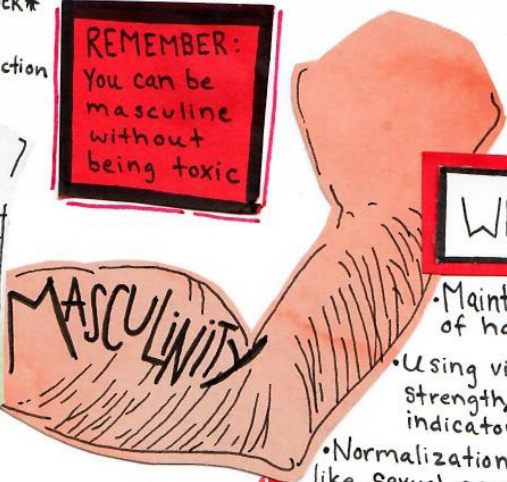
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- create supportive spaces on campus that explore healthy, unhealthy and toxic masculinities in relation to sexual violence.
 - cultivate relationships with other students on campus wanting to develop positive role modeling and mentorship opportunities in relation to healthy masculinity and intersecting identities.
 - gain valuable knowledge on topics like bystander intervention, healthy relationships and consent.

EMAIL CVPUCR@GMAIL.COM

TAKE YOUR STANCE.

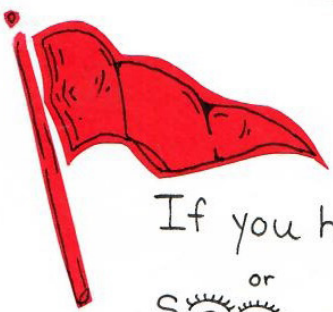
* FRIENDLY REMINDER *
gender is a
social construction

REMEMBER:
You can be
masculine
without
being toxic



What is it?

- Maintaining an appearance of hardness
- Using violence and physical strength/prowess as indicators of power
- Normalization of toxic behaviors like sexual aggression, cat calling, persistence/inability to take "NO" for an answer.
- Equating femininity with weakness



If you hear
or
see any of
these

toxic
behaviors

**HOLD FOLKS
ACCOUNTABLE**

[It's On All
of Us]

No ACCOUNTABILITY
"I know you want it"

BE A MAN
MASC only
"macho"
"red blooded man up"
"alpha"
"man up"
"boys don't cry"
"just wired differently"

man of the house
don't be a sissy
boys will be boys
#blurredlines
#boycottgilette
"beta"
"not all men"
men's rights
men are from Mars

"By far the worst thing we do to males - by making them feel they have to be hard - is that we leave them with very fragile egos"
- Chimamanda Ngozi Adichie

MALE IDENTIFIED FOLKS:

- THERE ARE RESOURCES FOR YOU
- YOU DESERVE COMMUNITY
- YOU DESERVE EMOTIONAL SUPPORT
- UNLEARN YOUR TOXIC HABITS AND EDUCATE YOURSELF
- HOLD YOUR PEERS ACCOUNTABLE
- COMBAT STIGMA
- IN ALL FORMS

we are worth it!

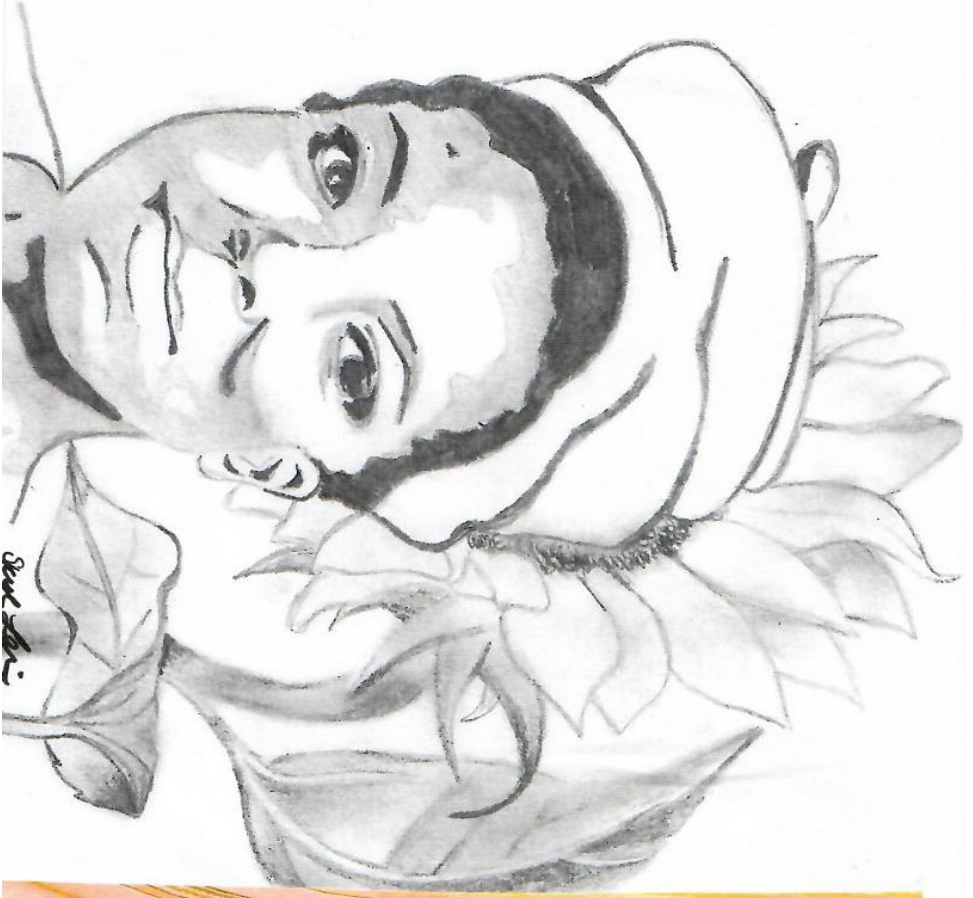


empowerment during the month of April the CARE office will be hosting a series of events

starting with "Still I Rise" poetry night to celebrate the amazing life of the late Maya Angelou.

an ode to
Maya Angelou
April 4th

Still I Rise ...



Pretty women wonder where my
secrets lies.
I'm not cute or built to suit a fashion
model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
the span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
phenomenally.

Phenomenal
Woman,
Threats me...

- Maya Angelou

Phenomenal Woman...

EMPOWERMENT
& HEALING series

Join
Us

- Join us for a survivor-centered empowering experience that allows survivors to re-establish a sense of comfort within their physical bodies and process any thoughts, feelings, and sensations.

The Empowerment
and Healing Series
includes:

[Yoga as Healing]

[Healing through R'Garden]

and

[HEALING THROUGH
ART & WRITING PROGRAMS]

Find out more
& reserve your space now

Contact our advocates!

[advocate@ucr.edu]
[951-827-5669]

UCR

SUPPORTING A SURVIVOR

EMPOWERMENT MODEL OF SUPPORT

Face the survivor, maintain eye contact.

Pay attention to your body language.

Be PRESENT

Be prepared for potential discomfort and commit to giving your full attention, respect and empathetic support.

Ask yourself how vital the information is before you ask a question.

Ask *WHY* questions.

Avoid labeling and allow the survivor to name their experience. Use their language.

Use gender-neutral language.

Useful Phrases

Whenever possible use **"could"** instead of **"should"**

I'm sorry this happened to you

How can I help you best?

I'd like you to know that you have options.

I'm here to listen and to do what I can to help you.

It's not your fault.

Normalize the behavior: "It is normal for you to feel that way. People who have been through this have had similar feelings or concerns."

"You may feel like you are all alone & that no one will understand you but there are people and organizations that can help."



24/7 Self-Care

Write out
your thoughts
&
reflect



Show your pet



Some Lovin'

Catch
Some
ZZZZZZ



PRETEND
YOUR PHONE
IS DEAD
DEAD



Ask for help



Meditate.

get some
sun



go for a
hike



Make a much
needed phone call



Unplug from the
World



even for a lil'



Smell
good
Smells



LISTEN TO SOME
SMOOTH TUNES



no one path
is alike.

you will
be okay.

go at your
own
pace.

be patient.

The path to
healing is
non-linear.

SAAM

SEXUAL ASSUALT AWARENESS MONTH

BE ON THE LOOKOUT

APRIL 2019!



Confidential

Resources

- C.A.R.E (CAMPUS ADVOCACY, RESOURCES + EDU.)
(↑ THIS IS US)
- CAPS (COUNSELING + PSYCHOLOGICAL SERVICES)
- ADV (ALTERNATIVES TO DOMESTIC VIOLENCE)
- RARCC (RIVERSIDE AREA RAPE CRISIS CENTER)



Non-Confidential

- TITLE IX OFFICE
- UCPD OR 911
- LGBT RESOURCE CENTER
- WRC (WOMEN'S RES. CENTER)
- CAMPUS SAFETY ESCORT SERVICE.



A decorative border featuring watercolor-style flowers in shades of yellow and orange, with green leaves and stems, set against a solid blue background. The flowers are positioned at the top and bottom edges of the page.

Be on the lookout for
our next edition in
Spring 2019