



CARE PRESENTS:

# FALLING INTO HEALTHY RELATIONSHIPS





# about us

**CARE**

CAMPUS ADVOCACY,  
RESOURCES & EDUCATION



what's

**CARE**

Care is an intervention and orientation support program committed to ending sexual violence at UCR.



**TOPICS  
WE  
COVER**

- boundaries
- bystander intervention
- healthy /and unhealthy relationships
- red flags

**CAMPUS**

**ADVOCACY**

**RESOURCES**

**EDUCATION**



Trust & Support



Healthy Relationships



Respect

### Trust & Support

- Accept responsibility for your actions.
- Ask each other what you both need .
- Support your partner's goals in life.

### Respect & Kindness

- Ask what is important to your partner.
- Listen to your partner & value their opinion.
- Respect their right to be safe & to control their own body & decisions.

### Mutual Affection

- Understand each other's love languages.
- It's good to not only be supported but also be able to support your partner.
- Always ask for consent and respect each other's boundaries.

### Honesty & Accountability

- Be honest with your partner.
- Use open communication and be an active listener.
- Be able to hold your partner accountable to their word.



Negotiation & Fairness



Economic partnership

**Negotiation & Fairness:** Problems or struggles are a part of every relationship, couples seek mutually satisfying resolutions to conflict and are willing to compromise.



Non-threatening behavior

**Shared Responsibility:** Mutually agreeing on a fair distribution of work and making family decisions together within a relationship.

**Respect:** A feeling of deep admiration for someone or something based on their abilities, qualities, or achievements.

**Economic Partnership:** Both partners equally contribute financially, to the joined needs within the household or other shared goods.

**Non-threatening Behavior:** Talking and acting so that your partner feels safe and comfortable doing and saying things.



# *Consent with Costo*

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

- It is important b/c intersectionality recognizes the oppression of folks who face it w/ their multiple identities.
- Everyone has different identities that define them and therefore different boundaries to be explained and understood.

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

- Understand and come to compromising ideas and goals in order to build better community
- Respect that everyone reacts and thinks differently and week an open mind.

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

- Presentation and modules around the topic of consent. Situational examples.
- Highlighting community culture and awareness in youth programs as well as educating future generations.

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

- People tend to not understand that consent can be taken away at any time; it doesn't matter what was said before.
- Consent surrounding how ppl take advantage of immigrants.

# THE LIMIT DOES EXIST




## Physical Boundaries:

Pertains to personal space, privacy, and body

## Emotional Boundaries:


Refers to a person's feelings in relation to others

"I CAN'T TAKE THIS ON RIGHT NOW"




IMPORTANT LINES TO DRAW

"I NEED SOME ALONE TIME"



"PLEASE DON'T TOUCH ME IN PUBLIC"



# SPOTTING RED FLAGS

## LOVE IS NOT

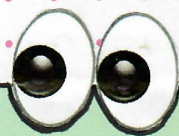
## ABUSE

## IS NOT LOVE

*State of Mind*



- Always wanting things their way
- Monopolizing time and conversation
  - Threatens to harm you
- Ridicules you / Calls you names
  - Withholds affection



*State of Mind*



- Supports your personal growth
- Honors your boundaries
- Vulnerability and empathy are present
- Being honest with one another
- Asking for consent



# Fall in Love <sup>WITH</sup> Yourself

## WHY IS SELF CARE IMPORTANT?

- ALLOWS YOU TO BUILD CONFIDENCE
- TAKE TIME TO BREATHE AND JUST FOCUS ON YOU
- ALLOWS YOU TO REALIZE HOW YOU'RE FEELING
- HELPS MAINTAIN A HEALTHY RELATIONSHIP WITH YOURSELF

## "10 TIPS FOR SELF CARE"

1. FACE MASKS/ SPA DAY
2. MEDITATE
3. WORK OUT/ GO FOR A WALK OUTDOORS
4. DRAW/ MAKE ART/ JOURNAL
5. TALK TO SUPPORT SYSTEM
6. TAKE A NAP

7. LISTEN TO YOUR FAVORITE MUSIC
8. WATCH AN EPISODE OF YOUR FAVORITE SHOW
9. TAKE TIME TO CHECK IN ON YOURSELF
10. BAKING/ COOK FOR YOURSELF

## GROUNDING EXERCISES:

- CLOSE YOUR EYES AND THINK OF YOUR HAPPY PLACE, SPEND A COUPLE OF MINUTES JUST THINKING OF THAT
- WHEREVER YOU ARE, MAKE A LIST (PHYSICAL OR MENTAL) OF 5 THINGS YOU CAN SEE THAT ARE BEAUTIFUL.
- PUT YOUR HANDS IN WATER, THINK ABOUT HOW THAT FEELS ON THE DIFFERENT PARTS OF YOUR HAND (PALMS, FINGERTIPS, BACK OF YOUR HAND). TRY WARM AND COLD TEMPERATURES AND SEE HOW THEY DIFFER.

## APPS FOR SELF CARE

- HEADSPACE

- HAPPY NOT PERFECT

- ETERNAL SUNSHINE

- SANVELLO



# Looking Back on Fall

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

BREAK THE SILENCE. END THE VIOLENCE.



Clothesline Project



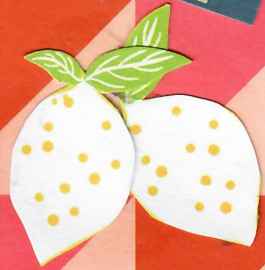
CARE Conversations



NATIVE AMERICAN HERITAGE MONTH



World AIDS Day




# DOMESTIC VIOLENCE AWARENESS MONTH

# D. V. A. M.

Back in October 1981, the National Coalition Against Domestic Violence held its first "Day of Unity" -- which connected advocates who were working to end violence against women and children from across the nation. This event was a major stepping stone for the domestic violence movement and ultimately evolved into what we now know as Domestic Violence Awareness Month. Today many college campuses reserve October for the prevention of, education about and awareness against domestic violence.


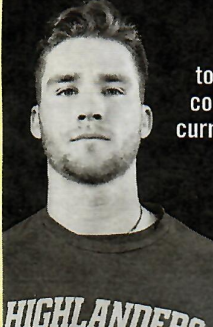


FOR MORE INFORMATION, VISIT [CARE.UCR.EDU](http://CARE.UCR.EDU)!





**#ItsOnUs**  
to create an environment where everyone feels safe.

Nerisse Bugho  
*Psychology*

**#ItsOnUs**  
to recognize that past consent does not mean current or future consent.

Matthew Hardy  
*Media and Cultural Studies*

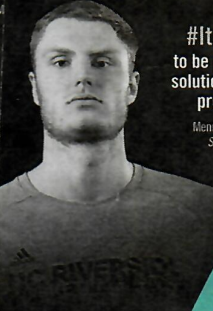



IT'S ON

US





**#ItsOnUs**  
to get someone home safely if that person needs help.


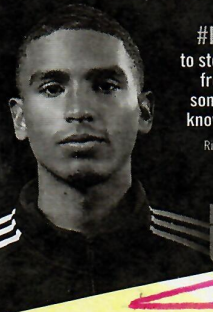



**#ItsOnUs**  
to be part of the solution, not the problem.

Menno Dijkstra  
*Sociology*






to


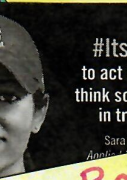
**#ItsOnUs**  
to stop someone from doing something we know is wrong.

Ricky Wright Jr.  
*English*

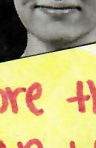
**#ItsOnUs**  
to step up and say some

Sarah Pa  
*Liberal St*

**#ItsOnUs**  
to act when we think someone is in trouble.

Sara Khatrah  
*Anthro*



Be more than a BYSTANDER...

BROTHERS + SISTERS  
AGAINST VIOLENCE

OUR FALL  
QUARTER EVENT!

THESE HANDS  
DON'T HURT



#fsicxdvam

↳ FOR MORE INFO ON  
'THESE HANDS DON'T HURT'  
+ DVAM, CHECK OUT  
THE DVAM PAGE!

WINTER 2020:  
'PARTY SAFETY TOOLKIT'

WANT TO  
GET INVOLVED?

CONTACT US @

bsavucr@gmail.com

# SAVE

## SEXUAL ASSAULT AND EDUCATION

## VIOLENCE

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. SAVE peer educators are active at nooners, in residence halls, and other campus events and assist in CARE programs promoting consent and healthy relationships.

### Quick tips on CONSENT:

YES MEANS YES.

Consent CANNOT be given when someone is incapacitated by drugs or alcohol.

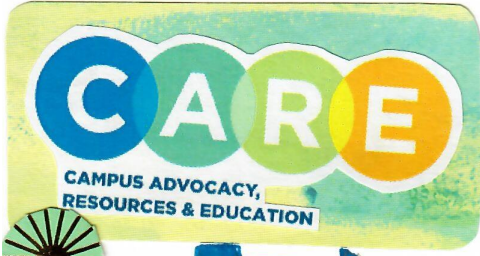
The absence of physical resistance, does NOT mean yes.

Consent can be withdrawn at ANY time.

Coercion is NOT consent.

Absence of a no does NOT mean yes.

# Resources



## Advocacy

- accompaniment
- healing support & case management
- accommodations

## Prevention

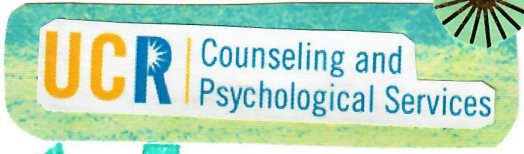
- Programs & events on:
  - assault
  - consent
  - healthy & unhealthy relationships

Advocacy Office: 3<sup>rd</sup> Floor Skye Hall  
Prevention Office: HUB 365



- Clinical & Counseling Services
- Psychological Assessment
- Crisis Hotline  
(951-UCR-TALK)

Location: Health Services Building,  
North Wing



## Reporting Options

- File a complaint
- Formal investigation

## Temporary Protective Measures

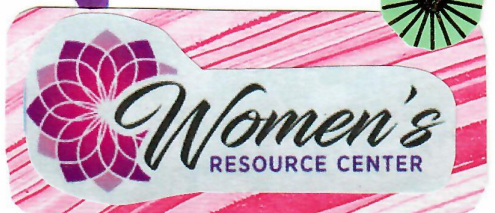
- Safety Planning
- Alternative Work Arrangements
- Housing Assistance

Location: Skye Hall 349



- Student Advocacy
- Campus Safety Escort
- R'Kids

Location: Costo Hall 260



Coming Soon

Bee Healthy  
With your Honey



**NATIONAL STALKING  
AWARENESS MONTH**  
JANUARY

**BLACK  
HISTORY  
MONTH**

**WOMEN'S  
HISTORY  
MONTH**

**US**

IT'S ON

LOOK OUT FOR OUR WINTER 2020

# ZINE



**3**<sup>rd</sup>  
edition

VISIT US AT  
CARE Prevention Office: **HUB 365**

[CARE.UCR.EDU](http://CARE.UCR.EDU)