

centering
YOURSELF
with



CARE

**CAMPUS ADVOCACY,
RESOURCES & EDUCATION**

WINTER ZINE
2020

ABOUT US

CARE is an intervention and prevention based support program committed to ending sexual violence at UC Riverside.



We provide direct advocacy, resources and prevention educational programming related to issues like:

- ★ Sexual assault
- ★ Relationship violence
- ★ stalking
- ★ etc.



LOVE YOUR LIFE



CAMPUS

ADVOCACY

RESOURCES

EDUCATION

CONFIDENTIAL

CARE Advocates assist with:

- Safety Planning
- Accompaniment
- Crisis Intervention
- Healing Support
- Case Management
- Accommodations
- Referrals

statements with positive intent to either start your day,
end your night with, or anytime in between

my life is just beginning

you are worthy

I am the best version of me

you are grateful and admired

I accept the things I cannot change

ALWAYS BE YOURSELF

my mind is brilliant

my soul is tranquil

I accept my power

I possess the qualities to be successful

I forgive myself and set myself free

affirmations



an ode to

Maya Angelou

"The caged bird sings
with a fearful trill
of things unknown
but longed for still
& his tune is heard
on the distant hill
for the caged bird
sings of freedom"



I know
why the
caged bird
sings

7:08 pm

Apr. 1

HUB355

Still I Rise



NAVIGATING HOW TO SUPPORT A SURVIVOR

HOW CAN I HELP MY FRIEND?

ASK THEM WHAT KIND OF SUPPORT THEY NEED



PROVIDE THEM WITH OPTIONS AND CHOICES



LISTEN TO THEM AND VALIDATE THEIR FEELINGS



WHAT SHOULD I AVOID?

AVOID VICTIM BLAMING STATEMENTS



AVOID TELLING THEM WHAT TO DO



AVOID VICTIM BLAMING QUESTIONS



A STRONG SUPPORT SYSTEM



Get

COZY

with

Consent

con-sent | \ kon-'sent \

(v.) Consent is permission for something to happen or agreement to do something mutually. With sexual activity, it is an affirmative, unambiguous, conscious decision by each participant to engage in the sexual activity.

Only an enthusiastic

YES

means YES.

Asking for consent sounds like...

Are you comfortable?

Do you want to go further?

Does this feel good?

Can I kiss you?

Do you like it if I...?

C O N S E N T

Get **COMFORTABLE**
knowing that...

Coercion is **NOT** consent.

Consent can be withdrawn at **ANY**time.

Absence of a "no" does **NOT** mean yes.

The absence of physical resistance, does **NOT** mean yes.

Consent **CANNOT** be given when someone

is incapacitated by drugs or alcohol.

Consent does **NOT** sound like...

NO!

I don't
care...

I'm
scared.

Stop.

This is
uncomfortable.

Tell your stories. Own
everything that has
happened to you. Don't
leave anything out. It's
all good stuff

Journey TO EMPOWERMENT & HEALING

FORGIVE YOURSELF



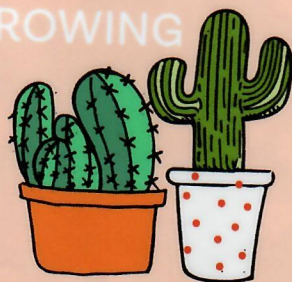
TAKE TIME FOR YOURSELF

MAKE ROOM FOR GROWTH

- ① Journal your thoughts
- ② Meditate
- ③ Have a picnic with your loved ones
- ④ seek help at CAPS
- ⑤ Talk to a friend
- ⑥ Go for a hike

6 ways to
heal

you are
GROWING



journey [jur-nee] - n.

1. a traveling from one place to another; trip or voyage

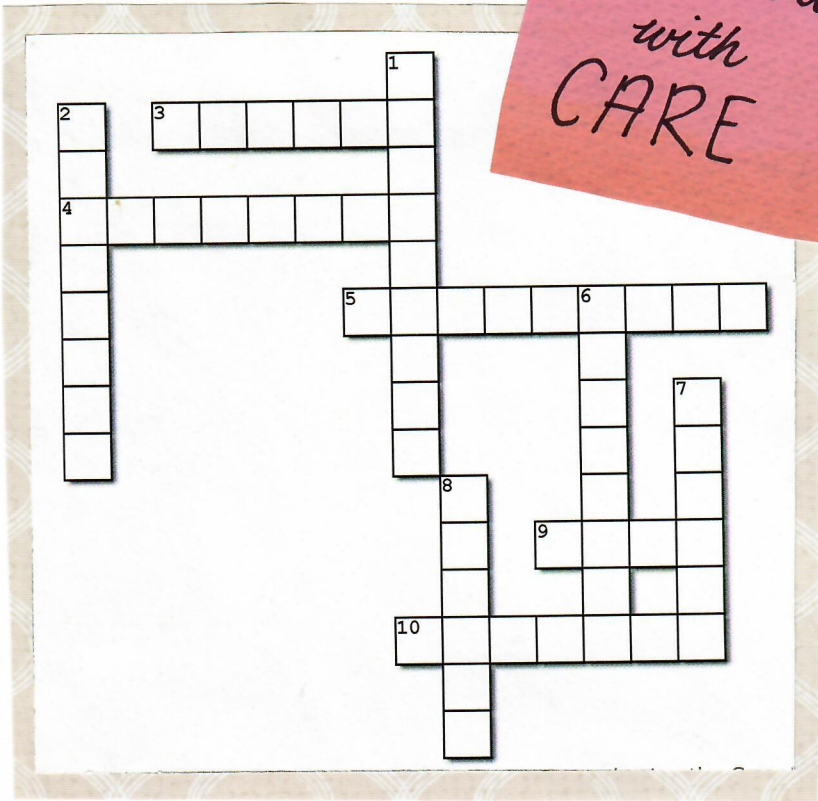
2. the distance traveled in a journey

the time taken to make a journey

verb

3. (intransitive) to make a journey

*Crossword
with
CARE*



Across

3. Always be an _____ bystander.
4. A bystander strategy; to draw attention away from a potentially dangerous situation.
5. Another word for centering; another way of saying 'earthing'
9. An acronym; a resource office at UCR that has a prevention/education component and an advocacy component.
10. An affirmative, unambiguous, conscious decision by each participant to engage in any activity.

Down

1. To move to the middle point; equilibrating. (Hint: look at the title of our zine)
2. A strategy to center oneself; to think deeply or focus one's mind for a period of time.
6. A bystander strategy; to ask someone else to check up on an individual who seems to be in a potentially dangerous situation.
7. A bystander strategy; to approach an individual to check on their level of consciousness and awareness of their situation.
8. Who can be a survivor?

IDEAS FOR

Self Care...

#1

Stay Hydrated!

#2

Set screen time limits for yourself!

#3

Listen to Music!

#4

Get organized!

S A A M

Sexual Assault Awareness Month

BE ON THE
LOOKOUT

APRIL
2020!

YOUR VOICE
HAS POWER!

QUALITIES OF POSITIVE RELATIONSHIPS



APRIL IS
SEXUAL
ASSAULT
AWARENESS
MONTH

- The relationship is balanced.
- Each person trust one another & can be honest.
- Both people don't worry about violence in the relationship.



QUALITIES OF HURTFUL RELATIONSHIPS

- Calls you names
- Tries to isolate you from family & friends
- Punishes you by with holding affection

O N I T S U S



to step in

to speak up . . .

to support
SURVIVORS . . .

#ItsOnUs. Take the pledge
to be more than a
bystander.



 riverside
ATHLETICS

SAVE!

sexual assault & violence education

Peer educators challenge students to think differently, by hosting quarterly campaigns to change the perception of what rape, abuse, and healthiness in relationships looks like. **SAVE** peer educators collaborate with resources on UCR campus such as Costo Hall, Residential Life, the Sorority and Fraternity Involvement Center, Student Life, Associated Students, and Undergraduate Admissions.

want to learn more about consent?
come to our office in HUB 361 to learn more!
mornings - afternoons monday through friday

CVP

What is C.V.P.?

CVP seeks to create spaces on campus that explore & promote healthy masculinities through **EMPOWERMENT** based dialogue, **Education**, and **MENTORSHIP** as it relates to sexual violence prevention.

What does C.V.P. also focus on?

CVP is a student network of diverse leaders dedicated to ending sexual violence at UC Riverside.

Collective on Violence Prevention

B.S.A.V.

① P.S.T.

↳ INCLUDES TIPS ON HOW TO PARTY SAFE & CHECK IN WITH YOUR BROTHERS + SISTERS.

↳ MAIN AREAS OF FOCUS:

① CONSENT/BOUNDARIES

↳ ROMANTIC SITUATIONS

↳ PLATONIC SITUATIONS

* CAN YOU REALLY VBER EVERYWHERE?

② BYSTANDER INTERVENTION

↳ 4 DS

↳ HOLDING ALL MEMBERS OF THE COMMUNITY RESPONSIBLE.

CONTACT US:

VIDHI DAVE

e: bsavucor@gmail.com

O: HUB 365

WHAT WE'VE BEEN UP TO:

① PARTY SAFETY TOOLKIT

↳ "ARE YOU GOOD?"

↳ DISCUSSION + MERCH

② DENIM DAY 2020 (FSIC X CARE)

* LOOK OUT FOR THE FREE SHIRTS*

↳ PHILANTHROPY \$\$\$\$ PRIZE

A BIG "SHOUTOUT" TO

- ALPHA CHI OMEGA (AXΩ)

- KAPPA KAPPA GAMMA (KKG)

- DELTA CHI (ΔΧ)

FOR YOUR PARTICIPATION IN "THESE HANDS DON'T HURT"

DENIM DAY 2020:

APRIL 29TH 2020

② DENIM DAY

↳ COMING SOON...

LOOK OUT FOR TOOLKIT + SHIRT ANNOUNCEMENT IN SPRING 2020

Bee Healthy



Bee Your Own Boo
Tuesday, Feb. 25th 11am-12pm
HUB 355



Bee Healthy Tabling Fair
Wednesday, Feb. 26 12-2pm
HUB 355



Bee Healthy in All Relationships
Thursday Feb. 27 12-1pm
HUB 260



Resources

UCR Counseling and Psychological Services

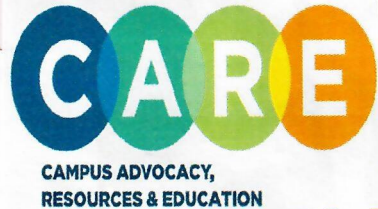
- They provide:
 - Clinical and counseling services
 - Psychological assessment
 - Crisis Hotline
 - (951-UCR-TALK)

For more info please visit: <https://counseling.ucr.edu/>



Title IX

- Reporting Options
 - File a report
 - Formal investigation
- Temporary Protective Measures
 - Safety planning
 - Alternative work arrangements
 - Housing assistance

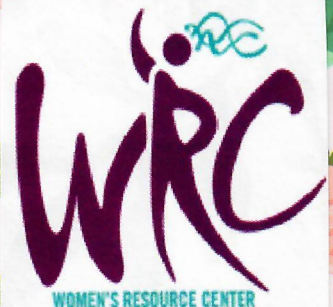


For more info: <https://titleix.ucr.edu/resources>

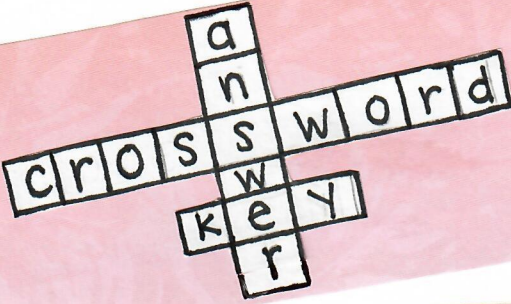
Women's Resource Center

- Student Advocacy
- Campus Safety Escort
- R'Kids

For more info: <https://wrc.ucr.edu/>



Title IX Office



Across

3. Always be an _____ bystander. (**active**)
4. A bystander strategy; to draw attention away from a potentially dangerous situation. (**distract**)
5. Another word for centering; another way of saying 'earthing' (**grounding**)
9. An acronym; a resource office at UCR that has a prevention/education component and an advocacy component. (**care**)
10. An affirmative, unambiguous, conscious decision by each participant to engage in any activity. (**consent**)

Down

1. To move to the middle point; equilibrating. (Hint: look at the title of our zine) (**centering**)
2. A strategy to center oneself; to think deeply or focus one's mind for a period of time. (**meditate**)
6. A bystander strategy; to ask someone else to check up on an individual who seems to be in a potentially dangerous situation. (**delegate**)
7. A bystander strategy; to approach an individual to check on their level of consciousness and awareness of their situation. (**direct**)
8. Who can be a survivor? (**anyone**)