ON-CAMPUS RESOURCES

On-Campus Confidential Support

Center for Advocacy, Prevention & Empowerment (CAPE)
Location Provided once appointment is scheduled
Website csudh.edu/cape (visit website to schedule appointment online)
Email cape@csudh.edu
Phone 310.243.2567
Hours Monday-Friday, 9:00 a.m. to 6:00 p.m. (other times available upon request)

Student Health & Psychological Services
Provides a variety of healthcare and psychological services including counseling and groups.
Location Student Health Center A-141
Website csudh.edu/shps
Phone 310.243.3818
Hours Monday-Friday, 8:00 a.m. to 5:00 p.m.

On-Campus Reporting
(Not confidential)

If it is an emergency, please call 911

Title IX Office
Investigates reports of gender-based misconduct, including sexual assault, sexual harassment, dating/domestic violence, and stalking ensuring that the harassment stops and prevent it from reoccurring.
Location Welch Hall B470H
Website csudh.edu/titleix
Email eschrock@csudh.edu
Phone 310.243.3492
Hours Monday-Friday, 8:00 a.m. to 5:00 p.m.

University Police Department
Location Welch Hall B100
Website csudh.edu/dhp
Phone Emergency 911 or extension 3333 on an on-campus phone
Non-emergency 310.243.3639
Hours 24/7

CSUDH
CENTER FOR ADVOCACY, PREVENTION & EMPOWERMENT

OFF-CAMPUS RESOURCES

Off-Campus Confidential Support

YWCA of Greater Los Angeles (Sexual Abuse/Assault)
Provides crisis intervention, accompaniments, advocacy as well as individual and group counseling for survivors of sexual assault. They also coordinate SART forensic medical exams (aka “rape kits”) and can help access this option.
Website ywcagla.org
24/7 Hotline 877.943.5778

Rainbow Services (Dating/Domestic Violence)
Is a local agency serving domestic violence survivors and their families. They provide free counseling, case management and advocacy.
Website rainbowservicesdv.org
24/7 Hotline 310.547.9343

Off-Campus Reporting
Contact the local law enforcement agency where the abuse occurred to file a report.
WHY CAPE?
Interpersonal abuse (sexual abuse/assault, intimate relationship abuse, stalking and sexual harassment) has many negative consequences that interfere with academics, work and relationships. CAPE is a resource that helps individuals overcome the impact of abuse in order to accomplish their academic, professional, and personal goals.

CAPE prioritizes and values people’s autonomy to make decisions that are best for them.

SERVICES
- A confidential space to discuss any matter related to interpersonal abuse
- Opportunities to explore and evaluate options for overcoming past or present abuse
- Information and ongoing support (including accompaniments) with any reporting process including Title IX and police
- Emergency and ongoing support to ensure safety and well-being
- Safety planning and assistance (including accompaniments) with filing restraining orders
- Help with accessing reasonable housing and academic accommodations

CONFIDENTIALITY
Conversations with a CAPE Advocate are confidential and do not constitute making a report or filing a formal complaint.

ELIGIBILITY
CAPE provides support to current CSUDH students, staff, and faculty regardless of where or when the abuse took place.

To schedule an appointment please visit csudh.edu/cape

SEXUAL ABUSE/ASSAULT
Sexual abuse/assault is any unwanted sexual activity without consent. Other terms for sexual abuse/assault include rape, sexual misconduct, molestation, unwanted sexual touching, sex without consent.

What is consent? Before engaging in any sexual activity partners must ensure that there is mutual consent. If one partner does not consent then it is sexual abuse/assault. Consent is freely given, enthusiastic, without fear, sober and ongoing (in other words... everyone knows and agrees with all actions) texts of a sexual nature.

"One reason people don’t access support services after experiencing sexual abuse is because they don’t think the incident was ‘bad enough.’ It’s important to understand that all experiences of sexual abuse can be harmful."

SEXUAL HARASSMENT
Sexual harassment is unwelcome verbal, nonverbal or physical behavior that is of a sexual nature.

This behavior interferes with someone’s academic or professional performance and creates a hostile school/work environment. Some examples of sexual harassment include: comments about physical appearance, that makes someone feel uncomfortable, unwanted hugging or touching, comments about sexual activities, sharing jokes, photos or texts of a sexual nature.

INTIMATE PARTNER ABUSE
Intimate relationship abuse is when one person in a dating relationship (hooking-up, casual, serious relationships and marriage) exerts power and control over their partner. Other terms used include domestic violence, dating violence and intimate partner violence.

"Talking to a CAPE Advocate can help make informed decisions within a non-judgmental and safe space."

Examples of relationship abuse include: controlling what their partner does, excessive jealousy, isolating from friends and family, taking their money, threatening to hurt themselves, preventing someone from going to school/work, physical violence, and sexual abuse.

It’s very difficult to end an abusive relationship. The person will end the abusive relationship when they are ready and feel safe to do so.

STALKING
Stalking is a pattern of behavior that makes someone feel afraid threatened, or in some kind of danger. Stalking behaviors can include following someone and showing up to places uninvited, excessive unwanted texts/calls/emails/messages, threats, damaging and/or stealing property and tracking someone’s whereabouts using technology amongst other things.

People that experience stalking may feel paranoid, unsafe and powerless. CAPE can help by explaining and accessing various reporting options such as Title IX, filing police reports, safety planning and filing restraining orders. These resources can help stop stalking behaviors.

For more information about these issues visit csudh.edu/cape