



GREEN DOT UCF
RESOURCE GUIDE
2020

Denim Day

April 29th, 2020

use your
FASHION STATEMENT
to make a
SOCIAL STATEMENT

#DenimDayUCF
tag us! @greendotucf

Wear denim to support survivors of sexual violence.

To learn more about Sexual Assault Awareness Month,
visit Victim Services' website at
victimservices.ucf.edu.



April is Sexual Assault Awareness Month



UCF

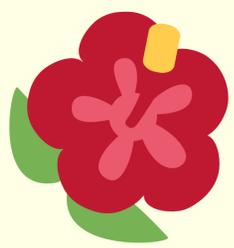
Victim Services

UNIVERSITY OF CENTRAL FLORIDA





BE A BYSTANDER



This Spring



DIRECT

"Are you alright?"



DELEGATE

"Let's call UCF
Victim Services,
they are available
24/7."

DISTRACT

"Hey, I think your
car is being
towed!"



NOT SURE WHAT TO DO?

Sign up for a bystander training today!

greendotucf.com

@greendotucf



WE ARE HERE FOR YOU 24/7 DURING THESE DIFFICULT TIMES. YOUR VICTIMIZATION SHOULD NOT BE MINIMIZED. YOU STILL HAVE OPTIONS. YOU CAN STILL MAKE A POLICE REPORT. YOU CAN STILL SEEK A PROTECTION ORDER. WE CAN STILL SAFETY PLAN WITH YOU. YOU CAN STILL RECEIVE A FORENSIC EXAM. YOU CAN STILL RECEIVE SUPPORT AND ADVOCACY. UCF VICTIM SERVICES AND OTHER VICTIM ASSISTANCE PROGRAMS CONTINUE TO PROVIDE SERVICES TO ALL. CONTACT US FOR OPTIONS, SERVICES AND SUPPORT.

**YOU ARE NOT ALONE.
YOU MATTER.**

Call (407) 823-1200

Text (407) 823-6868

HOW CAN WE HELP?

An advocate can help address your immediate safety issues or concerns if you feel threatened or are in fear of being harmed. An advocate can meet with you in person at a safe location and help you evaluate disclosure and reporting options.

PRIMARY SERVICES

- Safety planning
- Crisis intervention
- Emergency appointments
- Assistance with reporting & disclosures
- Assistance with injunctions for protection
- Support for civil & criminal justice processes
- Support for Title IX & administrative processes
- Referrals to both on & off campus resources

“This service helped change my life [for the] better. Thank you for providing it and assisting me towards more positive days.”

- Anonymous, March 2018

If you have any questions,
contact an advocate using our
24/7 confidential hotline.

Call 407-823-1200 | Text 407-823-6868

This project was supported by Award No. VOCA-2018-University of Central Flo-00075 awarded by the Office of Victims of Crime, Office of Justice Programs. Sponsored by The University of Central Florida Board of Trustees and the State of Florida.

The University of Central Florida Board of Trustees is an equal opportunity provider and employer.

IMPORTANT NUMBERS

EMERGENCY	911
CAMPUS	
UCF Police (Non-emergency)	407-823-5555
24/7 Victim Advocate (call)	407-823-1200
24/7 Victim Advocate (text)	407-823-6868
Knight Ride	407-823-2424
Counseling & Psychological Services (CAPS)	407-823-2811
Hazing Hotline	407-823-4518
Health Services	407-823-2701
Student Care Services	407-823-5607
Student Conduct	407-823-4638
Student Legal Services	407-823-2538
Title IX	407-823-1336

COMMUNITY PARTNERS	
Orange County Sheriff (Non-Emergency)	407-836-4357
Orlando Police Department (Non-Emergency)	407-246-2470
Seminole County Sheriff (Non-Emergency)	407-665-6650
Harbor House (Orange County)	407-886-2856
SafeHouse of Seminole (Seminole County)	407-330-3933
Help Now (Osceola County)	407-847-8562

HOTLINES	
Lifeline	800-273-8255
Sexual Assault Hotline (Orange & Osceola County)	407-497-6701
Sexual Assault Hotline (Seminole County)	407-321-7273
Child & Elder Abuse Hotline	800-962-2873

Main Office Location
University Tower
12201 Research Parkway, Suite 450
Orlando, FL 32826
Office Hours: 8 a.m.-4:30 p.m. Monday-Friday

Main UCF Campus Location
Student Health Center
Orange Pod, Second Floor
Office Hours: 10 a.m.-3 p.m. Monday-Friday

Downtown Campus Location
UCF Victim Services
398 West Amelia Street
Office Hours: 8 a.m.-4:30 p.m. Monday-Friday

FOR MORE INFORMATION

- ☎ 407.823.2425
- ✉ ASKANADVOCATE@UCF.EDU
- 🌐 VICTIMSERVICES.UCF.EDU

options **compassion** Resilience healing
CONFIDENTIAL
ADVOCACY 24/7 Hotline
Resources **referrals** Respect
SURVIVOR SUPPORT SERVICES
empowerment **TRUST** believing
encouragement Dignity
Support CARE **empathy**
CRISIS INTERVENTION
choice Validation safety planning
equality **ACCEPTANCE** **CARING**
Awareness INTEGRATION solutions
education reassurance **change** rights
Prevention
TRUTH RECONNECTION preparation
justice awareness
Outreach **community**
inspiration acknowledgment
voice **DEDICATION** activism
trauma informed care Well-being

CONFIDENTIAL VICTIM SERVICES

UNIVERSITY OF CENTRAL FLORIDA • ORLANDO, FL



UCF VICTIM SERVICES provides confidential support and services to all members and visitors of the UCF community who have been impacted by crime, violence, or abuse on or off campus.

“My advocate helped me so much with my situation and made me feel very safe. They informed me of all the options I had available to me. She was an excellent victim advocate.”

- Anonymous, February 2017

WE OFFER

1. Support
2. Crisis intervention
3. Options
4. Information
5. Resources and referrals
6. Practical assistance



UCF Victim Services can provide a wide range of support services for victims.

Most Common Issues

Assault: unlawful physical attack or threat of physical harm

Domestic/Dating Violence: physical, sexual, emotional, psychological, or financial abuse by a current or former intimate partner

Harassment: causing emotional distress to another person for no legitimate purpose

Hate Crime: criminal offense motivated by an offender's prejudice

Identity Theft: personal information is stolen and used without your permission

Robbery: taking or attempted taking of anything of value by force

Sexual Assault: any unwanted sexual contact without your consent

Stalking/Cyberstalking: pattern of behavior directed at a specific person that would reasonably cause fear

Theft/Larceny: taking money or property with no force or threat of force



COMMUNITY OUTREACH

Victim Services provides prevention awareness educational programming and training in many areas related to our services. We encourage professors, student organizations, academic and administrative departments, and other organizations affiliated with UCF to request a program that meets the group's needs.

Presentations can be customized for the audience with advance notice. Our programs can be interactive and informational.

- Intimate partner/dating violence
- In Her Shoes (interactive intimate partner violence activity; requires 1.5-2 hours)
- Sexual violence
- Stalking
- Reactions to victimization
- What to do if someone discloses to you
- Crisis intervention
- Self-care
- Victim services program

If you are interested in scheduling a presentation or require more information, please email askanadvocate@ucf.edu or call 407-823-2425.

Need Help?

You have several options for reporting. If you receive communication that is threatening, part of a pattern of abuse, or consistent with harassment, consider the options below.

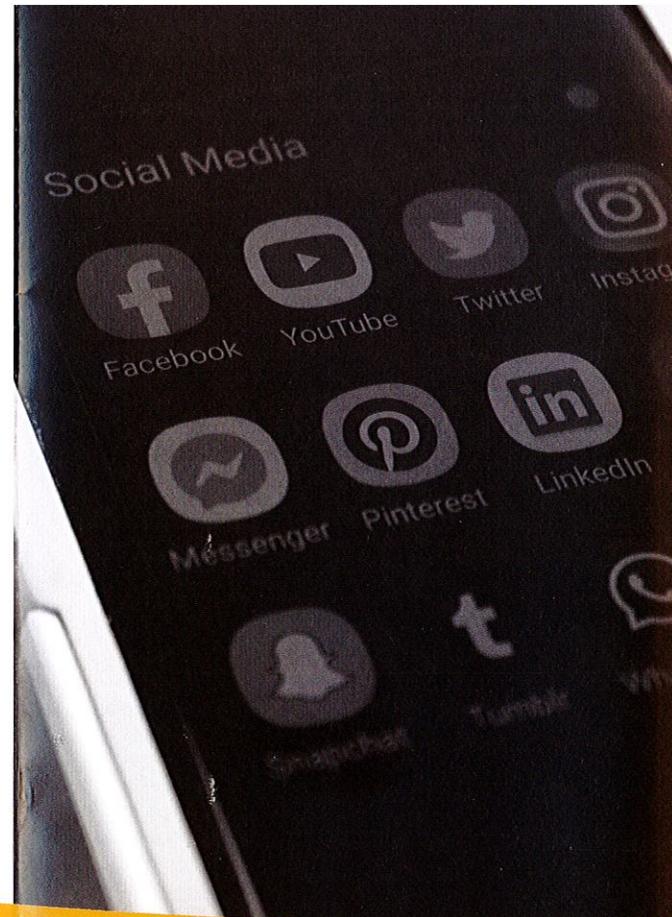
- Police
- Order of protection
- Report to the host of the site
- Title IX
- Human Resources



Victim Services

About UCF Victim Services

Victim advocates are a 24/7, **CONFIDENTIAL** resource. We provide **free, comprehensive victim advocacy** services to students, faculty, staff, and visitors to campus who have been impacted by crime, violence, or abuse.



Resources

Emergency

911

UCF Police (non-emergency)

407-823-5555

Victim Services

24/7 hotline: 407-823-1200

24/7 text line: 407-823-6868

Counseling & Psychological Services (CAPS)

407-823-2811

Human Resources

407-823-2771

Title IX/OIE

407-823-1336

Federal Trade Commission

202-326-2222



@UCFAdvocates

12201 Research Parkway
Suite 450
Orlando, FL 32826
407-823-2425

www.victimservices.ucf.edu

SOCIAL MEDIA SAFETY



Victim Services

UNIVERSITY OF CENTRAL FLORIDA

What you choose to share on social media is always your decision, but what others choose to do with your information may not always be in your control. Consider taking the following personal safety precautions with these social media safety tips.



Pause before you post. Before you post, ask yourself if you are comfortable sharing this information with everyone who might see it. Content that contains personal information or your whereabouts could pose a safety risk. Even content that is deleted can be accessed by the website or through screenshots of the original post and could be used maliciously.

Turn off geolocation. Many social media sites or apps will request to access your location, but in most cases this isn't necessary. If sharing where you are is important to you, consider waiting to tag the location until you leave. In addition to this, some sites may automatically make geotagged information public.

Talk to your friends about public posts. Let your friends know where you stand on sharing content that may include personally identifying information, like your location, school, job, or a photo of you or your home. Respect each other's wishes about deleting posts that may be embarrassing or uncomfortable. Always ask permission before you post something about another person, whether it mentions them indirectly, by name, or in a picture.

Personalize your privacy settings. Adjust your privacy settings on the site to your comfort level, and select options that limit who can view your information.

Use a private Internet connection. Avoid public Wi-Fi connections, like those offered at coffee shops or airports, when using a website that asks for a password.

Report harassment or inappropriate content. You can use the "report" button near the chat window, flag a post as inappropriate, or submit a screenshot of the interaction directly to the host site. If you do experience harassment or abuse through social media, consider taking screenshots immediately and saving them in case the content is deleted or removed from your view. To collect evidence of harassment on Facebook, you can download your full Facebook history through the Download Your Information (DYI) feature.

Look before you click. If you get a suspicious message or link from a friend through social media, it's best not to automatically click it. Your friend's account may have been hacked, which could cause everyone in their contact list to receive spam.

Pick strong passwords and update them frequently. This can help protect against someone who may be trying to sign in to your account for negative reasons like posting spam, impersonating you, or stalking.

Using Technology to Hurt Others

Catfishing is lying about one's identity online in order to initiate a romantic or sexual relationship.

Cyberbullying is a term used to describe the "willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices" often to threaten, harass, or humiliate another, according to the *Cyberbullying Research Center*.

Cyberstalking by monitoring someone's whereabouts with GPS or other tracking systems or persistently contacting someone against their will through text, email, social media, or other digital platforms.

Identity theft and identity fraud are terms used to refer to all types of crime in which someone wrongfully obtains and uses another person's data in some way that involves fraud or deception, typically for economic gain.

Coercion is the practice of pressuring someone to do something by using force or threats, such as pressuring someone to send intimate images of themselves.

Digital sexual assault or revenge porn is distributing or threatening to distribute sexual or intimate images of someone without their consent. For example:

- Hacking into someone's online accounts or devices to steal personal images or information not intended for public sharing
- Sending sexually explicit emails, chats, texts, photos, videos, or emojis that are unwelcome or unsolicited
- Taking sexually explicit pictures or videos of someone without their consent
- Unsolicited or unwanted sharing of pornography or pornographic images



Stalking

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. You are being stalked if a person repeatedly watches, follows, or harasses you, making you feel afraid or unsafe. A stalker can be a current or past partner, friend, acquaintance, or stranger.

If you've ever had to do any of the following in response to someone bothering you, you may have experienced stalking: altered your use of social media sites, changed your phone number, moved, purchased personal safety devices, quit your job, or changed your daily routine.

What Can I Do?

- **Contact an advocate.** We'll provide options and support to increase safety and awareness.
- **Develop a safety plan.** An advocate can help with this.
- **Issue a no contact statement.** Save a copy, and don't initiate further contact.
- **Keep a detailed stalking incident log.** An advocate can help with this.
- **Save/screenshot harassing voicemails, text messages, social media posts, etc.**
- **Collect physical evidence.** Save all communications from the stalker including letters, envelopes, notes, gifts, etc. Do not return or tamper with them – give them to police.
- **Alert those you trust,** including neighbors, co-workers, friends, and family.
- **Don't isolate yourself.** Often, a stalker's most successful weapon is secrecy.
- **Record personal information about the stalker if possible,** such as height, weight, hair and eye color, make and model of car, license plate number, where he/she lives and works, etc.
- **Identify a safe haven** the stalker doesn't know about.
- **Seek an injunction for protection.** An advocate can help with this.
- **Vary your daily activities,** such as your route to work/school, where you park, or what time you leave. **Routines make stalking easy.**
- **Call 911** if you feel threatened in any way. Consider reporting to law enforcement.

What Should I Avoid?

- Don't plead to be left alone – begging may increase the stalker's sense of power.
- Don't go to the stalker's aid when he/she claims there is a crisis – this is a common ploy.
- Don't hide keys outside or leave notes for friends/relatives referencing your whereabouts.
- Don't share location or personal information online.

Never Underestimate the Potential Danger of a Stalker!

UCF Victim Services

Emergency 911 ♦ 24/7 Advocacy & Support (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu



Your Rights in a Relationship

You have the right...

- To express your opinions and emotions and have them respected by your partner
- To have your needs be as important as your partner's needs
- To grow as an individual in your own way
- To change your mind, refuse requests, and say no
- To not take responsibility for your partner's behavior
- To not be physically, emotionally, or sexually abused
- To have control over your own body, physically and sexually
- To have relationships with friends, co-workers, and family
- To pursue your own goals and dreams
- To seek mutually satisfying resolutions to conflict
- To share financial decisions
- To have a mutually agreed upon distribution of work
- To feel anger over past abuse
- To choose to change your situation
- To request assistance from police or social agencies
- To take legal action against your abuser
- To not be perfect
- To feel safe, always

UCF Victim Services

Emergency 911 ♦ 24/7 Advocacy & Support (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu



Rules for Fair Fighting

Fair Behavior

- Speaking one at a time
- Looking for compromises
- Being able to say “I’m sorry”
- Trying not to generalize
- Asking open-ended questions
- Having empathy for your partner
- Allowing for time-outs
- Allowing equal time to speak
- Setting rules together and following them
- Showing personal respect
- Being honest with each other
- Calmly giving your reasons
- Admitting when you’re wrong
- Validating your partner’s emotions
- Remaining nonviolent
- Forgiving when you are able

Unfair Behavior

- Name calling
- Opening old wounds
- Using the past against your partner
- Intimidating, coercing, or threatening
- Judging your partner
- Using accusatory statements
- Ignoring your partner
- Not listening to your partner
- Changing the rules and not saying so
- Expecting there to be a winner/loser
- Saving up complaints to use all at once
- Reading your partner’s mind
- Putting words in your partner’s mouth
- Using violence of any kind
- Using sex as leverage
- Denying the facts

UCF Victim Services

Emergency 911 ♦ 24/7 Advocacy & Support (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu



Is My Friend Being Abused?

- Does his/her partner keep track of all his/her time? Display jealousy? Discourage relationships with friends/family? Prevent him/her from going to work or school? Criticize him/her for little things? Humiliate him/her in front of others? Destroy personal property?
- Has your friend been hit, slapped, pushed, thrown, scratched, shoved, kicked, spit on, choked, and/or raped?
- Does your friend spend a lot of time trying not to make his/her partner angry?

What Can I Do to Help?

- **Believe your friend.** People rarely lie about being abused. It is often a big step for a person to admit they have been involved in an abusive situation. The way your friend decides to deal with the abuse may depend on your reaction.
- **Be supportive and nonjudgmental.** Allow your friend to talk without interjecting your experiences or opinions. Listen patiently. Provide options, not advice. Validate your friend's feelings (it is okay to feel angry, sad, etc.). Encourage them to speak with a professional.
- **Let your friend know it's not his/her fault.** Survivors are often blamed for staying in abusive relationships, and abusers make their victims feel like they are at fault. The abuser is the only person responsible for the abuse.
- **Don't pressure your friend to leave.** Leaving is the most dangerous time in an abusive relationship, as the abuser may escalate the violence. Don't pressure your friend into making decisions or doing things that he/she is not ready to do.
- **Tell your friend about available resources and allow him/her to choose what to do.** The abuser has probably taken control of many aspects of your friend's life. Allowing him/her to choose how to handle the situation is helpful for your friend to regain a sense of control.
- **Do not ask your friend to choose between your friendship and his/her partner.** Explain that you are not comfortable with your friend's current relationship and might not be visiting as much if the partner is around, while letting him/her know you value the friendship. Assure your friend that if he/she needs assistance to find resources and support to safely exit the relationship, you will be there.
- **Assure your friend he/she is not alone.** Help is available through your support, Victim Services, Counseling and Psychological Services, law enforcement, and other resources.
- **What can an advocate do?** Advocates are available to plan for safety, explain reporting and other options, and assist with referrals for counseling, support groups, and shelter. Call our anonymous 24/7 hotline at (407) 823-1200 for assistance.

UCF Victim Services

Emergency 911 ♦ 24/7 Advocacy & Support (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu



How Can I Help a Friend Who Was Raped?

It can be difficult for a person to tell someone he/she was raped or sexually assaulted. Often, the victim's character and judgement are the first things to be questioned, even by friends and family members. Do your best to be supportive and nonjudgmental.

Believe your friend. People rarely lie about rape. Whatever the circumstances, no one asks to be raped. Tell your friend it is not his/her fault.

Be supportive and nonjudgmental. Don't question your friend, blame him/her, ask why the rape happened, or assume that ignoring it will make it go away. Rape is a crime and the only person responsible is the rapist.

Don't pressure your friend into making decisions or doing things he/she may not be ready to do. Respect whatever choices your friend makes. We don't want to take away their sense of control.

Encourage your friend to call 911 or contact a victim advocate 24/7 at 407-823-1200. This number connects directly to an advocate who can confidentially provide support, options, and resources. Advocates never force anyone to report to law enforcement if he/she doesn't want to.

Encourage your friend to seek medical attention immediately, even if he/she doesn't want to report to law enforcement. An advocate can help with medical care if your friend needs support or referrals.

Explain available resources and allow your friend to choose what to do. Your friend may or may not want to file a police report, tell his/her parents, go to Student Conduct, etc. Assure him/her that an advocate is always available to explain options, provide resources, and make referrals.

Respect confidentiality. Let your friend decide who and how much he/she will tell about the rape.

Don't expect your friend to get over it. Rape can affect every major aspect of a person's life. It is not something people just get over. They may learn to accommodate or adjust to a new normal, but the assault will always be a part of their lives.

Remember that recovery is a process, not an event. Allow your friend as much time as he/she needs to heal.

Encourage counseling. Talking with an impartial professional may help your friend and teach him/her some new coping skills and strategies to start healing. An advocate can help with counseling if your friend needs support or referrals.

UCF Victim Services

Emergency 911 ♦ 24/7 Advocacy & Support (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu



What Should I Say?

When talking to someone who has experienced a traumatic event, some things you can say are more helpful than others. To support the person and validate his/her feelings, the following lists provide suggestions on what to say and what not to say to someone in crisis.

Do Say:

- I'm glad you're talking to me now
- I'm glad you're safe now (if true)
- It wasn't your fault
- Your reaction is a common response
- It's understandable you feel that way
- It must have been really upsetting to see/hear/feel/smell/etc. that
- You're not going crazy
- Things may not ever be the same, but they can get better
- It's OK to cry, want revenge, hate, etc.
- I can't imagine how terrible your experience must have been
- I'm sorry this happened to you

Don't Say:

- I know how you feel/I understand
- You're lucky that...
- It'll take some time, but you'll get over it/time heals all wounds
- Don't worry, it's going to be all right
- Out of tragedies, good things happen
- You shouldn't feel that way
- You should get on with your life/move on/get over it
- It was God's will
- Calm down and try to relax

UCF Victim Services

Emergency: 911 ♦ 24/7 Advocacy & Support: (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu



Common Reactions to Victimization

The trauma of victimization may result in survivors experiencing a wide range of emotions and reactions, including but not limited to:

Terror	Emotional numbing	Inability to concentrate
Anger	Lowered immunity	Change in socialization
Guilt	Feelings of helplessness	Difficulty with daily activities
Grief	Change in eating habits	Emotional roller coaster
Anxiety	Digestive problems	Change in level of activity
Depression	Lack of trust in others	Feeling a loss of control
Irritability	Stress-related illness	Forgetfulness
Headaches	Sleep disturbances	Memory loss of the event
Mood swings	Nightmares	Flashbacks of the event
Self-blame	Confusion	Exhaustion/extreme fatigue

If you are experiencing these or other reactions to trauma, please consider the following ideas:

1. **Seek professional support:** Additional trauma support, counseling, and resources are available through various organizations. Victim advocates can provide this information and make appropriate referrals.
2. **Find healthy ways to cope:** Moderate exercise, healthy eating habits, and some form of socialization with trusted friends can help restore physical and emotional equilibrium.
3. **Identify past coping mechanisms:** Most people have coping practices they rely on when a crisis occurs. Repeat things that helped before and avoid those things that did not work.
4. **If it is right for you, reach out to spiritual resources:** Attending faith community services or vigils or speaking with a faith leader may help.
5. **Educate yourself about victimization, coping, and healing:** This can help you learn more about the experience and ways to cope with the circumstances of the victimization.
6. **Recognize the value of tears:** Tears are a natural reaction to internal stress and remove unhealthy stress-related toxins from the body.
7. **Find parts of the problem that can be managed:** Healing takes time. Do what you can day by day. Be patient with yourself and understand that you may need assistance from professionals to regain control of your daily life.
8. **Learn to set boundaries:** Communicate your desires and limits clearly.

UCF Victim Services

Emergency: 911 ♦ 24/7 Advocacy & Support: (407) 823-1200
 victimservices.ucf.edu ♦ askanadvocate@ucf.edu