

## Live Well Be Well

### “Let’s Talk Strategies for Success”

Welcome to Season 5 of Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Renee Dell’Acqua, and I’m a Health Educator in Health Promotion Services here at UC San Diego.

On this episode of Live Well Be Well, we take a moment to discuss some life hacks to help you spring into success this spring quarter.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let’s get started!

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CS: Hi everyone, my name is Christopher Spurling and I'm a Health Educator here with UCSD Health Promotion Services. If you haven't heard already, April of each year is Sexual Assault Awareness Month, and we can all make UCSD a safer place for all people through understanding how to protect each other and promote a culture of respect. Today we will be discussing some definitions, the general prevalence of sexual assault, AND we have a special guest who is a subject matter expert on these issues here at UCSD. Let's get started! The Centers for Disease Control and Prevention, in their publication called "Sexual Violence Surveillance: Uniform Definitions and Recommended Data Elements, Version 2.0" from 2014, identified some terms that are worth exploring in more detail. Sexual assault can mean many things, and since people are harming people, a term that is often used to describe offenses of that nature is "Sexual Violence", which is "a sexual act that is committed or attempted by another person without freely given consent of the victim or against someone who is unable to consent or refuse." We will discuss consent more later on in this podcast, but it is important to note that sexual violence and consent go

hand-in-hand. Did you know that more than one-quarter of women (27.3%) and approximately 1 in 9 men (10.8%) have experienced some form of unwanted sexual contact in their lifetime? These stats tend to increase when separating the data for differences in race and ethnicity, various sexual orientations and gender identities, and certain body types. Now that we've set the stage, I'd love to introduce our guest expert, Ashley Cooper.

AC: Hi, and thank you so much for inviting me today. I am super excited to be here.

CS: We are SO glad to have to you today. Can you please introduce yourself and let our listeners know what you do here at UCSD?

AC: I'm Ashley Cooper, the Special Projects and Graduate Outreach Coordinator within CARE at SARC, or CARE for short. CARE is the free and confidential campus resource for support regarding any instances of sexual assault, relationship violence, or stalking. We are available to serve all UCSD affiliates, including students, staff, and faculty who have experienced any of these types of trauma. And whether the instance was yesterday or several years ago, we're still available to support survivors navigate their options and their healing. Our office provides support services in addition to education and training opportunities. Our support services include 24/7 support. So whether on a weekend, holiday, or after-hours, you can access a victim advocate from our office 24/7. Our office can also help explore various reporting options with survivors, including legal and academic processes. We're also able to provide a virtual accompaniment to medical and investigative appointments. Many survivors also have various concerns regarding their housing, financial aid, employment, and even campus involvement, as a result of their experience. Our advocates can assist in advocating for accommodations surrounding these

concerns. CARE at SARC also offers various crisis support and healing programs including individual counseling, support groups, and holistic healing programs, like Yoga as Healing.

CS: Wow you and your colleagues do SO much! And these services are so wide-ranging! I know that Sexual Assault Awareness Month is an important avenue for education around these issues... can you tell me a little bit more about that?

AC: Our education and training programs include things like our mandatory education which all incoming frosh and transfer students receive. Our peer education program, where we train Tritons on healthy relationships, bystander intervention, and consent. Throughout the year, we also host educational events and campaigns, including SAAM: Sexual Assault Awareness Month every April, and collaborate with student orgs and other campus resource centers. We also provide trauma-informed trainings that are available to staff and student staff who may receive disclosures from survivors as a part of their job.

CS: Can you share some information about how prevalent sexual assault is? Also, what does prevention look like?

AC: Sexual assault is more prevalent than many of us realize. Statistics show that 13% of college students may experience some form of sexual assault. And whether a student or not, college-aged adults are at a high risk of sexual assault in general. Our office focuses on sexual assault prevention all year long, but every April (during SAAM, or Sexual Assault Awareness Month) we really focus in on what it means to practice and teach affirmative consent. We know that we can make campus and society safer and reduce violence through an increased understanding of consent. By practicing and teaching consent, we

can directly alleviate many of the harmful beliefs and practices that lead to sexual violence. Whether in our friendships, intimate partner relationships, or even relationships with younger relatives in our life, consent should always be present in those relationships. Always look for verbal and physical affirmation that someone is enjoying whatever activity you are engaging in with them.

CS: Thank you for bringing up Consent and that a better understanding of consent can help combat sexual assault. Can you tell us a little bit more about consent and what that really looks like?

AC: Consent is a process. In our office, we always say: Ask, Listen, Respect. Start the process by asking if someone likes something, or is it ok if you do something else. Listen to their response and respect it! Don't try to persuade them or convince them. Consent should be affirmative and voluntary, and is revokable at any time. Silence, or the absence of a "no," is not a "yes!" If it is not a clear, sober "yes," STOP and check in with your partner.

CS: Ashley, thank you for being here and for sharing your expertise on sexual assault and consent. This work is never done and it's important that we all play an active role in making safe and respectful environments and interactions at UCSD, the community, and beyond.

AC: Thank you so much for having me. This has been such a fun experience. For more information on CARE at SARC, Sexual Assault Awareness Month, and our activities, IDEAS, and much more, you can visit our office online at [CARE.UCSD.EDU](http://CARE.UCSD.EDU) or on Instagram at [@UCSDCARE](https://www.instagram.com/UCSDCARE).

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So that concludes this episode of Live Well, Be Well! If you liked what you heard today and would like to learn more about topics related to health and well-being there's much more to come! Don't forget to follow Health Promotion Services' on Instagram and Facebook under @UCSDHPS and also check out our website [healthpromotion.ucsd.edu](http://healthpromotion.ucsd.edu).

Stay tuned for our next Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.