

berkeley students cooperative

... know, I am even getting angry at my presence, for their absence...
speaking of a strength that is...
state. I am... my heart...
... passing a box for...
Anxiety aware time is flipping...
... I can't reach...
... victim... fight...
... the only thing...
... get dressed and film around and be...
... that... steal...
... I can't...
... resist... empty...
... it help...
... I can't... to look...
... perhaps I am just imagining all of it...
... empty...
... I would...
... silence...
... me...
sexual violence
... I...
... weight...
... acute...
... are ten years...
... my...
... self...
... shaking...
... forget...
... abuse...
... suppress...
... community...
... denial...
... support...
... emotion...
... escape...
... change...
... remember...
... I prefer to call it "leaky"

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I don't even know what to do with myself anymore, except keep shuffling around and pretending I have important things to do with my life **when really I just want to crawl into a body bag and throw myself out the window already.**

But I'm trying to be productive.
For instance, over break I knitted a 6 foot sock. Yes.

And I know they mean well, but this is not something you can fix by channeling energy or taking prozac. This is not about you or me or god or wanting to be the goddamn catcher in the rye.

I like pretending its things as simple as that but it is deeper. **It is about the man in the closet and the slimy hands and being so sickened with yourself you scrub yourself with brillo pads and never being able to hold down a single bit of food, ever. It is lies and pillows covered over faces and death and shame and someone cutting out your goddamn tongue.**

I don't know. Don't listen to me. I'm being overly dramatic, silly stupid girl. Two am thoughts are always overly dramatic silly stupid girls.

Tomorrow I'll get up and go to class and debate why Fascism is not necessarily a function of economic development oh so eloquently and pretend I am wonderfully intellectual when all along I am only stuffing my brain with pink wool so there will be no room to think. And I want it that way.

What I've learned in the past year about rape.

By Daria, Health Education Coordinator

1. Rape happens in our community. I used to imagine rape as a distant and vague act of violence, something that could not touch me, something that could not touch my community. During that past year, two of my closest friends were raped. Both incidents occurred inside co-ops, both perpetrators were co-ops. One of every four college women will experience rape, or attempted rape, in college.

2. A vital part of supporting a survivor is fully backing their decisions. You may have strong feelings about what the "right" way to address an incident of rape is, but your opinions come second after the needs of the survivor. If the survivor does not want to report, respect that choice. If the survivor does not want to come forward to the community, respect that. If the survivor wants to move forward as though nothing happened, respect that as well. If you want to help, research the options that are available to the survivor in seeking support (emotional, medical, legal) and reporting (to the police, the university, the BSC). Offer that information to the survivor so that he or she can make an informed decision about how to proceed. This zine is a good place to start.

3. Get help for yourself. If someone close to you has experienced sexual violence, support them, and get help for yourself. The more emotionally stable you are, the better you can support the survivor. I wish I had taken my own advice last year and sought counseling or peer support immediately after my friends were raped. I needed help processing my emotions. In the months that followed, I could not sleep, I would periodically break down and become hysterically, inconsolably upset.

4. We are all perpetrators; we are all survivors of sexual violence (in some capacity). I am both a survivor and a perpetrator. Sexual violence is a complex community phenomenon. Perpetrators have often experienced violence themselves. Survivors may go on to oppress other survivors (through victim blame, for example), or even to be perpetrators themselves. Oppression is collective. And since we all contribute to an environment of inequality, we are all responsible for working to create safer communities. When looking for perpetrators, we should first look inside ourselves.

5. Dehumanizing perpetrators creates obstacles in seeking to address sexual violence. In my experience, people who rape are not evil sadists. People who rape are people you know, people you trust, people you care about. They are friends, managers, popular co-ops, outspoken activists. They are those "nice guys" that would "never do that."

When we subscribe to the myth that people who rape are anonymous men outside our community, we let guilty community members continue harassing, assaulting, and raping, unchallenged. We miss the opportunity to critically examine our own behavior, to look for ways in which we perpetuate violence.

Defining “rapists” in narrow terms (as faceless, unknown men) prevents survivors from being able to define their personal experiences as rape and sexual assault. Survivors wonder, was I raped? If it was my girlfriend? If it was the kitchen manager? If I thought I wanted to, then changed my mind? What if the perpetrator does not fit the stereotypical image of a rapist? Who then, is responsible for all the pain and trauma that the survivor experiences? There were only two parties involved, and if one party is not a rapist, and therefore carries no responsibility, then only the survivor is left to blame. The survivor blames the rape on what she wore, what she said, what she did not say. Society blames the survivor for not knowing better, being naïve, for drinking, for being out late.

6. Perpetrators of sexual violence need support, not villainization.

Perpetrators are people. As communities, we need to do more than blame them, hate them, and ostracize them. We need to cooperate with perpetrators to identify violent behaviors, create spaces for exploring resolution, and enable perpetrators to move past violent behavior.

7. Rape and sexual assault are physical manifestations of power inequality in our community. Sexual violence is not an isolated phenomenon that we can eliminate without first addressing the existence of patriarchy, sexism, homophobia, and other forms of discrimination in our homes.

8. Survivors will only come forward to a safe community. A safe community is one that acknowledges the presence of violence and of power inequality. A safe community is free from victim blame. It is free from sexual harassment. A safe community is ready to recognize its problems and struggle to resolve them.

Untitled #1

anonymous

I wrote this after finding a significant place on google street view, and noticing a change in the seven months that had passed since I'd seen it.

They've painted the fence since then
Made it nice and white and pretty
Does it remember last December when
I ran past it all uncertain

They've painted the fence since then
I almost didn't notice
But the shelves I saw you disappear
into
Gave the store away

They've painted the fence since then
I didn't care as I unbuckled
Surreptitiously cracked the door and slid
Over your worn torn seats to freedom

Someone painted the fence since then
Since the last time I saw you
Did they find my aunt's bookmark
that had been holding up my hair?

You said it looked much better down but
I assured you, I knew better
When mostly I just worried it was
too dirty to be pretty

And I remember thinking, strangely,
This old fence could use a paint job
As I ran around the edge
And into seven months of nightmares

And it's still the same old fence but just
Whitewashed to hide the scars, to hide
The lies and manipulations, believing,
Now you'll respect this boundary

I wasn't even sure that I had
Any right to run, to choose,
I thought, if only I would stop right now
Turn around - he'd never know I left

And damn I left the car door open
he'll know for sure I'm gone
Or maybe his car will be stolen
And it will be all my fault

I stopped, and I looked back
just as Lot's unnamed wife
had briefly paused for Sodom,
and I too was turned to salt.

And then somehow I kept on running
Found a bus stop and I stopped too
Listened to a stranger's lecture
On how I hold my now ripped and
broken purse

And here I am next summer
Looking back through other eyes
Seeking out that same old night in
daylight
When I chose to fight through flight



WHAT ARE
YOU GONNA
DO
NOW?

HE ASKED
ME

Exploring Sexual Consent

By Daria (Health Education Coord) and
Andy (Coord for Diversity and Antidiscrimination)

What is consent?

A verbal affirmation, free of coercion, given by someone who has the mental, physical, and emotional capacity to voluntarily give consent. This implies that both parties are sober, emotionally stable, and free from threat of harm.

To give consent, a person must understand the risks involved in the act they are consenting to. This implies disclosing any STI's that could be transmitted to a partner.

Consent should be given for each separate act. For example, kissing and taking clothes off is not consent to having sex.

Consent given once does not imply future consent. If you and your partner have had sex before, it is still important to ask for consent each time.

Consent can be withdrawn at any time. We all have the right to change our minds.

Asking for consent is the responsibility of the person who initiates intimate contact.

University of California definition of consent:

"Consent is defined as positive cooperation in act or attitude pursuant to an exercise of free will. The individuals consenting must act freely and voluntarily and have knowledge of the nature of the act or transaction involved.

A current or previous dating relationship is not sufficient to constitute consent. The determination regarding the presence or absence of consent should be based on the totality of circumstances, including the context in which the alleged incident occurred. The fact that an individual was intoxicated at the time may be considered in determining whether that person had consented to the act in question. Students should understand that consent may not be inferred from silence or passivity alone.

Consent cannot be given:

1. where the complaining party is incapable, because of a mental, developmental, or physical disability, of giving legal consent; or
2. where such an act is accomplished against a person's consent by means of force, coercion, duress, violence, or reasonable fear of harm to the complaining party or another; or
3. where the complaining party is prevented from resisting or giving consent as a result of intoxication, or is unconscious at the time of the act."

Why ask someone for consent?

Ask people if they consent to sexual contact to ensure that they will not be hurt or harmed. Co-ops care about each other. We don't want members of our community to feel violated and disrespected after a sexual encounter. Sex is difficult to negotiate with only silence and assumptions. We have the ability to speak, let's use it!

Using consent:

Using consent takes getting used to. Adapt consent in a way that fits comfortably into your life. Practice makes perfect!

Ask your partner for consent to a specific action:

"Can I touch you here?" "Can I go down on you?"

Or ask in an open ended question:

"Where do you want me to touch you?" "How do you like it?"

Consent will make sex better! Asking for consent shows your partner that you respect them, and want to please them. It creates a safe space for your partner to express sexual desires. It opens up opportunity for exploration.

Untitled #2

Anonymous

This one deals with many different events and the experience of pulling a cohesive self out of so much trauma.

He held my hand because I gutted a fish
Adolescent summer camp
acceptance
Too young to slow dance
Next year, we will be older
It will get better

Later I found someone
desperate enough to find me
I'll help you be a real man
All you have to do is smother me
I'll hold your pain and you can
make believe
It will get better

And we'll be so much closer
If you just do these things for me
I would never hurt you, he said
It's safe, I saw it online, he said
Trust me
It will get better

I can't do this emotionally
I said, as he lay on top of me
You must not like me anymore, he
said
Then chose to burst my soul
I cried as it drained from me

Get on top, he said
If you just act like you enjoy it,
It will get better

And you tell no one because no one
can know
And you're alone as you grieve for
Everything you could have been,
but won't
As your pain writhes, as you
wonder when if ever,
It will get better

So you tell only lovers, who always
understand
But they still take you into the
garden
Tighten their grip on your arm
No one will see! he says
Except you, of course, and you
know
He won't get better.

You have, so say your friends
But it's moot when the next trigger
erases
The persona you've worked so hard
to create
And all they can ask, is whether
It will get better

I am not your friend or lover
I only know my own pain
If you are someone who has
forgotten
how to feel anything else
or for anything else
Let yourself love yourself and
It will get better



Conversations By Anonymous

We knocked on his door, though it was already open. What we two were about to do was an intrusion, into and all over the most tightly held parts of his life and his thought. And we were knowing intruders; this was a sexual assaulter, even if he didn't know it yet, and we were going to be the shot messengers.

We were not much more than two indignant amateur queer theorists and very serious people, fired up with what we'd heard in the voices of our friends, as they told us what he'd done; the even tones of resignation, the tinny ring of shame. The jarring note of fear; but we were not afraid, we thought, and so we knocked on his open door on a gray April morning and asked, in delicate practiced notes: "Is this a good time for a kind-of serious conversation?"

A kind of serious conversation which, when in you're in it, you can't believe you're there, so severe and out of the realm of normal possibility is the intrusion you are making. There is a reason these little words, "you violated", "it was harassment", a reason that these are terrifying to anybody who most needs to say them. But the words can come shockingly quick; with such sudden ease they can fall from your mouth, onto the floor for all to see.

What this conversation comes down to, I would guess always, is this: a question of intent. And the relevance of intent, in an act of violence. And with fierce notes sometimes, and in others calm and wary, this argument is hashed out. What is meant, what is made, what is felt; what is brought into our inner lives from the most sudden of choices.

I think there are very, very few people who have outright bad intent. Or, at least, who can live daily while believing they have bad intent. This holds society together, and it, in the darkest lowest moment, should be an generous source of hope.

When we told him, he rubbed his eyes, he twisted around again and again in his chair. He was hit by it and shocked, he had no idea; earnestly ignorant, all too plain. So when he tried to address it, it was not, of course, with a disbelief, and a yearning hope that he could convince us we were wrong. At first, he said we were wrong on the specifics of what happened; the grabs here, the kiss there, the many leers—all of these had details off, were not credible. We had to see his side of it, simply, and it would be clear what he had done, which was nothing wrong, and then we could stop our little intrusion and he could go back to his social role and his inner life as if nothing had happened.

And when we stood our ground and convinced him he was wrong; that alcohol and weed had addled his memory and his control and his shyness, and we convinced him that it was surely something he had done, which had caused two people to cry as they told us they had. Then, it could not be "the facts" as his way out, but his "intent". Which of course, he had never ever conceived of as cruel or hurtful. He was, after all, a soft heart, and I say that with no sarcasm. None. We are not any of us perfect in acting on our intent.

Every interaction, between rational people, has five parts.

The actor has some kind of intent with another person, maybe not clearly laid out, maybe from brooding depths, but definitely a want.

Then the actor tries to figure out how to act, so that the “receiver” will get it, so it'll come across.

Next, the act: a phrase, a look, a gesture, a touch. And then the receiver sees it, and tries to put it in context, tries to figure out what the intent is.

Last, regardless, the receiver feels, based on an endless tangle of emotional history and mental symbols, and more too—things fleeting, unspeakable, of the moment.

So when the words “what I meant to do” come up, as they have to, do not be surprised. In some ways, it's a miracle that these whole five steps ever work, mostly, all the way through.

I think the person who commits sexual assault usually does so with a wide range of consciousness around a simple intent: a self-centered want for sexual power and gratification. This want isn't itself a crime at all; only when another person becomes just a tool to that end, and all attempt at sympathy is forgotten. And in the actor's second step, they try to figure out a way to get that power and gratification that is acceptable in the context; to represent their intent to fit social standards, with an act that seems within common reason and rules. Of course, that ability to judge context, to expect what their actions mean to the receiver, may be terrible.

So when they say they meant well, fine. They probably meant to get exactly what they took, and thought it would not be a big deal. And they cannot be convinced of their fault unless they see that both their intent, and their way of expressing it, was flawed.

We must cry, as much as we have throat to do it, that intent does not matter. That it's totally irrelevant. Because we're not debating whether their intent got them what they wanted or whether their intent, from the start, was to cause pain. And we're not debating whether the receiver of the act just saw it wrong and misjudged the context. No, what matters is what the receiver of their act felt, at the very last step—how it landed in that tangle of emotion and thought and history. If the person who commits sexual assault will not talk about this step, then they are saying they don't care about how the other person felt.

In my head, there are these lines to say to the person who assaults:
“We are not talking about you, and what you thought of the assault you did.
“If that's all you're willing to talk about, then you are saying your feelings and thoughts disprove and undo those of the person you hurt.
“So if you care about your victim in any way, we have to start by agreeing they know what they feel better than you do, and *that* feeling is what's relevant to moving forward.”

I didn't say those lines, in that little bedroom in April. I wish I had, and knew I should have soon after I left. Nor did my partner in this intrusion say words like those. But we did not leave empty-handed either; there was a vital shake to his voice as he said, “Tell them I'm sorry”. I didn't know what he meant, exactly, and what he was trying to get across; maybe it was the hope for normalcy again—I have no more I could expect from him. All we showed him that morning was this: that he was so severe in his wrong about what “normal” was and could be, that every assumption he had made was dizzying, unsafe. And so, even if that was all, I am glad. We left the door as we entered it, open, and he sat silently looking at the wall.

Avoiding Becoming a Perpetrator By Katie

Much of the literature on sexual assault that we read suggests that the perpetrators are evil, malicious, conniving individuals who prey on the innocent. While this might be the true in a few rare cases, it is far more probable that most perpetrators are ordinary people who make bad decisions and mistakes that, unfortunately, cause a lot of pain and suffering for the survivors. As such, the efforts made to prevent sexual assault must not be focused solely on how survivors can prevent sexual assault, but also on how perpetrators can prevent it.

Monitor and moderate your drug and alcohol intake. 75% of men and only 55% of women somehow involved in acquaintance rape were under the influence at the time (NYCagainstrape.org). Alcohol and other drugs are known to inhibit decision making and communication skills. Substance use puts you at risk of becoming a sexual assault perpetrator.

Consider the drug and alcohol use of your potential sexual partner. Is she or he in a position to decide to have sex? Legally, a person can only give consent when they are sober. This law is there to protect both parties from making choices that could hurt the other. It is an indicator that when alcohol and other drugs are in play, the potential for sexual assault increases. If your potential sexual partner is intoxicated, this should be a red flag.

Make sure to listen to your potential sexual partner. If the person ever says no, respect that choice. Also make sure that he or she has the opportunity to say no. If you aren't sure, ask them questions, clarify, and give them space while you talk about it.

Be sure not to pressure someone into having sex. If your potential sexual partner seems unsure about having sex with you, be gentle and be sure not to force them. Give them an easy and graceful way to say no to sex without rejecting you. Don't make them feel like they are choosing to have or not have your affection, they are simply deciding whether or not to have sex at that moment in time. Try suggesting another activity like dancing, playing a game, or taking a walk.

Pay attention to subtle clues that may make your potential sexual partner feel trapped. Are you blocking the door? Have you raised your voice or made threatening movements? These types of things can make someone feel like they have to have sex with you against their will.

I called the perpetrator of my sexual assault a few months ago and told him that I was struggling with what he had done to me. I explained the long-term effects of two incidences in which he had sexually assaulted me. He seemed genuinely surprised and shocked, but hung up the phone without saying more than a few angry words. My good friend later told me that he had called her bawling and felt so terrible for what he had done. He has apologized profusely to me, saying that he had no idea that he had hurt me so much. The apology is healing, but it doesn't erase the years of emotional damage that I've dealt with and will continue to deal with.

Widebrowneyed by Cici

It's been trying to keep a secret
written on it's chest
a scarlet letter
W for woman
Inscribed in blood
Like a deal with the devil
It feels like that sometimes
A contract it was forced to sign
From which it's never released
An in utero conviction: womanhood
Binding it to
shame/oppression/violence
In a subtle way that it's been trying to
keep a secret.

In the 3rd grade it held Secret close
Womanhood burrowed deeply inside
Traded Polly Pocket for Transformer
Played Romeo in the schools annual
rendition
Was on a co-ed soccer team
Before boys and girls couldn't play
together anymore
Because of inescapable differences in
ability
From the original discrepancy
Between man and woman
A difference in strength
Not skill or finesse
strength/power/violence/opression
the only girl at all the birthday parties
shopped in the boys department
Jnco jeans hanging limp from its body
It got away with all of it
Its body hadn't yet exploded from
puberty

Bang

By highschool the dust had settled
Which gave it some clarity
Food feeds womanhood
And steals its power
Feeding
roundbreastwidehipsplumplips....
widebrowneyed.....

silkhairlonghairlonglashessoftcurves
But sometimes the only tool it had
Was sex that it's own could not help
but shout
Which is why it's not just whining
when it says
I don't want to be pretty anymore
The other stereoscopic humans
couldn't see anything else Blind
And they couldn't hear a thing Deaf
But they could feel it with their hands
Grope
Just not their hearts Blind
Chaining her to a weapon
And it's the only tool she's got
Isolated from both man and woman
By the fetters of dualism
Prize or the competition
So she carved food from diamond
And loved it a little too much
It was tool against herself
Because the only thing other thing she
had
Was a weapon
And a weapon is just a weapon
But a tool can make more weapons
She put the diamond on her altar
She never touched it at all
She never touched food at all
And the scarlet letter started slipping
away
Feeding smallbreastsslimhipsthinlips...
widebrowneyed.....
Sharpcurvessilkhair long hair
Until it started to fall out
The skinnier the sexier the sexier the
stronger
it was almost like in third grade again
She was a little boy again
And the other men actually listened to
him
In the only language they could speak
Sex
How can blame them?
We love what's in our own image
Ego
It's this kind of transgender transition
that's accepted

But no one really knows about the secret
Fainting every morning
As she went to go to the bathroom
Where she realized
The blood that signed the contract
And painted the scarlet letter
On her behalf
Was finally and forever gone
The red waters which flow
From humanities fertile ceased
And once again
Stolen of her womanhood
She was powerless
But at least she could have sex 4
instead of 3 weeks a month

And in college she did
With the help of alcohol
Which gave her at least the delusion
of power
Like the morning she woke up
And knew it was Friday
Only because she was hungover
Which meant bar night
That's on Thursday
She was naked.
Thursday is the new Friday afterall
Oh yeh, and she knew he fucked her
the night before
What she actually remembers about
that night
Are point and shoot unfocused
snapshots
Of her taking all her clothes off and
dancing
And walking as such across campus
Getting fingered behind stebbins
From dude she didn't know
Who tasted like booze and top dog
Telling her friend that sells her her
coke
"I always wanted to fuck you."
To wake up naked some new guy
She was powerful.
What she can't remember
Is if they used a condom
Or really if they had sex at all

But the pain in her crotch
She noticed while walking
Didn't leave many doubts
So she took some Plan B.

My plan B was to destroy sex
And my pleasure in having it
By doing it all the time
And to make money to survive
Because Mick Jagger
"You can't ever want what you need"
What you need enslaves you
And this isn't role playing
I'm not your sub
And I don't want this
But when a friend and I saw
On UC Berkeleys campus
What could easily be stripper pole
Be brought it back to Loth
I started dancing
Because I really do love dancing and
taking my clothes off
But there's a big difference
Between what we do in Loths kitchen
And what it is to strip.
Stripping says V.I.P. room means the
full service
And only money talks
Ask the girls for individual fees
So I imagined going back there
Where I'm finally on top of the man
Because I'm afraid
That in traditional style
He might kill me.
And he won't call me Ci Ci
But moan pleasurable screams.....
widebrowneyed.....
Which I chose because
The stripper name formula
Your pet name, the first street you
lived on
Would be too personal
Knowing who I really am
It would be to dangerous
Especially since we're having sex.

Last night I dreamt I saw a girl riding
down the freeway at 100 miles per

hour on a jet fueled motorcycle she
was screaming down California
highway
number one in front of the ocean and
the sun which lit her brown hair on
fire as it trailed past her naked body
for hundreds of feet lock by lock
floating off her head down the rode
behind her her legs clenching the
machine like the man she rode at
work for a couple hundred. Her arms
extended sacrificially like the way
Jesus was, in the image we are taught
to see him. Her wide brown eyes
close and her mouth curves because
she
knows she's wreckless and invincible
because another 20 years tomorrow
like the 20 years yesterday and she'd
would be ready to die at 40. When
it begins the
breastslowerskinlooseneyesdulllipsshri
veldrivegone.
She's finally not sexy,
Beautiful and aged
Wise and experienced
Words that don't have any meaning
Because we only talk sex
But never talk about it
And the man powered motorcycle
Carries the passive girl with a full
smile
To a death in both the sun and the sea

Then I wake up and grab an old razor
From one of my very best and queer
friends
Michael
Who I married for money (and true
love, Flaun)
The governments that is

But one thankful reason our union
Has such inexplicable emotional
weight
For me
He's a man and he loves me
BUT, and this is a big but
If I ask him to hold me at night
Because when I'm alone in bed
I cradle a hot water bottle
To pretend like someone is
Escorting me through my dreams
He puts his arms around me
And I get so excited because
We quickly fall asleep
He loves me
And he doesn't want to fuck me
I want to shave my head thinking
"If I don't have the softening hair
That frames my girlish face
maybe THEN
I won't be beautiful"
Hair embodies woman.
Lock by lock floats off my head down
the rode behind me
All the secrets that it keeps
Blown in the wind
including the secret that I'm a woman
I need it like I need my hair
Now what people look at
when they see us
Is our face unhidden.
And instead of hearing about
How much my body is screaming to be
fucked
"You're hot"
I hear about how
I'm so beautiful I'm so brave

And I am a woman.

Anonymous

When I think about the terms 'sexually abused', 'sexually harassed' and 'sexual violence' my head floods with possible situations of women and children mostly, but men too, being mistreated in the foulest of ways; all I know about them is what others have told me. Yes I have had my ass slapped, been felt up by a homeless man while I was reading for a class and have had men stair at me lustfully, but I've not experienced any of the previous terms listed in situations that would cause more than a little frustration. Then what could I possibly have to say when there are so many other women out there with actual stories? I hope to help those who have been victims of a sexual crime that what happens to you also affects those who it didn't happen to. The standers-by also have a story.

Years ago, I once held a position in my first cooperative house where people could come and talk to me in regards to absolutely anything. On one evening, a dear friend, Marilyn, talked to me about a friend who she was very close with, but that I also knew, who'd been raped by a fellow member in the house. The information of the member who'd raped her was never disclosed to me and the girl who'd been the victim of the crime had never come to me directly to talk about the situation. I was so removed from the situation that I had to work through my other friend, Marilyn, in order to help the girl who'd been raped. With in the week I began to circulate information around the house regarding resources and opportunities for accessing help. I put up information regarding caucuses and events that supported those who had experienced such an event. For a long time she was in denial that she'd even been raped though one outside of the situation might deem her experience as just that, she wouldn't dare say that word and her name in the same sentence. She even later encountered the person who had raped her and made a point to reassure him that she didn't feel that he had raped her.

My experience for her was anger. I was so angry that an event like this could produce so much shame in another human being that in order to really deal with it they would have to deny it to themselves and to others that it ever even happened. I was angry at him. I was angry because I thought to myself that there were no resources out there to teach woman how to cope with these things before they happened. The truth is, is that no one knows if they're going to be under the malicious attack of an individual that will result in a sexual violation. I ride my bike at night and have sometimes let my mind wander about what could happen, who could I call, will they take my phone, will I scream, will I live through, will I be able to deal afterwards?

I felt so helpless. I felt like I couldn't do anything for her. My heart broke for her. I wanted to hold her in my arms and cry with her; deep, impenetrable sobs that caused my chest to heave. I wanted to kill the guy who'd done this to her and I tried in my head to figure out who it was, but I never came to a conclusion. I just don't understand.

I've heard and read about many reasons why a person inflicts a sexually heinous act on another person. I've even know someone very closely who has been the 'predator', for lack of a better word. However, my mind still cannot wrap itself around any one idea. I cannot settle for a reason that doesn't justify my anger. I feel like screaming at the man who did this to my friend "Do you realize what you've taken from her?!", "Do you know how deeply you've hurt her?". I understand that this is not the wisest of reactions, but it's what I feel. Who cares if it would actually affect the rapist, I just want him to feel what she has felt. I want to someone how take what she's gone through, wrap it up in a physical package and allow it to overcome that man. I wish he could know what she has gone through, not because I wish him to suffer, but for him to understand that ramifications of his actions. She suffers from an even more extreme of lack of self-confidence. Her relationships with men past, present and future will not go unaffected by this event. She has so much to work through, and to me it seems like she feels that it is too steep of a hill to even begin to mount. I wish I could give her my strength. I wish I could physically move her to action, but my wishes and intentions and hopes for her do not overcome the fear she now possesses. What about her ability to ever trust anyone? To me, trusting another human being is such a sacred and wonderful experience, and my heart breaks even more for her when I think that she being raped is going to inhibit this sort of positive interaction with others.

I just want those who have been victims of sexual violence that there are people out there that want to see you succeed, that won't take advantage of your and who won't exploit you for their own selfish needs. There are people that want to take the journey through recovery with you. There is much healing to take place and there is so much to be learned. I know in my heart that confidence, assurance, love, and self-respect can be re-instituted. I know it will require a considerable amount of vulnerability to open up and let others help, but if it's too soon for you to seek help, please rest on the idea that when you're ready it is out there, if you're screaming for help and no one is out there meditate on the idea that you have power that not even you have ever tapped into and you can take it back. Granted I don't know what it is like to have experienced a sexual crime, I do know what it's like to have someone strip me of every piece of gratitude I had for life, to empty me entirely of every ounce of self-confidence that I possessed, to take away my ability to see any beauty, any talent and simply any good. I know the struggle; you are not alone. For my friend, I wish I could take on the challenges that lay ahead for her as she comes to know herself again and she discovers the process of mending from her experiences, but if I could infuse any sort of strength into her spirit, let it be through my words. They're all I have sometimes and end this paper knowing, deeply inside of myself, that you will make it through this; that this will pass and when you look back three months, seven months, a year; three years from now and you're not even going to understand how you've come so far. If I could give you the strength to make the choice to reach out for help, I would, but it is my hope that you realize that you still have your ability to choose. It is there my friend; it is there!

What to Do If You are Sexually Assaulted/Raped

- **IF YOU ARE IN IMMEDIATE DANGER, CALL 911.**
- **Go to a safe place.** This is not the time to be alone. At the very least, you need emotional support. If there is no one to go to, then call someone you can talk to, no matter how late it is. Call Bay Area Women Against Rape, they have a 24 hour hotline that offers you support and information about how you can proceed.
- **Get medical attention.** As soon as possible, go to a hospital or the Urgent Care center at Tang to be examined and treated for any injuries. If you decide to report, physical specimens collected soon after the rape will be valuable evidence. Do not shower or clean yourself first. The Tang Center is not an "evidence collection" site, so if you do want to file charges, arrangements will be made for you to go to Highland Hospital, which is designated as the "evidence collection" site for sexual assaults that occur in the Berkeley/Oakland area.
- **Report the assault to police and university officials, whether or not you plan to file charges.** Reporting a rape does not commit you to filing charges. When you make your report, you may take someone with you. You can go the next day, but the sooner the better. Rarely do rapists attack one person only; they get away with it and so they continue to do it.
- **Consider whether you want to file charges with the police and/or with the campus authorities if your alleged assailant is a student.** Pressing charges can be a long, painful process. Each person must decide for themselves, based on their own circumstances, whether it makes sense to go through it. Social Services staff are available to help you consider the pros and cons of filing charges. You may also speak with the UC Police about what will happen before making your decision.
- **Make space for healing.** You have been through a trauma and need to make space for your own emotional, physical, psychological and spiritual healing. You may be overwhelmed by many different emotions - fear, grief, guilt, shame, rage. It is important to seek support. There are many different options, such as talking with a counselor, joining a survivors group or talking with a friend. People who receive counseling tend to recover from their experiences faster and with fewer lasting effects than those who get no help. Recovery from rape doesn't mean that it's as if the rape never happened. Recovery does mean that, over time, the survivor is not thinking about the rape-their emotions are not dominated by it. The survivor is able to envision a future, to set goals and work to achieve them. Their life moves forward.
- **Do not blame yourself.** Be compassionate with yourself. You need to be assured that you are not to blame for the rape. Even if your body responded sexually to the rapist, it does not mean you "enjoyed" the experience or that it is your fault. Even if you believe you were naïve, not cautious, or even foolish, it is not your fault. Your behavior did not cause the rape; the rapist caused the rape.

Sexual acts without consent constitute sexual harassment, assault, or rape, and will not be tolerated by the USCA.

The USCA encourages members and employees to report instances of sexual harassment in order to promote a living and work place free of intimidation. All calls and complaints will be handled discreetly.

Familiarize yourself with the BSC sexual harassment policy and reporting procedures, found online at: www.usca.org/current/board/policies/

If you experience sexual harassment, assault, or rape, **central office is here to provide support and be your advocate.** We will support you in finding resources for your mental and physical health.

For help, you can contact:

Your house managers and health workers.

Monique Guerrero, Member Resources Supervisor
mguerrero@usca.org

Coordinator for Outreach, Diversity, and Anti-Discrimination (CODA)
Andy Olson - Lothlorien
coda@usca.org

Health Education Coordinators
Daria Garina & Clara Lee, Lothlorien
hec@usca.coop

Any Central Level Supervisor at 848-1936

If you would like to report the incident to CO, document all facts regarding the complaint. Be sure to include who, what, where, when, and how the conduct occurred. Names of persons who may have witnessed the conduct are helpful.

Any employee or member who sexually harasses another employee or member will be subject to disciplinary measures up to and including termination of employment or membership. Corrective actions/options may include advising, counseling and training.

On Intimate Violence and Community Support - Andy the CODA

Although domestic violence can happen to people of all genders, women disproportionately bear the burden of it. Throughout this essay, I will use “she” and “women”, but these gendered terms are translatable.

Currently, domestic violence support organizations, particularly those that are state funded, operate using an Anti-Violence program. Domestic violence support workers are trained to field calls, ask questions, and give advice with the underlying imperative that the woman should leave the relationship if there is violence/ abuse. Often, for a woman to leave an abusive relationship she must also sever important family and community ties and move to a new place. This leaves a person with little support network to help her through this tumultuous time. Anti-Violence offers inadequate remedies to domestic violence. Problems include criminalization of the perpetrator, a lack of cultural competency, and late-stage intervention.

Often, domestic violence shelters refuse admittance to a woman enduring domestic violence if she is still in contact with her partner. However, the person may be totally financially dependent on the partner, may not want to get a restraining order, and may want to repair the relationship rather than cut off all contact.

So, a woman in an abusive relationship who wants support is often left with a “choice”: either sever all ties with her partner (and much of her community) and possibly be left in financial insecurity, or remain in the abusive relationship. Neither of these outcomes are empowering. Both put the whole burden of dealing with the domestic violence square on the shoulders of woman. If the woman does not have her own assets, she may end up living in shelters. The situation gets particularly complicated and difficult when children are involved.

Additionally, in the Anti-Violence paradigm, the perpetrator of the violence does not bear much responsibility for the situation, and is cast in a flat character role of “violent abuser”. No friend or community member intervenes in his behavior. If the partner’s behavior is addressed, he is punished with court-ordered anger management classes or a restraining order.

In contrast to this whole Anti-Violence paradigm is a reinvisioned framework of community-based intervention to intimate violence. Community-based intervention is alternative to state and social-service systems and functions as a collective. Community-based intervention especially makes sense for communities that are structurally oppressed and cannot trust state systems or police, especially undocumented workers. The goal is to *transform*, rather than displace or punish violence. The woman, with help from the domestic violence support collective, develops her own support network to help her transform her relationship or end it fairly. Community support for domestic violence gives the woman back her agency by helping her to find support in her own community and to solve her own problems.

The Steps:

Assessment, Safety Planning, Goal Setting, Ally Mapping/ Barrier Mapping, Team Building, Engage person doing Harm, Follow Up/ Closure

Questions to think about:

Who are your support people?
Who has influence over the abuser?
How do you perceive this as abuse?
What do you want to do to change this?
What resources do we have?

Community-based intervention changes the power dynamics of the relationship because it takes the blame off the survivor and spreads the responsibility to the community. Keeping the abuse secret and “screaming softly so the neighbors don’t hear” keeps the transaction between only two persons. Physical abuse is usually a one-way transaction. Instead, by involving community members and extending the support web, a community together can hold an abuser accountable, where a woman alone does not have the power to do so.

The world is saturated with violence, so it is important not to demonize the perpetrators. Their violence is much due to violence done to them. But we cannot let them continue hurting our loved ones.

In white mainstream culture, it is hard to develop community support because of alienation, fragmentation, and isolation. Communities of color or subculture are more bound together with intertwining social networks and relations.

Thanks to Mimi for teaching me this.

Parable of Power and Sexual Violence

Power flows throughout our cooperative in subtle, overt, violent, and discriminating ways. Some people experience daily oppression, and some have never thought about it. Much power is socialized and structured with race, class, ability, gender, geography, titled positions, body, charisma and sexual orientation. Patriarchy is the major agent. Sexual violence is one result, cause, and means.

Power relations in the house are a daily negotiation. As part of a collective, we help to support each other.

Empowering each other with information and choices can alleviate pain and help others feel more secure. We don’t have to rescue anyone. They can transform or resolve the situation themselves.

So, someone comes because they have been objectified, or violated, or assaulted, or raped. First we see to it that they are safe.

Then, we listen. If a house has an unequal power dynamic, then some feel the effects. Some housemates will not notice. We have feelers out for people speaking up and for subtle or loud conflicts in the house. We do not turn a blind eye.

How to Be a Supportive Listener For a Relative, Friend or Lover Who Is a Survivor of Incest or Other Sexual Assault

Most survivors, female or male, never tell anyone. © 1991 JOSEPH WEINBERG & ASSOCIATES <http://teachingsexualethics.org/writing/howto.html>

Things you can do:

- Believe them — they are telling you the truth.
- Tell them you are sorry this happened, that it wasn't their fault.
- Really listen; don't jump to solutions. For example, something not to say is "What you (the survivor) should do now is..."
- Ask what kind of help they would like. If they don't know, that's okay.
- Don't distract yourself with heroic fantasies of beating up the perpetrator.
- Offer to make appointments with them and accompany them to counselor, clergy, police...
- All of us have the right as human beings to define ourselves and our experiences as we wish to. Don't insist that anyone identify their experience as assault if they are resistant to doing so. You won't be helping the survivor if you force them to submit to your opinion.
- Don't say that you understand or know how they feel. You don't, even if you are a survivor yourself. Your experience was not identical to theirs. It might be okay to say, "I remember feeling really scared (angry, ashamed, etc.) when I was sexually assaulted."
- Suggest counseling in addition to talking with you. You are not a professional, and your knowledge and experience are limited.
- There is no limit to how long the healing process takes. It is very individual. Saying things like, "You've got to forget about this," or "When are you going to pull yourself together?" won't help and may harm recovery. In fact, they may stop confiding in you, and pretend that everything is "okay."
- Be aware of your school and local survivor support resources and share those.
- Sometimes you can't "do" what seems to you very much, but the "little" that you know may be wonderful, at least sufficient for the survivor now. Don't assume for them.
- Don't abandon them. Assuming they want to be left alone, without checking in, may be you "covering" for your unwillingness to get involved.
- Give them time and room and space. If you are talking more than they are, you are probably not helping.

- Don't give advice, even if asked for it. Survivors of incest or other sexual assault have had their power taken from them in a very profound way. Making decisions for them is not helpful. It over-protects them and may send a message that you think they're incompetent. Help them problem-solve by offering all the possible options. Offer to support whatever decision they make, then do it.
- Get support for yourself too the more you care, the more you are affected, too. Look inward now, pay attention to your own feelings, and take care of yourself too. Your needs are also valid. Seek support for yourself, if for no other reason than so you can be better support for the survivor.
- Respect their need for absolute confidentiality. This is their life. Do not play God by deciding that you know better what they need. As they see it, not making their secret public may be the only safe thing for them to do. If you get support for yourself as an affected 'significant other,' do not recklessly tell the details of the abuse to anyone. If the person who you confide in presses you to identify the survivor, do not tell them. The identity of the survivor is none of their business. NONE. Whatever your intention, if you help make the details of the assault public, assume you will do the survivor harm.
- Check in with a person before leaping into an intense follow-up discussion. Don't assume that the level of disclosure or intensity of intimacy that you shared yesterday is acceptable today or sometime later when you next talk to that person. If you want to talk further, recognize that this might not be a good time for them to talk. For example, you might say, "Yesterday you brought up some difficult things. I thought a lot about what you were talking about. I'd like to talk more. We definitely don't have to though. If you'd like to talk, you set the ground rules."
- Some people will seek out someone they don't know well to tell their story to. Some survivors may feel safer telling their story to someone they think they won't ever see again. They feel safer with the anonymity that this stranger provides.
- Sometimes a friend/lover/relative will share the information that they were assaulted by someone. Some will then proceed never to bring it up again. If they refuse to talk further about it, or even avoid you, this doesn't necessarily have anything to do with you. You might, for example, be the only person they have confided in and every time they see you or think of you they recall their abuse. Don't punish them for your feelings (feeling bereft, confused, angry or used among others) if that is how you feel. Similarly, you may choose to approach them at a private time and ask them if they want to talk further. If they don't, that should be fine with you. If they do want to talk, that's also fine as long as you both feel comfortable and safe. The worst-case scenario: That you bully the survivor into a course of action against their will "for their own good."
- If you are a survivor and you are feeling those painful, familiar feelings again, there are caring resources available in your community. Even if your abuse occurred years ago, it is never too late for you to get support.

Resources for survivors and the community.

Bay Area Women Against Rape: Support for Men and Women

24 Hour Crisis Hotline: (510) 845 Rape (7273)

BAWAR is a Full Service Rape Crisis Center

Bay Area Woman Against Rape, the nation's first rape crisis center, was formed in 1971 to provide 24-hour comprehensive services for survivors of sexual assault and their significant others. A full range of intervention and prevention/awareness programs are offered.

All counseling services are CONFIDENTIAL, and offered FREE of charge to women, children, and men.

Services Offered by BAWAR

- 24-hour sexual assault hotline (510) 845-RAPE (7273).
- Liaison/escort to hospital, police and courtroom.
- Individual counseling for survivors and significant others.
- Information, referrals, written materials, and bibliographies.
- Community education speakings.
- Neighborhood organizing.

For information referrals or services, please call the BAWAR office:

Bay Area Women Against Rape (BAWAR)

7700 Edgewater Drive

Suite 630

Oakland, CA 94621

(510) 430-1298

UC Berkeley Health Services Tang Center Services for Sexual Assault and Rape

2222 Bancroft Way #4300

Berkeley, CA 94720-4300

Open Monday-Friday, 8 am -6 pm

uhs.berkeley.edu

Medical Care for Sexual Assault and Rape:

Come to Urgent Care during regular business hours. Tang Center provides general medical care for students who have been sexually assaulted. **Services include treatment for injuries sustained during the assault, and testing for pregnancy and sexually transmitted infections including HIV. Referrals are made to local hospitals for evidence collection; arrangements can be made for the survivor to be accompanied.**

When Tang is closed:

Call Bay Area Women Against Rape: (510) 845-7273 or the Sexual Assault Hotline at

Highland Hospital: (510) 534-9291 or call After Hours Assistance at 643-7197

Crisis and aftermath counseling

Call Social Services at 642-6074 during regular business hours or After Hours Assistance at 643-7197 when Tang Center is closed.

Immediate response to survivors is our priority. We offer confidential crisis counseling and follow-up support. **Individual and group counseling are available on a short-term basis.** Referrals are provided for other services. Services are available for recent survivors and those working to recover from a past assault or an attempted assault.

We also provide short term individual and group counseling and education sessions for friends, family, housemates and co-workers of the survivor.

Advocacy and assistance

Call Social Services at 642-6074 to schedule an appointment. Staff will provide assistance and advocacy for sexual assault survivors as needed with the initial medical evaluation, legal and police procedures, and academic and housing issues.

What can a survivor expect from counseling at the Tang Center?

- A safe, nonjudgmental, consistent, and client-centered environment.
- Normalization of Posttraumatic Stress Disorder reactions: intrusive thoughts/images, distressing dreams, avoidance of stimuli associated with trauma, sleep disturbances, irritability/anger, hyper vigilance, exaggerated startled response, etc.
- Acceptance of various forms of coping, healing, and recovery as well as exploration fo new methods,
- Reinforcement that the assault was not the survivors fault
- Help with problem solving
- Assistance with identifying coping stratagies, soothing activities, strengths, and resiliencies of the survivor
- Reminding the survivor of the right to care for him or herself
- Efforts to reduce self-blame; process anger, anxiety, and other feelings
- Improve self image and current and future relationships
- Exploration of how a survivor wants to proceed with their life, ongoing recovery, and future possibilities for helping other survivors

Highland Hospital Sexual Assault Center

Highland Sexual Assault Response Team
Highland Hospital Campus
1411 East 31st Street
Oakland, CA. 94602

The Sexual Assault Center can be reached 24-hours a day at (510) 534-9290 or (510) 534-9291.

Since 1994, the Sexual Assault Response Team (SART) at Highland's Emergency Department has been available 24-hours-a-day to assist victims of sexual assault. Unlike other local hospitals, sexual assault victims brought to Highland are treated as priority patients by a designated staff member who has specialized training in their care and treatment.

The goal is to create a situation where the victims feel supported, can tell their story and

have their injuries cared for while evidence is carefully collected and documented. The team of physician assistants, specially trained nurses, social workers, and forensic examiners treats 25 patients each month, about ten times the number of assault patients seen in any other local emergency department.

SART also uses the latest technology to interpret its findings and works closely with the local police and district attorney's office. Since the beginning of SART, cases that historically could not be prosecuted, are now not only being charged, but are resulting in convictions with significant prison time.

The innovative program is also acclaimed nationally and is a model for similar units in emergency rooms around the country.

What will happen to a survivor at the hospital?

There are four sites in the Bay Area that one can go to where a SART (Sexual Assault Response Team) will be able to assist the survivor with the collection of evidence: ValleyCare, Washington, Children's Hospital, and Highland (which is closest to Berkeley). Once the survivor arrives at the hospital the Emergency staff or a police officer will call BAWAR (Bay Area Women Against Rape) who will arrive within thirty minutes. The staff will take care of them and treat any of their injuries. Next, the survivor will be taken by a physician's assistant (PA) and a BAWAR rep to a safe, quiet area of the hospital called a SART room, to protect the privacy for the individual and the incident. In this room there will be a law enforcement officer, a PA, anyone the survivor would like for support, and a BAWAR advocate (who makes sure the PA and officer are sensitive to the survivor's needs and emotional state). The PA will ask personal questions about the assault and explain the options available at that time. If one chooses to have evidence collected, a Sexual Assault Care Team doctor will be called in. One always has the right to refuse forensic testing and police involvement but once the word rape is used, then law enforcement is automatically concerned and a report is made. Medical care can include examination and treatment of any physical injuries, including medication to treat sexually transmitted infections. Pregnancy prevention medication (emergency contraception) is also provided. Collection and recording of physical evidence can occur if the survivor chooses to take legal action.

How is physical evidence collected?

The survivor will go into the exam room, which is located in the SART room, to begin the examination. A Sexual Assault Examination Kit is used to collect medical evidence from the body and clothing to assist in legal proceedings. This evidence can be collected within 72 hours after the assault. A monitor is used to magnify the area so as to see what areas are bruised or torn so the evidence may be used in court if the charges are brought. The PA will tell the survivor what is occurring, step by step, while taking the forensic analysis which covers the entire body looking for evidence. Medication for pregnancy or STI's are then offered. It is asked if a HIV test is wanted, it can be taken right then and is confidential. Remember, Highland hospital must report a sexual assault to the police but charges are brought only after the decision of the survivor. Counseling can begin right then, and BAWAR offers up to ten free counseling appointments afterward.

When the survivor leaves the hospital...

A nurse will provide the survivor with information about thoughts, feelings, and reactions commonly experienced after sexual assault. They will be given some recommendations for follow-up treatment and the names of the nurse and physician who

cared for them. Information on the legal system will also be provided. The BAWAR advocate will call in about 3 days to answer questions, give test results, help arrange any follow up care that may be needed, and to check up on the survivor and their condition.

Community United Against Violence

Address:
170A Capp Street
San Francisco, CA 94110
(located between 16th and 17th Streets)

Business Phone: 415.777.5500
Fax: 415.777.5565
24-hour Crisis Line: 415.333.HELP
(4357)

Via Public Transport:
BART: 16th Street Mission
MUNI: 14, 22, 33, 49

General Inquiries: info@cuav.org

Founded in 1979, Community United Against Violence (CUAV) is a multicultural, anti-oppression organization working to end violence against and within our diverse lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQQ) communities.

24 Hour Crisis Line

Our diverse volunteers and staff are available 24 hours a day, 365 days a year to support LGBTQQ people facing harassment, threats, attacks, and abuse. Our Crisis Line Counselors are certified in California to provide Domestic Violence and Crisis Peer-Counseling. They respond to over 1,200 callers annually, providing emotional support, service referrals, and safety planning to LGBTQQ looking to find safety and healing. Many of these callers seek further assistance and services through our direct service programs.

If you are in need of immediate support, please call **(415) 333-HELP (4357)**, or come to our walk-in hours 11am-1pm Monday, Wednesday, or Friday at 170A Capp Street, between 16th St. and 17th St.

Domestic Violence Survivor Program / Hate Violence Survivor Program

Our staff advocates offer case management and peer-based counseling to approximately 160 LGBTQQ survivors of domestic violence and hate violence, as well as their family and friends, annually. We provide emergency shelter assistance, safety planning, and systems advocacy to help survivors find short-term safety and long-term healing.

Planned Parenthood Golden Gate

Toll-free appointment line at 1-800-967-PLAN (1-800-967-7526) www.ppgg.org

Oakland – MacArthur Health Center
482 West MacArthur Blvd. Oakland, CA 94609

Oakland – Eastmont Health Center
Eastmont Mall, Suite 210 7200 Bancroft Avenue Oakland, CA 94605

Services:

Pregnancy testing, Surgical and Medical Abortion, Emergency Contraception, Testing for HIV and other sexually transmitted infections, Primary Care, and more

Planned Parenthood offers a sliding scale for the cost of its services (which can start at \$0). Estimates costs can be calculated on their website. Planned Parenthood accepts the following insurance plans: Affinity Medical Group, Blue Cross PPO, Blue Shield PPO, Brown & Toland Medical Group, United Healthcare PPO

UC Berkeley Campus Climate and Compliance

ccac.berkeley.edu

The Campus Climate and Compliance (CCAC) Office is responsible for ensuring the University provides an environment for faculty, staff and students that is free from discrimination and harassment on the basis of categories including race, color national origin, gender, age and sexual orientation/identity.

The CCAC Office has the specific responsibility for providing prompt and effective responses to all complaints of sex discrimination or harassment for faculty, staff and students. The Office also responds to concerns from faculty and students regarding other forms of discrimination as covered by University Nondiscrimination policies-- such as, age, religion, national origin, etc.*

Nancy Chu, Assistant Vice Provost**Campus Climate and Compliance Title IX/Title VI Compliance Officer**

tixco@berkeley.edu (510) 643-7985

- Provides policy information and guidance when responding to incidents of possible sexual or racial harassment, and other forms of harassment or discrimination.
- Investigates complaints of sexual harassment and sex discrimination for faculty, staff and students.

Maria Lucero Padilla, Compliance Education Manager

complianceeducation@berkeley.edu; (510) 643-9707

Denise Oldham, Compliance Complaint Resolution Officer

dwoldham@berkeley.edu (510) 642-6020

Gender Equity Center

250 Cesar Chavez
Monday-Friday 9am - 5pm
(510) 643-5730

All services are completely confidential
students.berkeley.edu/osl/geneq.asp

GenEq provides counseling, information, and advocacy to survivors of sexual violence. Provides education and workshops around sexual and relationship violence, gender discrimination, sexual orientation and LGBT issues. Helps students with event-planning and group-forming challenges.

Please forward this zine widely.
Send your feedback and thoughts to
me at hec@bsc.coop

There may be another edition in 2009, and
I would love your submissions,
participation, and suggestions.

Daria

4/8 - just finished working 14 straight hours and I am so tired I can't even vomit from exhaustion. And to make it worse, I've been in a foul mood a few days and I can't focus for 95% of this, I've still broke. I don't know, I am even getting angry at my friends for their presence, for the pain in my chest and the friend-ship I am in health. I am already 18 and more energetic to consider, right? I am working well, get do and on my head that other was around. And yet, I can't sit, I can't do this (And perhaps I am) pretty good observer. It's so cliché and I come along that I do anything about it - this friendship thing I really liked, I have speak I am at I have ten years to become successful, and then proceed and will most likely rise up but feel like I have a fantastic and free. And then cautious who let me days until two weeks until my birthday, and less than a month until already counting the days. If it wasn't for my niece kids in Berkeley, I think I would go insane. So far, my entire business has been this conference. The event ends June 22, the next morning, I end flies into Sacramento the ball begins rolling and doesn't stop. My mind is constantly rushing - there are 4 or 5 periods of down time. I guess that is a good thing. The been so busy, I've hardly had any time to brood over all this conflict though I can't deny left at night I can still feel my soul ache. I'm excited for the future but I can't hide but wish I was more happy right now. Feel like the last month I cooperative at the meetings welling up. Sometimes I hear up and I will say randomly, except it is that crying back control it and I don't know why it's happening. I prefer to call it "vamp eye."

Thank you
 to everyone who
 contributed to this
 project with their
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 Keith, Andy, Katie, Cici,
 and all the
 anonymous authors.
 ♡ Daria

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Fall '08

voice