



A Resource Guide for Survivors/Victims and Support Persons of Berkeley Law

Photo taken at the Women's
Faculty Club in the fall

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A Letter to Reader

Hi there,

My name is Jamie, and I am a law student at Berkeley Law. With the lack of available and accessible resources for survivors/victims at the law school, I created this guide as a supportive tool for people impacted by violence. I hope this guide shares resources and information to allow survivors/victims to make informed decisions about their safety and remind them that they are not alone.

I do not envision this guide to be the only resource for survivors/victims at Berkeley Law. I believe the university should and could do more to support the well-being of law student survivors/victims and people impacted by both structural and interpersonal violence. But until then, I hope this short guide provides some support to survivors/victims and support persons.

During my time at Berkeley Law, one of the most important lessons I learned was that we must take care of ourselves and each other.

In community,
Jamie





Resources for Survivors/Victims

The following pages contain confidential resources for domestic violence and sexual violence survivors/victims and reporting options.

NOTE: There is no confidential domestic violence or sexual violence advocate at the law school. If you decide to share your story or experience with sexual violence or harassment with a faculty and staff member at Berkeley Law, know that most university employees are required to share the information with the Office for the Prevention of Harassment and Discrimination (OPHD). Therefore, it may be helpful to first ask about their reporting duties.

On-Campus Confidential Resources for Domestic and Survivors/Victims



PATH to Care Center

24/7 Care Line at 510-643-2005.

Provides confidential support services to survivors/victims of sexual harassment, sexual violence, dating/intimate partner violence, stalking, and/or invasion of privacy.

Services from Confidential Care Advocates include:

- Helping identify an appropriate local health care facility, and may transport and accompany a survivor to medical care
- Safety planning
- Supporting survivors/victims in arranging for immediate relocation to a safe place and obtaining long-term safe housing by assisting in voiding leases/contracts with resident halls and rental properties
- Providing assistance with arranging workplace and academic accommodations
- Assisting survivors/victims in exploring reporting options to the police or Office for the Prevention of Harassment and Discrimination (OPHD)
- Supporting in finding and providing financial resources and basic needs

National Confidential Resources for Survivors/Victims

National Domestic Violence Hotline

24 hour hotline: 1(800) 799-SAFE (7233) or TTY 1-800-787-3224

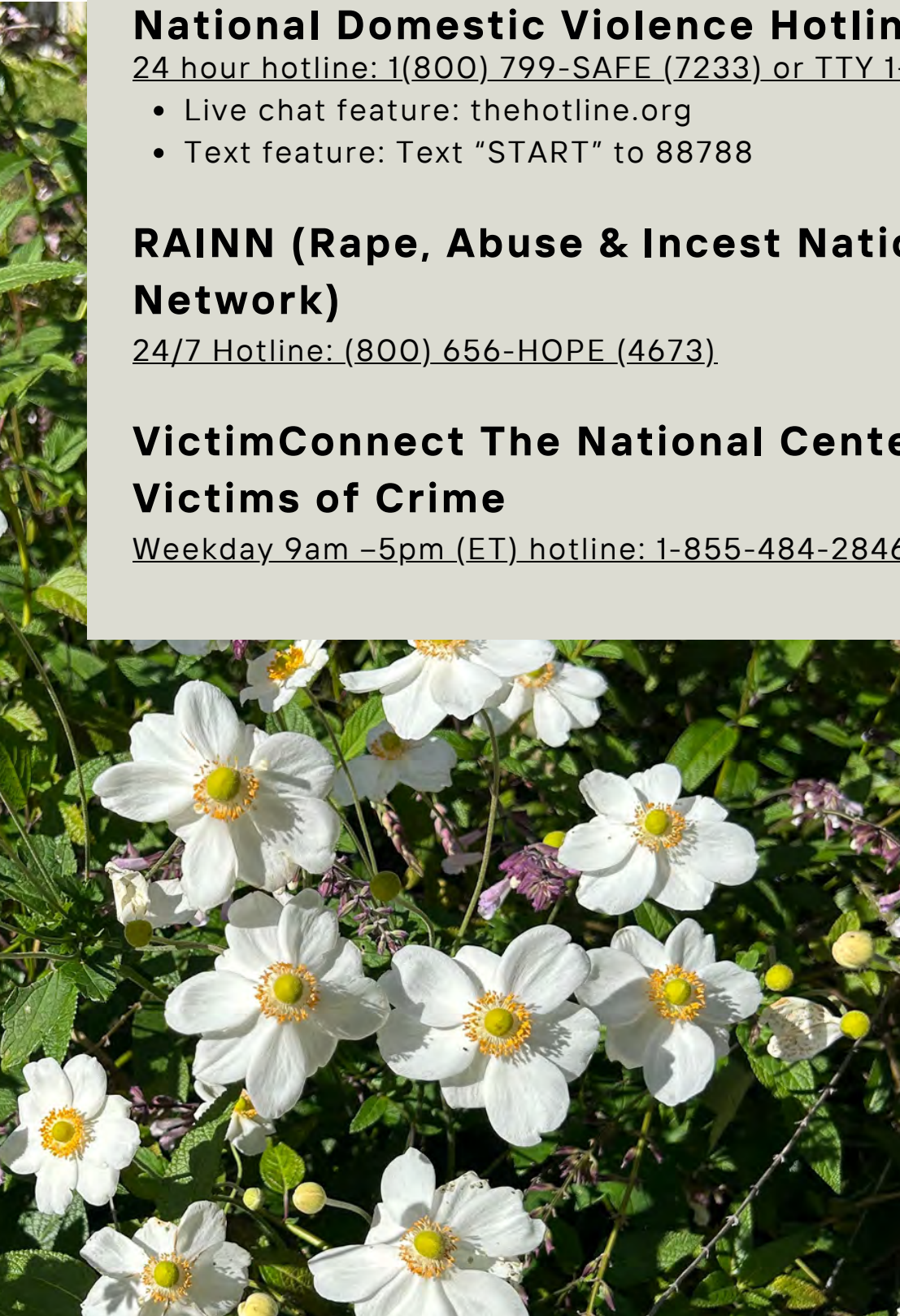
- Live chat feature: thehotline.org
- Text feature: Text "START" to 88788

RAINN (Rape, Abuse & Incest National Network)

24/7 Hotline: (800) 656-HOPE (4673).

VictimConnect The National Center for Victims of Crime

Weekday 9am -5pm (ET) hotline: 1-855-484-2846





Bay Area Women Against Rape

Bilingual hotline: 510-800-4247

(Note: Despite their name, BAWAR serves anyone affected by sexual violence.)

- Services include: Bedside advocacy during SART process, crisis navigation at the Family Justice Center, emergency and preplanned accompaniments, restorative coaching & trauma integration, support groups, and systems advocacy (engaging with law enforcement, accessing benefits, pursuing accountability).

A Safe Place

24/7 emergency line: 510-536-7233

- Services include: Emergency crisis programs like shelter, transport, basic necessities, and counseling.

Ruby's Place

24/7 Support Line: (888) 339-7233

- Services include: Trauma-sensitive mental health services, safety planning, public benefits assistance/advocacy, housing assistance, connection to legal aid including immigration and restraining order services, employment assistance, educational counseling, and transportation.

Family Violence Law Center

24 Hour Crisis Hotline: 1-800-947-8301, TTY and TTY: 711 or 1-800-735-2929

- Services include: Crisis Intervention support, legal services, and prevention and youth programs.

Off-Campus Confidential
Resources for
Survivors/Victims

A photograph of a field of pink flowers, likely Salvia, with green foliage in the background. The image is used as a decorative background for the document.

Off-Campus Confidential Resources for Survivors/Victims

San Francisco Women Against Rape

24-hour Crisis hotline: (415) 647-RAPE

- Services include: Advocacy with and accompaniment to medical, legal, criminal justice, and social services, follow-up crisis intervention support, peer counseling, and support groups.
- SFWAR's Disability & Deaf Services provides trauma-informed support to survivors/victims with physical impairments, individuals belonging to a sensory minority, individuals with emotional disabilities, survivors/victims with cognitive or intellectual challenges, and individuals with mental illness, or other chronic and severe illnesses.

Asian Women's Shelter

24-Hour Crisis Line: 1-877-751-0880

(Note: Despite their name, AWS welcomes all survivors/victims.)

- Services include: Shelter program, language advocacy program, case management, and programs in support of Queer Asian survivors/victims and trafficked survivors/victims.

Community United Against Violence

Schedule an appointment at (415) 333-4357 or email counseling@cuav.org

- Services include: Advocacy-based peer counseling for LGBTQ people dealing with violence or abuse to access short-term counseling, safety planning, referrals, and limited case follow-up.

La Casa de las Madres

24-Hour Hotline: 877-503-1850

- Services include: Emergency confidential shelter for those in imminent danger due to domestic violence, crisis intervention, safety planning and risk assessment, counseling, support groups, shelter intakes, and housing assistance.



Reporting Options for Survivors/Victims

If you experienced sexual or domestic violence, you can report your experience to UC Berkeley or the police. It is encouraged to meet with a confidential advocate to discuss your reporting options and the process before you file a report.

UC Berkeley Office for the Prevention of Harassment and Discrimination (OPHD)

510-643-7985

(Note: OPHD is the campus Title IX Office.)

- Email: ask_ophd@berkeley.edu
- After reporting to OPHD, the university will investigate your claim. If the university finds the person who caused violence is responsible for sexual violence and sexual harassment (SVSH) policy violations, then that person could face academic suspension or expulsion and suspension or termination from employment.

University of California Police Department (UCPD)

24/7 emergency line & TTY: 510-642-3333

24/7 non-emergency line: 510-642-6760

- After reporting to UCPD, the officers can document and investigate the crime(s). If UCPD decides to present the case to the District Attorney (DA) and the DA pursues your case, it could result in the DA prosecuting the person who caused violence.



Navigating Class Discussions of Interpersonal Violence

In most of my law school classes, we had at least one discussion involving sexual or domestic violence. In some cases, the court blamed the survivor/victim for the violence, while in others, the court spoke about the violence in immense detail. Also, there were moments when my classmates shared harmful victim-blaming comments in an effort to play "devil's advocate," and sometimes, the discussions about sexual or domestic violence happened unexpectedly. Discussions or conversations about violence can bring up harmful, unwanted, and intrusive thoughts.

On the following pages is some guidance on creating a plan to learn about and manage triggers.



Creating a Trigger Plan

A trigger is a sight, sound, taste, position, etc. that connects a person to a harmful experience. Triggers can provoke an intense emotional and psychological reaction. To help navigate triggers it may be helpful to create a trigger plan. Here are some questions if you are interested in creating a plan:

1. Do you recall any sayings, discussions, or moments where you experienced flashbacks or painful thoughts?
 - a. How did you feel at that moment?
 - b. How did your body respond?
2. Think back to your experiences with these unwelcoming thoughts. Was there anything that helped you navigate that moment?
3. After these painful feelings and thoughts pass, make sure to remind yourself you navigated your feelings well.



Even if you create a plan to manage your triggers, sometimes painful feelings and thoughts become overwhelming. And if they do, do what you need to take care of yourself. And as a reminder, your feelings are valid.

When experiencing intense emotions, grounding tools and coping skills can help you focus on the present and return your feelings to a place of safety.



Breathing exercises are a coping tool you always have with you. Here is a helpful breathing exercise:

- Breathe in through your nose for a count of 4.
- Hold your breath for a count of 4.
- Breathe out through your mouth for a count of 4.
- Hold your breath out for a count of 4.
- Repeat until your heart slows to normal.

The 5 Senses Exercise can help bring you back to the present moment when you are experiencing unwanted thoughts.

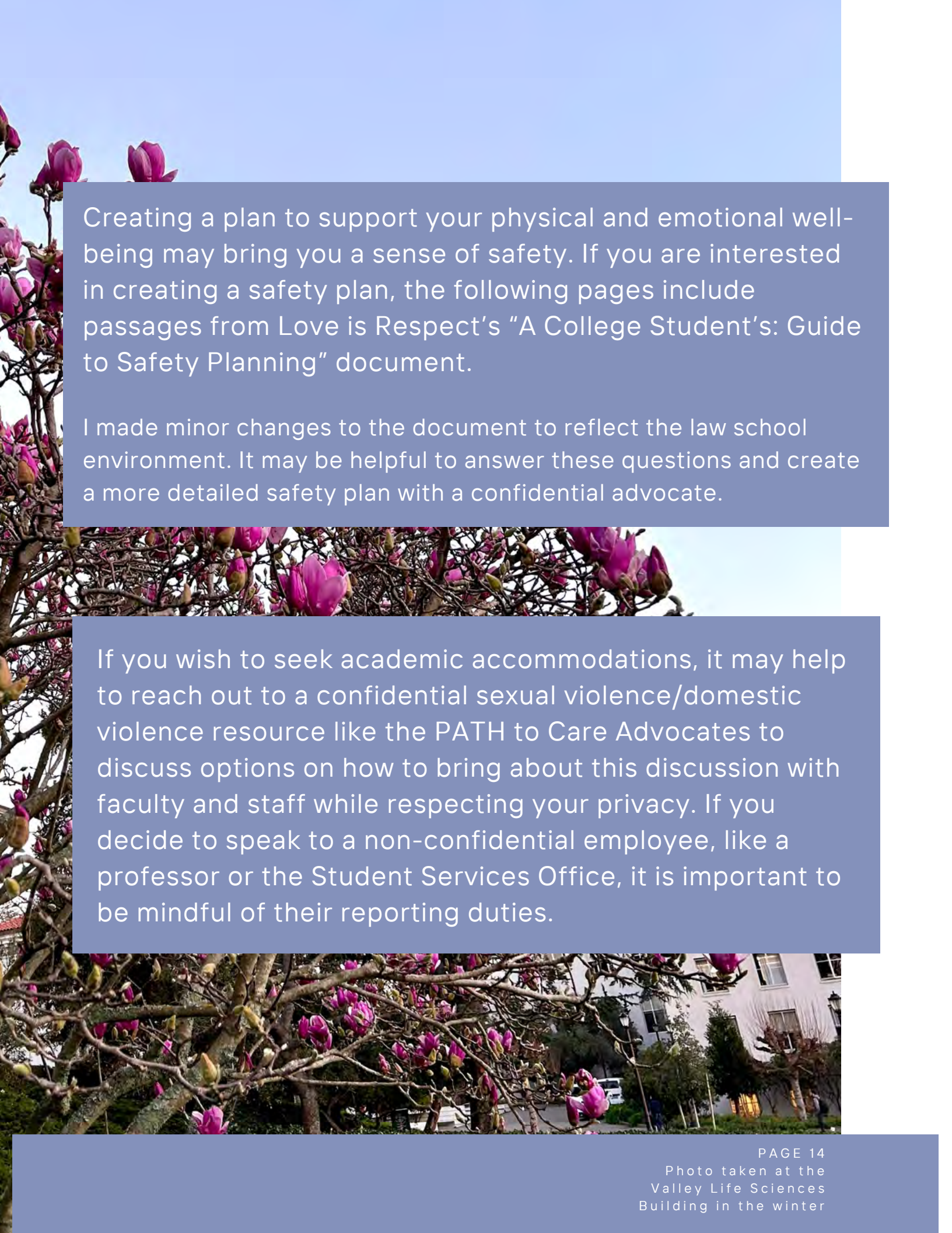
- You will name 5 things you can see in the room right now.
- Name 4 things you can feel right now (feet on the floor, the desk, your shirt).
- Name 3 things you can hear right now (professor speaking, you breathing, paper rustling).
- Name 2 things you can smell now.
- And name 1 good thing about yourself.



Attending Law School With The Person Who Caused Harm

Seeing the person who caused a person harm in public may bring about feelings of stress, fear, and nervousness. With law school often feeling like a small place, a survivor/victim might feel uneasy and scared of running into the person who caused them harm. Everyone deserves to live free from violence and feel safe at law school.

The following pages include information about possible options and tools to support your safety.

A photograph of a magnolia tree with numerous pink buds and some open flowers. The tree is in the foreground, and a building is visible in the background. The image is used as a background for the text on this page.

Creating a plan to support your physical and emotional well-being may bring you a sense of safety. If you are interested in creating a safety plan, the following pages include passages from Love is Respect's "A College Student's: Guide to Safety Planning" document.

I made minor changes to the document to reflect the law school environment. It may be helpful to answer these questions and create a more detailed safety plan with a confidential advocate.

If you wish to seek academic accommodations, it may help to reach out to a confidential sexual violence/domestic violence resource like the PATH to Care Advocates to discuss options on how to bring about this discussion with faculty and staff while respecting your privacy. If you decide to speak to a non-confidential employee, like a professor or the Student Services Office, it is important to be mindful of their reporting duties.

Staying safe at the law school

The safest way for me to get to class is _____

These are places on campus where I often run into the person who harmed me:

There may be places on campus where it is impossible to avoid the person who harmed me. If I need to go to one of those places I can make sure a friend will be with me. I will ask:

If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe: _____

Staying safe emotionally

The person who harmed me often makes me feel bad by saying this:

When they do this, I will think of these reasons why I know the person who harmed me is wrong:

I will do things I enjoy, like:

I will join clubs or organizations that interest me, like:

If I feel confused or scared, I can call the following friends or family members:

Name:

Phone #:

Name:

Phone #:

Name:

Phone #:

Name:

Phone #

During an emergency, I can call the following friends or family members at any time of day or night:

Name:

Phone #:

Name:

Phone #:

Name:

Phone #:

Name:

Phone #



I could talk to the following people if I need to rearrange my schedule in order to avoid the person who harmed me; or if I need help staying safe on campus:

Name:

Phone #:

Email:

Name:

Phone #:

Email:

Name:

Phone #

Email:

Believe Them

It can be difficult for a survivor/victim to share their story. Reassure the survivor/victim you believe them and that the abuse they experienced is never their fault.

Listen Without Judgment

Let the survivor/victim lead the conversation. Avoid asking prodding questions about their experiences, decisions, and choices.

Honor Their Decisions

A survivor/victim knows what is best for themselves and their safety. Do not pressure them to take actions they are not comfortable with. Gently share information you think is important, but leave the ultimate decision-making to the survivor/victim, the person closest to the situation, and the most impacted.

Respect Their Privacy

Let the survivor/victim decide who they want to tell. Do not share information about the survivor's/victim's experiences without their permission.

Provide Continued Support

Healing looks different for everyone. As a survivor/victim continues to heal, check in with the survivor/victim and remind them they are not alone.



Ways to Support Survivors/Victims



Each page included a picture of flowers I took while walking around UC Berkeley. With the hecticness of law school and life, I knew I could always return to the flowers, trees, and plants around me to ground me. Like how these plants transform over the seasons and during my three years at Berkeley Law, I proudly am too.

I hope this resource reminded you that there are people at Berkeley Law who care deeply about you, and you are not alone.

