RESOURCES

CSULB Student Health Services
Alcohol & Drug / Sexual Assault Counseling
Linda Peña, MA, MS,MFTI, CADC
562-985-1732

CSULB Counseling & Psychological Services (CaPS)
562-985-4001

CSULB University Police
562-985-4101

CSULB Women’s Resource Center
562-985-8576

CSULB Equity & Diversity
562-985-8256

distact. delegate. direct

pause
prevention awareness uniting students with empowerment

Brought to you by
the Alcohol, Tobacco and Other Drugs Program
California State University Long Beach
Student Health Services
Division of Student Services
1250 Bellflower Blvd. Room 268
Long Beach, Ca 90840
(562) 985-1732
www.csulb.edu/atod
Prevention Awareness Uniting Students with Empowerment (PAUSE) seeks to actively train and empower individuals with knowledge and skills to effectively assist in the prevention of sexual assaults, intimate partner violence, and stalking at CSULB. It is the goal of PAUSE that by equipping all members of the campus community with tools to recognize, intervene, and report offenses, our community will be more unified and a safer place for all of us to thrive.

Mission Statement

Defining Rape
Rape is defined as an unlawful physical force or duress exerted by an individual onto another to have sexual intercourse.

Defining Sexual Assault
Sexual assault/violence does not have to be sexual intercourse/rape, it can also be unwanted sexual touching or talking, watching sexual material, oral sex, penetration with an object etc. without consent or the attempt of any of these things without consent.

Defining Consent
Consent for sexual contact means that an individual is a willing participant in the sexual act. Individuals are unable to give consent if:
- incapacitated by the influence of drugs or alcohol
- they suffer from physical or mental disorder
- a minor (unable to give legal consent for sexual intercourse)

Rights & Responsibilities
You have the right to:
- Say “No”, no matter what you’ve said or done before.
- Change your mind, even after you’ve said “Yes” and not be pressured or persuaded to continue.
- Decide what your own values are about sex and to make decisions about your own sexual experiences based on those values.
- Decide what your own boundaries are and have them respected by others.

You have the responsibility to:
- Respect “no means no” in all circumstances.
- Make sure your partner really wants to do the things you want to do.
- Check with the other person to ensure they are OK.
- Check with the other person’s decisions, boundaries and values.
- Make no assumptions;
  * If the other person is passed out or sleeping, they cannot consent
  * If someone isn’t saying “No” this doesn’t automatically mean “Yes”

Tips to Being a Successful Bystander
Approach everyone as a friend
Do not be antagonistic
Be honest and direct whenever possible
Try to stay calm and in charge
Recruit help if necessary

Do you know the 3Ds?

Distract
Create an alternative focus for the perpetrator and victim.

Delegate
Give direction & support to both parties.

Direct
Direct communication with all parties.

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