

# Building Strong Relationships with Sexual Violence Response

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# Your Presenter



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# What We'll be Talking About Today

- Who is Sexual Violence Response (SVR)?
- What are the resources and services available from SVR?
- What are characteristics of healthy or thriving relationships?
- What is the role of boundaries in relationships?
- How can I connect with SVR?

# Who is Sexual Violence Response?

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- Sexual Violence Response (SVR) aims to end gender- and power-based violence through collective community action.
- SVR creates social change by building a compassionate and accountable community.
- SVR is committed to increasing resources and support for survivors and co-survivors of violence.
- **SVR provides trauma-informed, survivor-centered, confidential support.**

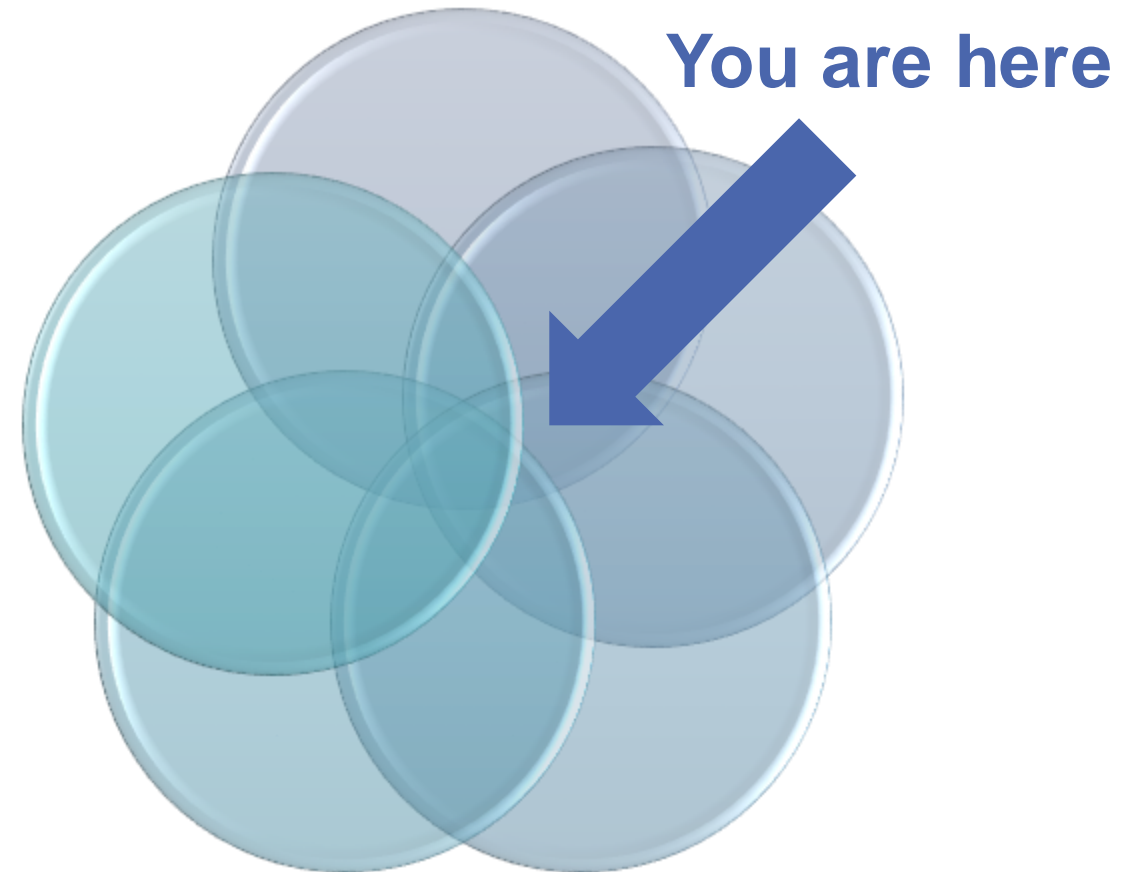
# Who is Sexual Violence Response?

- Our direct services team includes:
  - Survivor advocates
  - Intake specialists
  - Helpline advocates
  - Peer advocates
- Our prevention team includes:
  - Prevention coordinators
  - Peer educators

How does SVR support students?

**Identities intersect  
to create our  
unique experience.**

**They can present both  
access to and  
barriers to support &  
resources.**





# Advocacy

- Crisis intervention and safety planning
- Information, referrals, and options
- 24/7 year round telephonic and in-person services
- Accompaniment
- Care packages
- Peer to peer advocacy
- Remote temporary orders of conversation

# Prevention

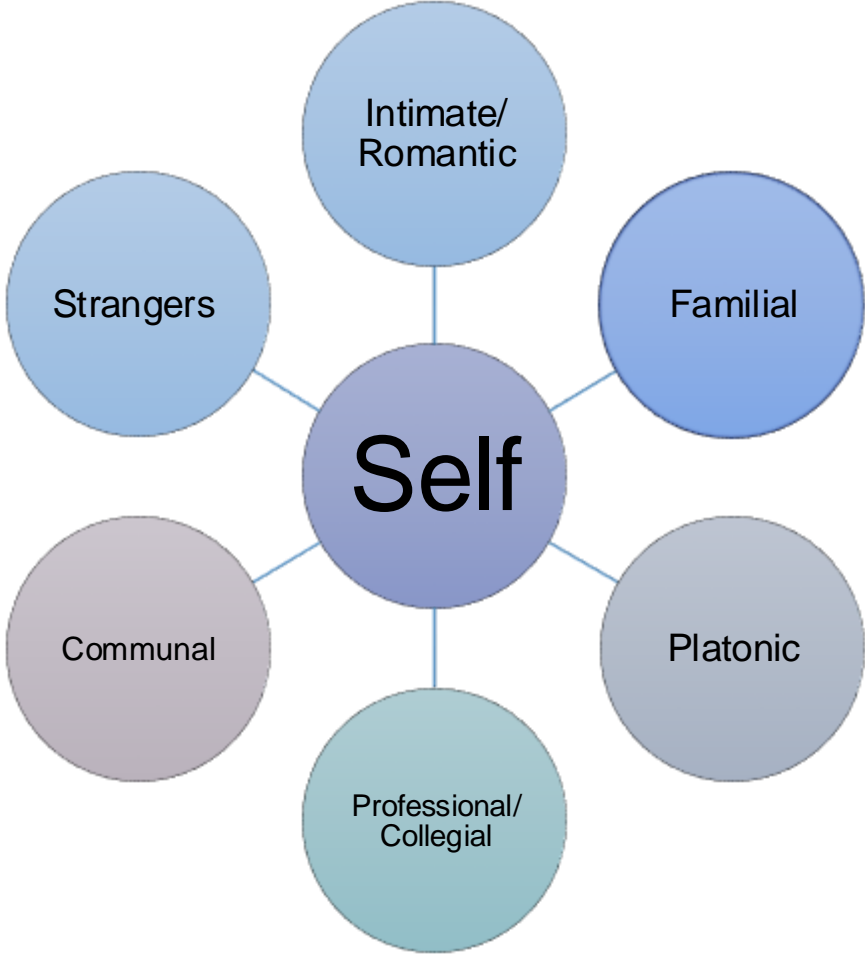
- Interactive workshops (virtual and in-person)
  - Open sessions
  - By request
- Skills-based education
- Peace and Presence
- Awareness months events
- Peer-to-peer education

# Outreach

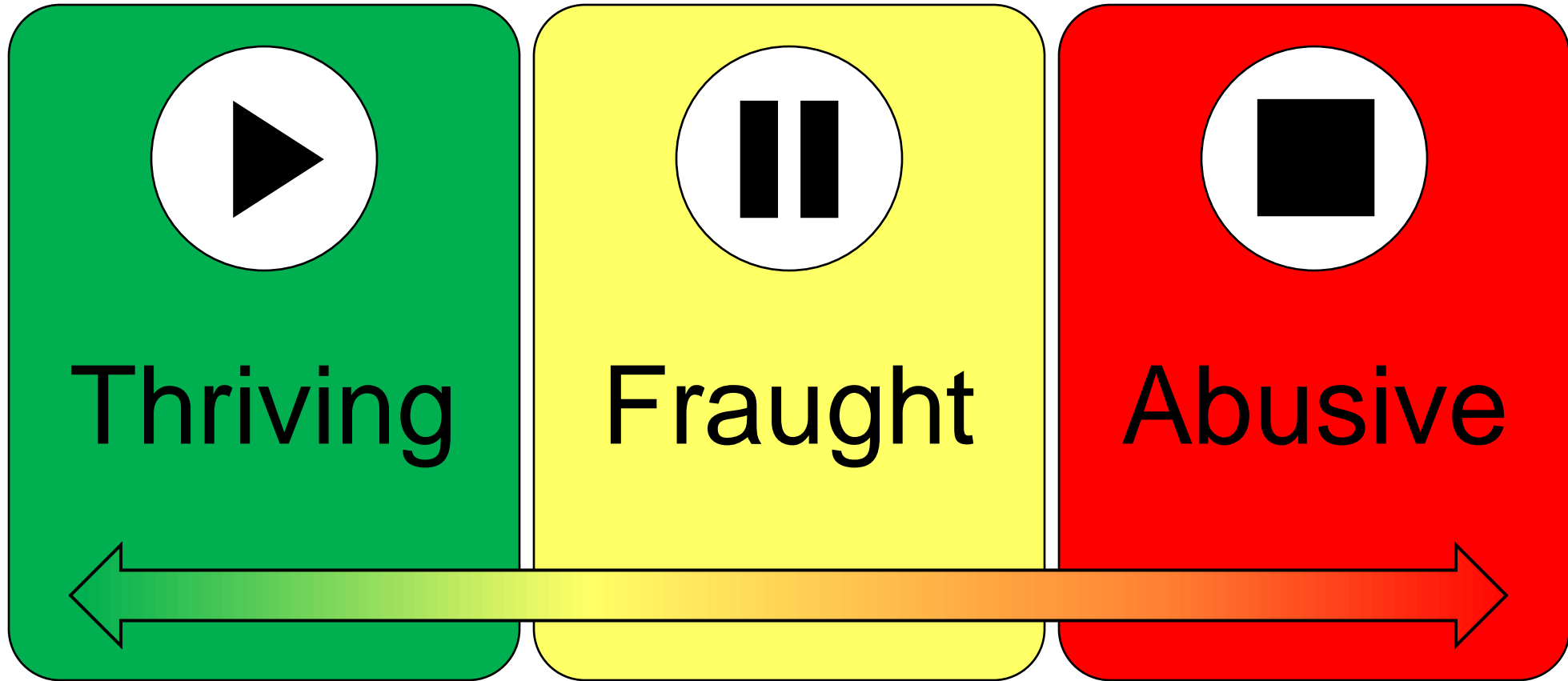
- Collaboration with the community (on- and off-campus)
- Tabling events
- Social media campaigns
- Men's engagement initiative

What are the characteristics of healthy or thriving relationships?

# Relationship Brainstorm



# Relationship Spectrum



**Thriving *relationships***  
*are when there is balance, trust and communication*

**Respect**

**Honored  
Boundaries**

**Healthy  
Communication**

**Trust &  
Support**

**Encouraged  
Personal  
Growth**

**Honesty &  
Accountability**

**Striving for  
Equality**

**Enjoyable  
Time  
Together &  
Apart**

**Willingness  
to  
Compromise**

**Comfortable  
Pace**

**Mutual Sexual  
Choices**

**Economic  
Partnership**

What is the role of boundaries  
in relationships?



# Boundaries

...are guidelines, rules or limits that a person creates to identify for themselves what are reasonable and safe ways for other people to behave around them.

- Define comfortability.
- Explain how you would like others to treat you.
- Honor your needs, goals, feelings and values.
- Strengthen and manage our relationships with other people and within ourselves.

“Boundaries are the distance at which I can love you and me simultaneously.”

- Prentice Hemphill

# We can set boundaries...

## For:

- Bodies
- Emotions
- Work
- Time
- Energy
- Space
- Communication
- Technology

## With:

- Partners
- Family
- Friends & Acquaintances
- Teachers & Peers
- Employers & Coworkers
- Strangers
- Roommates
- Classmates



Notice the event

Interpret it as a problem

Assume personal responsibility

Know how to help

Take Action

## 5-Step Bystander Intervention

# Know How to Help

## The 5 Ds of Bystander Intervention

### Direct

- “That’s offensive. You need to stop saying that.”

### Distract

- “Can you tell me how to get to the subway station?”

### Delegate

- “Is that your friend over there? She seems uncomfortable. Maybe you should check in with her.”

### Delay

- “About what you said earlier, I had a problem with it.”

### Document

- [taking a video, screenshot, audio recording]  
**Important: Do not share or post any documentation without consent of the person harmed**

# How can I connect with Sexual Violence Response?

# Connecting with SVR

- **24/7 Helpline:** 212-854-4357 (HELP)
- **Phone:** 212-854-3500
- **Email:** SVResponse@columbia.edu
- **Appointments**
  - In-person
  - Virtual
- **In-person drop-in**
  - Morningside: Lerner 700
  - Barnard: Hewitt 106
  - CUIMC: 50 Haven Ave. Suite 206



Make an Appointment  
<https://bit.ly/47sCJya>

# Columbia University Campus Resources

## **CONFIDENTIAL**

- Sexual Violence Response (SVR)
- Counseling & Psychological Services (CPS)
- Alice! Health Promotion
- Medical Services
- Disability Services
- Clergy
- University Chaplain
- Ombuds Office

## **NOT CONFIDENTIAL**

- Office of Institutional Equity
- Center for Student Success and Intervention(CSSI)
- Public Safety
- Student group advisors
- Religious Life Employees
- University employees/faculty
- Orientation Leaders and Resident Advisors



# Engage with SVR

- Attend and event
- Request a workshop
- Become a Peer Educator or Peer Advocate



Volunteer with SVR  
<https://bit.ly/4dliXGe>

# Other ways to connect

- Learn about our services at [health.columbia.edu/svr](https://health.columbia.edu/svr)
- [Facebook.com/SVR.Columbia](https://www.facebook.com/SVR.Columbia)
- Instagram: [@columbiahealth](https://www.instagram.com/columbiahealth)

# Wrap-Up

# One last note

- Take care of yourself
- Supporting a survivor can tap your emotional reserves, remember that the resources we have shared are available to you as a co-survivor
- If you need support, call our helpline 24/7/365 at 212-854-4357 (HELP)

# Missed the other Quick Start Guide Webinars?

Find recordings and links to the presentations on our website:

- Navigating Disabilities and Chronic Health Conditions with Disability Services
- Prioritizing My Well-Being at Columbia with Alice! Health Promotion
- Navigating My Own Healthcare with the Student Health Insurance Office
- My Mental Health with Counseling and Psychological Services (CPS)
- My Physical Health with Medical Services



Webinar recordings and PPTs  
<https://bit.ly/3XWHsoB>

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# Register for an upcoming event!



<https://bit.ly/4gqtxOU>

- Well-being workshops
- Naloxone and fentanyl test strip trainings
- Student health insurance webinars
- ...and more!

What did you think  
of this webinar?



Survey  
<https://bit.ly/4gqETT6>





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