

International Services and Engagement Office

presents



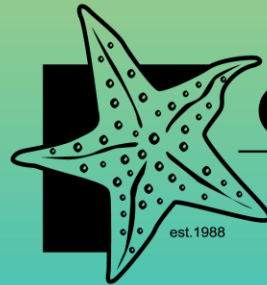
UC San Diego

GLOBAL INITIATIVES
International Services and Engagement Office

FALL 2024

NEW INTERNATIONAL STUDENT ORIENTATION

Dating & Maintaining Healthy Relationships in the U.S.



UC San Diego

CARE at SARC

Campus Advocacy, Resources, and Education
at the Sexual Assault Resource Center

While you wait, follow us on
Instagram for the latest updates!



@istudents.ucsd

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Welcome!

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Introduction



Jo Peters

International Student Advisor

International Services & Engagement Office

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Before We Begin



Fill out the survey at the end of today's session to be entered into a gift card giveaway!

While you wait, follow us on Instagram for the latest updates!



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Jessica Valencia (she/her)

Training & Education Specialist

CARE at the Sexual Assault Resource Center

(CARE at SARC)

Group Guidelines

- Use “I” statements
- Respect privacy (no identifying details)
- Content warning
- Interactive in person learning space
- Take care of yourself and your needs



Discussion Questions

What does a healthy relationship look like in your home country?

How are relationships represented in the media?

Discussion Continued

**What is your impression of
American dating culture?**

**What are key components
of a healthy relationship?**

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Small Group Activity

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Instructions

- Discuss the questions:
 - What does each set of key components look like in your respective home countries vs. in the US?
 - Describe what your key component looks and feel like.
- Designate someone to share out to the larger group once we regroup.



Accountability

Kindness

Respect



Fairness

Fulfilling

Independence



Communication

Honesty

Trust

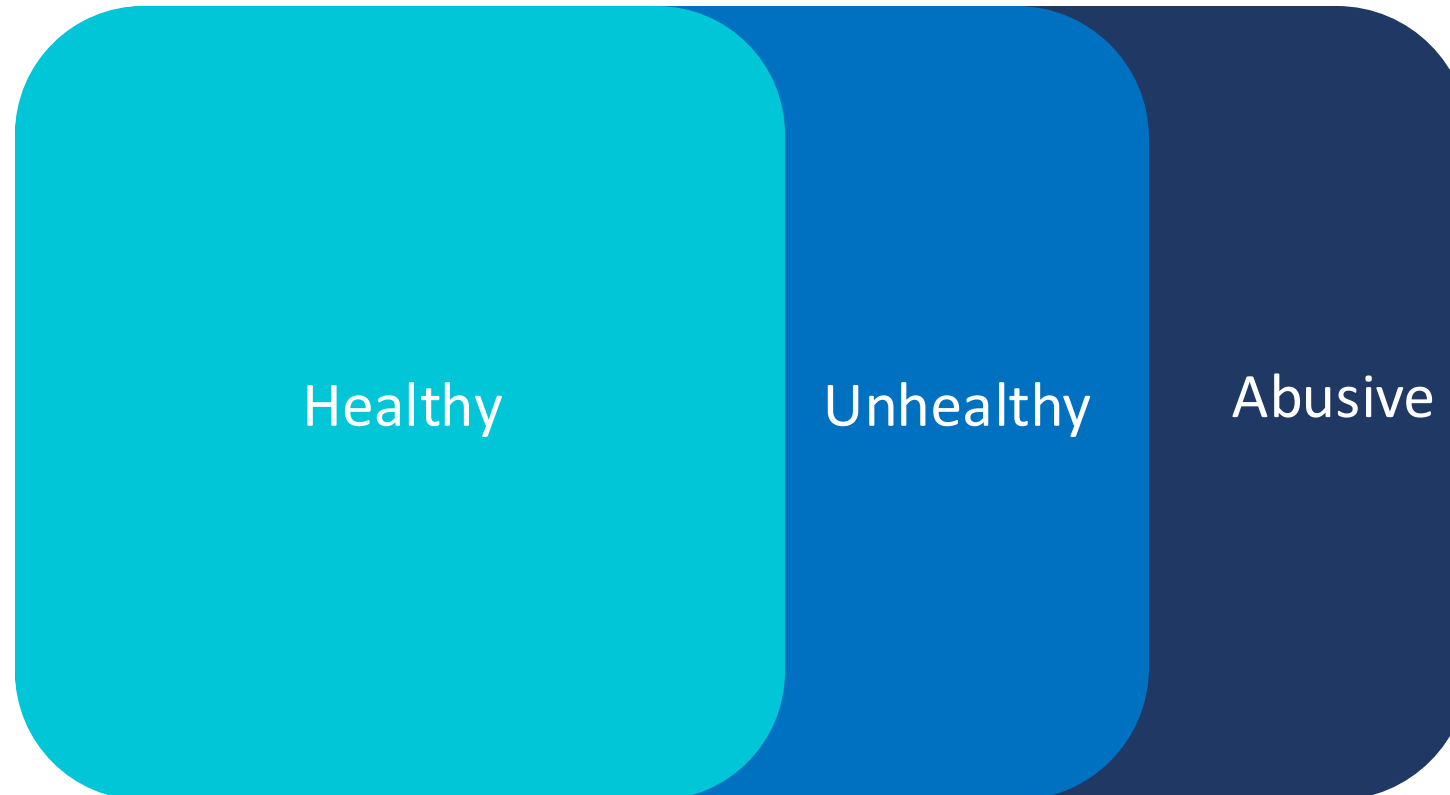
Follow Up Questions

What are red flags when you begin to form new friendships or relationships?

**How do you know when a friend may be in an unhealthy relationship?
How do you support them?**

Relationship Spectrum

Healthy
relationships
=
Equality
+
Respect



Abusive
relationships
=
Power
+
Control

Relationship Spectrum

Healthy

- Communication
- Respect
- Trust
- Honesty
- Equality
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial equity

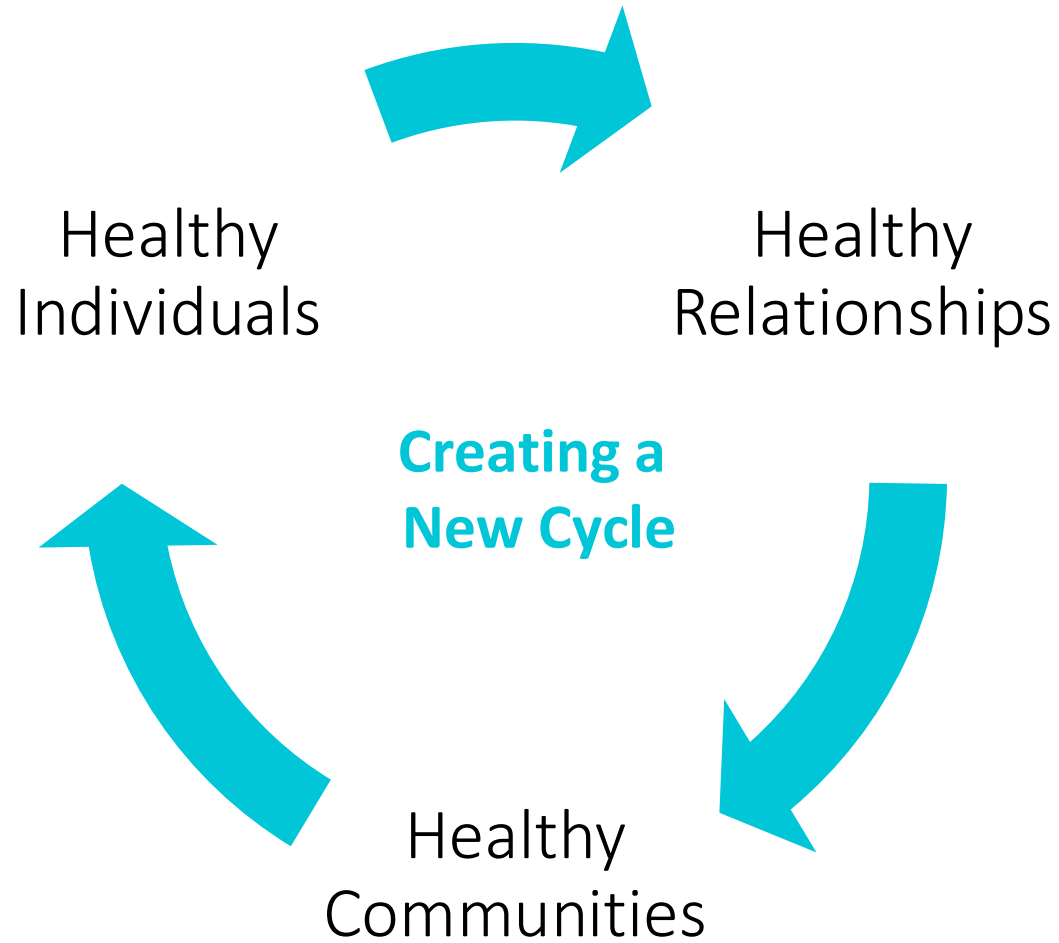
Unhealthy

- No communication
- Disrespect
- No trust
- Dishonesty
- Trying to take control
- Only spending time together
- pressured into activities
- Unequal economically

Abusive

- Communication is hurtful or threatening
- Mistreatment
- Accusing the other of cheating
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Changing Campus Culture



About CARE at SARC

- Free & confidential
- Available to all students, staff, and faculty on campus
- Survivor-centered, empowerment-based, trauma-informed
- Addresses sexual assault, relationship violence, and stalking



CARE at SARC Lobby

Feedback Survey

Please respond to this short survey. All responses are anonymous.
Your responses will help assess and evaluate our program offerings.



THANK YOU!



WEB
care.ucsd.edu
@UCSDCARE

CONTACT

(858) 534-5793
careinfo@ucsd.edu
careadvocate@ucsd.edu

LOCATION

Student Services Center
Suite 500

Questions?

UC San Diego

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International Services and Engagement Office

Website: iStudents.ucsd.edu

Contact: iContact.ucsd.edu

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Meet-Ups

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iEvents.ucsd.edu



iOrientation Events

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NEW INTERNATIONAL STUDENT ORIENTATION



**U SEE
SAN DIEGO
BUS TOUR**

TOUR DATES:

- September 14
- September 21



TRITON WOMEN'S SOCCER X ISED
**BLUE & GOLD
RIVALRY GAME**

UCSanDiego

VS UC IRVINE | TRITON SOCCER STADIUM

SEPTEMBER 19 | FAN FEST AT 6 PM
GAME AT 7 PM

INTERNATIONAL STUDENTS, READY TO SHOW
YOUR TRITON SPIRIT?

COME ENJOY FREE PIZZA, FUN GAMES, A CHANCE TO WIN
PRIZES, MAKE SOME POSTERS, AND ENJOY SOME TRITON
WOMEN'S SOCCER ACTION!


<https://ievents.ucsd.edu>

GET CCR eligible!



**INTERNATIONAL
MIXER**

Wednesday, Sept 25 | 5 pm | Great Hall



iOrientation Events

<https://ievents.ucsd.edu>

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ORIENTATION



UC San Diego
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International Services and Engagement Office

INTERNATIONAL GRADUATE STUDENT SOCIAL

Tuesday, Sept 17 | 5 pm - 7 pm
Dirty Birds at Price Center, UCSD

Register at
ievents.ucsd.edu

FREE FOOD
• first come, first served • first come, first served • first come, first served

The poster features a yellow background with a green-to-blue gradient at the bottom. It includes silhouettes of palm trees, a large sun, and a building. The text is in bold, dark blue and black fonts. A yellow starburst graphic contains the text 'FREE FOOD' and 'first come, first served' repeated three times.



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GAP MIXER

Thursday, Sept 26 | 3 pm - 4:30 pm
Student Center B - Large Conference Room

FREE FOOD
• first come, first served • first come, first served • first come, first served

The poster features a yellow background with a green-to-blue gradient at the bottom. It includes silhouettes of palm trees and birds. The text is in bold, dark blue and black fonts. A circular inset photo shows two students talking. A yellow starburst graphic contains the text 'FREE FOOD' and 'first come, first served' repeated three times.

iEvents Calendar

FALL 2024

NEW INTERNATIONAL STUDENT ORIENTATION

iEvents.ucsd.edu

iEvents Calendar

This page has a friendly link that's easy to remember: ievents.ucsd.edu

If you are a student, events labeled with the tag #GetCCR count towards your [Co-Curricular Record](#). Learn more at [GETCCR.ucsd.edu](#). The central audience for iEvents consists of international students and scholars. Check out our [population information](#) if you are not sure of which audience you are!

The screenshot shows the iEvents Calendar interface. At the top, there is a search bar with a search icon, a date selector set to 06/25/24, and navigation buttons for 'Subscribe', 'Pinboard', 'Agenda', and 'Monthly'. Below the navigation is a 'Submit Event' button. The main content area is titled 'Events from Jun 25th' and displays four event cards:

- Event 1:** 'Undergrads: Sign Up to be a GAP Mentor this Summer!' with a yellow 'Apply Now' button. The image shows a yellow circular logo with 'GAP' and 'GLOBAL AMBASSADORS PROGRAM'.
- Event 2:** 'Graduate students: Sign Up to be a Grad Pals Mentor this Summer!' with a yellow 'Apply Now' button. The image shows two students looking at a tablet.
- Event 3:** 'Travel and Re-entry Workshop' on Tue Jun 25th 12:00pm - 1:00pm. It includes a yellow 'Register Here' button. The image shows a blue background with a yellow 'iWORKSHOP' logo.
- Event 4:** 'Wednesday Coffee and Crafts' on Wed Jun 26th 10:00am - 12:00pm. The image shows a coffee cup and craft supplies.

Survey

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Please take a moment to fill out this survey so we can better serve you.



Final Reminders

- Submit your Check-In Form via iPortal (iCheckin.ucsd.edu)
- Register for other sessions at iEvents.ucsd.edu
- You can always contact ISEO via iContact.ucsd.edu

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Follow Us!



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@iseo.ucsd



@ISEOUCSD