

UC SAN DIEGO • OPHD

Expecting or Parenting as a Triton?

Your guide to academic flexibility, health support, and campus resources.

YOU HAVE RIGHTS & SUPPORT: UC San Diego policies protect your right to stay on track with your degree while pregnant or recovering from pregnancy and childbirth. Campus resources exist to help you as a parenting student on campus. This guide provides an overview of policies and resources, including the Office for the Prevention of Harassment and Discrimination (OPHD), Office for Students with Disabilities (OSD), and Student Affairs Case Management (SACM).

HOW CAN UC SAN DIEGO HELP YOU?

 Pregnancy & Health Flexibility	 Parenting & Family Support
- Flexible attendance, exam rescheduling, or adjustments (e.g., eating/drinking in class). - OPHD can discuss rights/options and review reasonable modifications.	- Lactation spaces, housing flexibility, reduced course load, or dependent care resources. - SACM assists with navigating university policies and resources.
→ Connect with OPHD for reasonable modifications.	→ Reach out to Student Affairs Case Management (SACM).
 Medical Conditions & Recovery	 Fairness & Civil Rights
- Pregnancy complications (bedrest, preeclampsia, sciatica) or postpartum recovery (PPD/PPA). - OSD helps set up formal accommodations.	- Facing discrimination, bias, or unfair treatment due to pregnancy or parenting status? - File a report with OPHD for additional review of your concerns.
→ Request accommodations through OSD.	→ Report directly to OPHD for support.

YOUR KEY CAMPUS RESOURCES

Office / Resource	What They Help You With	Get Connected
Student Affairs Case Management (SACM)	1-on-1 support for pregnant students and student parents navigating campus systems and connecting to resources.	SACM Website
Students with Dependents Assistance Form	Financial hardship relief, emergency resources, and specialized support grants.	SACM Assistance Form
Women's Center	Lactation room maps, advocacy guides, family-friendly events, and community space.	Women's Center Website
Office for Students with Disabilities (OSD)	Formal medical accommodations for pregnancy-related health needs and recovery.	OSD Website

NEED A MODIFICATION, OR OPHD HELP?

Submit a request: ucsdcms.i-sight.com/portal

You can also visit [OPHD's Website](#)

Office for the Prevention of Harassment & Discrimination (OPHD) • UC San Diego Title IX Office
Email: ophd@ucsd.edu | Web: ophd.ucsd.edu | Portal: ucsdcms.i-sight.com/portal