

Sexual Harassment

Things to do for presentation

- What is sexual harassment? And why is it bad?
- What is sexual violence?
- Short and long-term effects of these
- How to report these issues?
- Where to go for help?
- Appropriate and inappropriate language in relation to sexual harassment
- Appropriate and inappropriate language in relation to discrimination in general
- What can and can't be said
- Videos to explain harassment easily

What is sexual harassment?

Sexual harassment is any unwanted sexual act that is done to someone that can create an uneasy environment for them

Sexual harassment can happen to anyone and can be done by anyone too.

What is sexual harassment?

<https://www.youtube.com/watch?v=HKk-pbeW3ic>



What can and can't you do?

There is a difference between complimenting and being creepy

Sexual harassment can involve any unwanted sexual act or comment:

- This can be psychological or physical
- Sexual comments that are degrading or embarrassing
- Sexually offensive jokes
- Spreading rumours
- Touching someone against their will
- Repeated asking for/sending unwanted sexual images
- Repeated asking (pressure) to have sex or guilt tripping

Sexual harassment isn't just done by random people, you can still be harassed by those you are close to, even by someone you are in a relationship with

Even if you think something is a joke, for example making sexual jokes about someone, this can make people very uncomfortable and counts as sexual harassment

What are the effects of sexual harassment?

Short and long term effects:

- Anxiety **Especially when someone is in the same situation as when they were originally harassed, can cause panic attacks.**
- Lowered self-esteem
- Stress
- Physical symptoms like headaches and fatigue
- Further relationship/trust issues

Sexual harassment affects everybody differently. These are just some of the effects which can impact someone. Don't assume someone hasn't been affected just because they have talked about it, many people won't feel comfortable talking about it. **Some people are impacted more than others, some people how worsened anxiety and others can feel more physical impacts like bad headaches.**

Don't blame yourself if it happens to you, don't brush
it off and think it's not important

The way you act or dress does not give someone else
the right to harass you

How to get help

There are a number of websites, hotlines and people for you to talk to within school if you are being made to feel uncomfortable

You can get in touch with:

- Miss Gibbin and the Pastoral team
- Form teachers **Anyone else at school**
- Managers at work **(if it is occurring in your place of work)**
- Your friends for support
- Parents

Hotlines:

Sexual harassment can progress into cases of sexual assault and rape:

- 800.656.4673 National Sexual Assault Hotline for help in crisis
- 0800 138 8724 Sexual Harassment Helpline to discuss options for support
- Text YM to 85258 (Youngminds) Anonymous text service