

Sexual Harassment

Unwanted and unwelcome visual, verbal or physical behavior of a sexual nature that is repeated after there has been a clear statement that it is not welcome.

How To Recognize It:

Any unwelcome sexualized comments, gestures and/or physical contact
Includes: offensive, humiliating, intimidating or demeaning exchanges.

Sexual Harassment

Results in negative self-esteem

One-sided
Degrading
Invading
Uncomfortable

It is **unwanted**
and **illegal**

Makes the receiver feel:

Bad
Angry
Ugly
Powerless
Humiliated

Flirting

Results in positive self-esteem

It is **wanted**
and **legal**

Two-Sided
Fun
Flattering
Complimentary

Makes the receiver feel:

Good
Happy
Flattered
Attractive
In control

Sexual harassment may take different forms, including:

- * Physical contact, like grabbing, pinching, touching, or kissing you against your will.
- * Sexual comments, like name-calling, starting rumors about you, making sexual jokes at your expense, or making sexual gestures at or about you.
- * Sexual propositions, like asking you for sex or repeatedly asking you out when you have said no.
- * Unwanted proposition communication, like phone calls, letters, or e-mails. These can be mean, nasty, threatening, or they can seem flattering or nice but still make you uncomfortable.

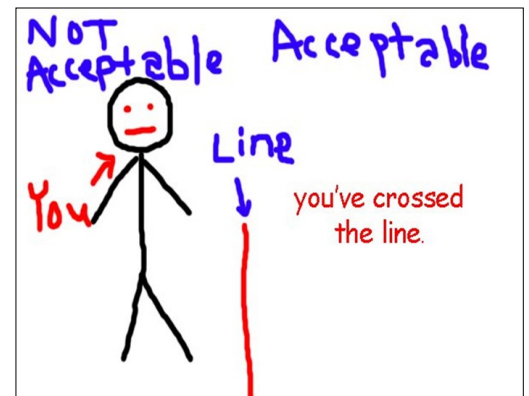
Don't let flirting go too far...

Some flirting is normal, but sometimes it can be hard to tell the difference between flirting and sexual harassment.

(NOTE: An adult flirting with a child is not normal and NEVER okay.)

If you think you are flirting with someone, but they do not respond the way you want them to, ask yourself:

- Does the person not seem happy with your attention?
- Does the person seem to be avoiding you?
- Do they laugh at your jokes?
- Are they flirting back?



What You Can Do

Talk to a teacher, counselor or principal.

Talk to someone that you believe will help.

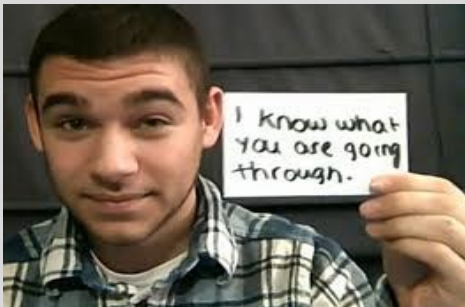
Talk to your family, friends and your school counselor for information and emotional support.



It's very typical to experience frustration, confusion, anger and embarrassment if you are sexually harassed. Others may minimize what happened, calling it a joke or teasing. What's important is how you felt about what happened. Don't ignore it.

HOW DO I GET THROUGH THIS?

Treat the harassment as a serious incident; Don't ignore it!



Talk about it

Report it

Keep Records



You have the right to be respected!

We can't control what happens or is said, we can control our own actions and thoughts



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If the sexual harassment does not stop, you can file an informal grievance at your school. You can also contact the **Support, Advocacy Resource Center** if you need more assistance.

Remember, You Deserve Respect!