



## **SEXUAL HARASSMENT**

**Sexual harassment is unwelcome conduct of a sexual nature. Sexual harassment can include unwelcome sexual advances, requests for sexual favors, and other unwanted verbal, nonverbal, or physical conduct of a sexual nature.** While harassers may view their behavior as harmless or fun, their victims can feel hurt and humiliated. Harassing behavior, if ignored or not reported, is likely to continue and become worse, rather than go away.

Sexual harassment can threaten a person's physical or emotional well-being, influence how well a person does in school or work, and make it difficult for a person to achieve his or her career goals. Moreover, sexual harassment is illegal.

### **Some examples of sexual conduct are:**

- sexual advances
- touching of a sexual nature
- graffiti of a sexual nature
- displaying or distributing of sexually explicit drawings, pictures and written materials
- sexual gestures
- sexual or "dirty" jokes
- pressure for sexual favors
- touching oneself sexually or talking about one's sexual activity in front of others
- spreading rumors about or rating other students as to sexual activity or performance.

### **Sexual harassment can make a person feel:**

- Embarrassed
- Confused
- Scared
- Intimidated
- Angry
- Degraded

### **What can you do if you are being sexually harassed?**

- Tell the person to stop, if you can
- Tell someone you trust about what's going on
- Learn about your school/work policy about sexual harassment; report it
- Call your local sexual assault center for support
- Don't give up until someone helps you stop the harassment!

### **How can I help a friend who's being harassed?**

- Believe your friend
- Take your friend's concerns seriously
- Reassure your friend that it is not their fault
- Help your friend find someone who will help

**HARBORVIEW CENTER FOR SEXUAL ASSAULT  
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