



Ways to Take Action Against Harassment

Since the statistics show that you're likely to be harassed at some point, here is some hands-on advice that will help make it clear to harassers they should stay hands off!

- **Recognize that you have** the right to do something about the offensive behavior.
- **Don't ignore the situation.** By keeping quiet about what you're experiencing, you may be conveying that the behavior is somehow acceptable.
- **Don't blame yourself for the behavior of others.** If the harassment continues, talk to a parent, a counselor at school, a teacher or a close friend. Don't feel you have to face the situation on your own.
- **State very clearly that you don't like, want or appreciate his or her behavior.** One out of five situations involve a perpetrator who is a "powerful" other; a teacher, coach, or employer; but most situations will be with your peers.
- **Try to have witnesses when you confront the individual.** If the behavior persists, go to a counselor or tell the principal what is happening. Most likely the perpetrator will be called on his behavior.
- **Get it in writing.** Write a report detailing exactly what is taking place. By chronicling what's been happening, you will have a running history of the harassment. you may even want to mail a dated copy of the report. Keep it sealed, it and serve to support your story later should the behavior continue.
- **If you feel that the people you turn to are unable to help you with the situation,** consider contacting a therapist, a support group, a lawyer, the State Department of Education.

Communicating Assertively to Combat Sexual Harassment

- Say "yes" or "no" **FIRMLY**. Reinforce the message with head movements.
- Have shoulders back, head up, feel planted solidly. Say what you feel in the a nice, but firm way.
- Look the other person in the eyes.
- Repeat "yes" or "no" as often as necessary.
- Be direct; don't hint around.
- Avoid complex excuses or apologies.
- Develop a reputation for meaning what you say.
- Don't attack or put people down (=aggressiveness.)
- Turn internet/phone harassers in to the proper authorities.