



What is Sexual Harassment?

Sexual harassment is unwelcome sexual advances, requests, or verbal/physical conduct of sexual nature. It often results from the behavior of someone who has obvious power over you. This person might be an employer, supervisor, coach, “trusted” adult or even a relative. Sexual harassment is an abuse of power.

How Can You Recognize Sexual Harassment?

1. Verbal	• Comments about your body, parts of your body, clothing or sexual activity • Jokes, remarks or teasing • Requests or demands for sexual favors
These verbal comments, jokes, request, etc. can be given to you face to face, in a written note/care, on the internet, or on your cell phone.	
2. Non-verbal	Insulting sounds, leering or staring at your body; obscene gestures
3. Physical	• Touching, pinching, groping • Frequent brushing up against your body • Sexual activity, including sexual intercourse

Types of Sexual Harassment

MILD	MODERATE	SEVERE
Whistling/catcalls/gestures	Sexual insults/teasing	Waiting or following to and from school/your job
Dirty jokes	Suggestive comments/vulgar comments	Threatening calls/letters/phone messages
Deliberate bumping or leaning	Spreading false sexual rumors	Grabbing/touching/shoving/groping
Blocking your path	Dirty notes/letters/pictures	Exposure/cornering
Staring	Inappropriate touching/grabbing/clothing	Sending/leaving pornographic material
Comments about your body	Poking or teasing about sexual orientation	Demanding details of your personal life
Sexual phone calls	Personalized graffiti	Threatening sexual activity
Sexual graffiti	Lewd gestures	Gang or group threats
Sexual gossip		
Mild pressure to date		

NOTE: Sexual harassment can be done face to face or via notes, internet, or phone.