

MY BODY

EVERY DAY
AND
EVERY WHERE!

SAFETY AND RESPECT FOR
GIRLS AND WOMEN

WHAT DOES SEXUAL HARASSMENT LOOK LIKE?

Classifying behaviors as forms of sexual harassment can sometimes be confusing, it is important to consider the following:

- Sexual harassment can be in verbal, non-verbal, and physical forms.
- All sexual behavior that is unwelcome by the recipient is sexual harassment.
- Fear causes girls and women to remain silent, passive, and compliant, this does not mean they like or want the sexual advances.
- In instances of sexual harassment, the perpetrator is misusing their power and it does not make the recipient "feel good."

1. STREET HARASSMENT

A perpetrator is not "complimenting" a girl or woman if:

- the behavior is sexual in nature and it embarrass, scare, or makes the individual feel uncomfortable
- they would not behave the same way toward a family member

Example 1: Saying "I like the colors of your blouse" in a genuine and nice manner is a compliment.

Example 2: Saying "I like the way your blouse makes your breasts look, you should come over to my place" is sexual harassment.

2. SEXUAL HARASSMENT IN SCHOOLS/ WORKPLACE

The experience of sexual harassment in educational and work environments can be direct.

Example 1: A peer or teacher groping a student.

Example 2: A coworker does not respect that a woman has said "no" in response to requests for a date, and they continue to ask. (An individual should assume that when a woman says no the first time, she means it).

The experience of sexual harassment in educational and work environments can be indirect, when the offensive behavior was not intended to be directed at the person who feels harassed.

Example 3: A girl student notices how a teacher sexually stares at another girl peer, and it makes her feel uncomfortable.

Example 4: A male employee makes a sexually oriented joke to a group of people in the workplace, but the sexual joke makes a female employee uncomfortable.

3. REQUEST FOR SEXUAL FAVORS

Those in power can make sexual requests that involve physical contact or other favors, in exchange for something desired or needed.

Example 1: An employer offers a woman a raise in exchange for sex, sexual contact, or a nude picture.

Threats of negative consequences for noncompliance.

Example 2: A woman complies with her employer's sexual requests, fearing that she may lose her job if she does not.

Sexual favors required for a needed service.

Example 3: A police officer refusing to assist a woman in distress or danger, if she does not comply with his sexual advance.

FURTHER EXAMPLES OF SEXUAL HARASSMENT:

Verbal:

- Using words like "honey" "babe" and "princess"
- Whistling, kissing sounds, catcalling
- Any sexual comments about someone's body
- Bringing up sexual topics for discussion
- Sexual jokes and stories
- Asking sexual questions
- A coworker spreading rumors about a woman's sex life.
- Asking for sexual favors

Non- Verbal:

- Insistent staring
- Following a person
- Giving unwanted gifts
- Sending sexually suggestive notes, emails, texts
- Showing/displaying sexually suggestive images and videos
- Making sexual gestures with body movements
- Facial expressions like throwing kisses, winking, licking lips

Physical:

- Giving a massage
- Touching, groping, patting, pinching a person's body or clothing
- Rubbing oneself sexually around another person
- Brushing against or rubbing one's body on another person
- A handshake with scratching of the palm by another person

HOW CAN YOU HELP CREATE SAFETY AND RESPECT FOR GIRLS AND WOMEN?

- Don't participate in sexual harassment in any of its forms.
- Use your voice to bring awareness of sexual harassment and educate others.
- Stand up against perpetrators (strangers, friends, or family), and explain that their behavior is inappropriate and wrong.
- Trust girls and women who report sexual harassment, and be an ally.
- Check in with how the person being harassed is feeling and offer support.
- Encourage/implement trainings of sexual harassment, within schools and work settings.
- Believe in the importance of holding perpetrators accountable, and do what you can to bring action.



Building Momentum Raising Activism

Raising Voices