



## If someone else is being harassed

If your friend or someone you know is a victim of harassment, you can help them in important ways. Be a good listener. Remind your friend that the harassment is not their fault. Tell your friend how important it is to report the problem and get help. Help your friend to write down everything that happened.

This information is provided Education Northwest. We help schools and their communities incorporate educational equity into policies, procedures, and classroom practices to ensure that all students receive what they need to succeed academically.

For more information or to request assistance, go to:  
<http://educationnorthwest.org/equity>

## What Students Should Know and Do About Making Schools Free From Bullying and Harassment

**Every student has the right to be safe and to be treated with respect.** Your school should have a policy that will tell you what to do if you are bullied or harassed. The following information explains what you should know and do to stop harassment.



### What is harassment?

**Harassment** is unwanted behavior directed at anyone because of their race, color, sex, disability, or national origin that makes it hard to learn or do activities at your school. It can be blatant or subtle, happen once or many times. It can happen between students, between adults, or between an adult and a student. It may happen directly between two people, indirectly through gossip, or electronically.

*If you know that harassment is happening to you or anyone else, you should always report it.*

**Sexual harassment** is unwanted behavior from students or adults that causes you to feel uncomfortable or upset. The unwelcome behavior may be verbal, nonverbal, or physical. Sexual harassment is against the law. *You should always report it.*

### Examples of harassment

- Calling names, insults, rude comments, or jokes
- Writing hurtful graffiti, drawing pictures, or circulating written material
- Ignoring or leaving someone out of school activities or events
- Scaring or intimidating someone by standing too close, gesturing, staring, or projecting mean looks
- Threatening, hitting, or hurting someone
- Any interest an adult shows in you that is sexual
- Verbal comments, touching, or gestures
- Jokes or comments about how you dress or look
- Showing you pictures or notes that are sexual in nature
- Threatening or intimidating you to engage in sexual behaviors

### What should I do?

**Remember that harassment is not your fault and you are not alone.**

**If you think you are being sexually harassed, do the following:**

Do not blame yourself! Harassment is wrong and not your fault.

Tell an adult staff or your parent or enlist a friend to help you.

Write down who did it, when, and what happened.



### When you must tell someone

**There are certain times when harassment is going on that you should immediately talk to an adult or someone else. Talk to someone if ...**

- the harasser tries to make you promise to keep the harassment a secret.
- the harasser is an adult.
- the harassment happens only when you are alone with that person.
- you are being physically threatened or hurt.