

## When “No” Doesn’t Work

Sometimes saying “no” will not stop a sexual assault. Listed below are several ways you can react to a sexual violence situation. Thinking about what you would do before an assault ever happens can be your best self-defense strategy.

**Act immediately.** *Yell loudly. If in school, report it to the closest staff member.* Trust your intuition and get away, if possible. Don’t give in to a person’s sexual demands in the hope that you can divert him/her later on.

**Stay calm.** Try to think clearly about all your options. Your brain is your best weapon.

**Talk.** You may be able to discourage the attacker by talking. Persuade him/her not to commit the assault by making him/her see you as a person.

**Resist.** If you are not afraid to hurt someone, hit and kick hard—this gives you the opportunity to escape. Keep in mind that fighting back may anger the attacker and cause him/her to attack more brutally. Self-defense training can make you more confident and improve your physical strength. But it takes continuous practice, and it is not a substitute for common sense and awareness.

**Giving In.** Sometimes it is more dangerous to fight back. You may decide it is safer to give in. It is still not your fault.

**All complaints that are reported  
will be investigated.**

**To report an attack  
in the community,  
call your local police.**

**If you are at school, tell your  
teacher, administrator, counselor  
or school resource officer.**

**At home, talk with  
your parents.**

**Frederick County Sheriff’s Department  
301-600-1046**

**Frederick City Police Department  
301-600-2100**

**FCPS Supervisor of Behavioral Health and  
Student Services  
301-644-5220**

**Heartly House  
(domestic violence and rape crisis counseling  
center)  
301-662-8800**

**ChildAdvocacy Center  
301-600-1752**



Frederick County Public Schools

Information courtesy of the  
Pennsylvania Coalition Against Rape



## Sexual Assault and Harassment

**Awareness  
Intervention  
Prevention**

**Frederick County Public Schools  
Frederick, Maryland**

## What is Sexual Harassment?

Sexual harassment is a form of discrimination. It consists of unwelcome and unsolicited sexual advances, requests for sexual favors, sexually motivated physical conduct and communication of a sexual nature.

In school, sexual harassment can cause a student to believe that he or she must submit to unwelcome sexual advances in order to be accepted by peers, gain entrance to a certain group or get ahead in class. Sometimes, the unwelcome sexual pressure is so severe, persistent or pervasive that it affects a student's ability to participate in or benefit from an educational program or activity. It can create an intimidating, threatening or abusive educational environment.

### Sexual harassment includes but is not limited to:

- Graffiti of a sexual nature.
- Sexual gestures.
- Sexual or dirty jokes.
- 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.
- Implied or overt promises of preferential treatment in return for sexual favors.
- Making fun of another person's perceived or actual sexual orientation or gender identity.

### Sexual assault includes but is not limited to:

- Forced kissing or hugging.
- Touching, patting, grabbing, or pinching another person's intimate body parts, whether that person is of the same sex or the opposite sex.
- Forcing or attempting to force sexual intercourse or a sexual act on another.
- Unwelcome, sexually motivated or inappropriate patting, pinching or physical contact.

## Reduce Your Risk of Being Sexually Harassed or Assaulted at School or in the Community

**Trust your gut.** If you don't feel comfortable in a situation, leave.

**Be in charge of your own life.** Don't put yourself in a situation where you have to rely on other people to take care of you. When on a date, don't feel you "owe" that person anything.

**Be cautious about inviting someone into your home or going to someone else's home.** Three out of five sexual assaults occur in the victim's home or the home of someone you know.

**Do not mix important decisions with drugs and alcohol.** Your ability to make smart decisions is hampered when you are high or drunk.

**When going out with someone new, don't feel you have to go alone.** Go on a group date or meet in a public place.

**Be aware of "date rape" drugs.** Don't accept beverages from open containers, and don't leave your drink unattended.

**Walk near the curb.** Avoid passing close to shrubbery, dark doorways or other places of concealment in your school or neighborhood.

**Avoid falling for lines such as "If you loved me, you'd ..."** If your partner loved you, he/she would respect your feelings and honor your wishes.

**Stay in well-lit areas.** If you notice an area without adequate lighting, notify the person in charge of the building.

### Avoid individuals who:

- don't listen to you
- ignore personal space boundaries
- make you feel guilty or accuse you of being "uptight" for resisting sexual advances
- express sexist attitudes and tell sexist jokes
- act jealous or possessive

**Communicate.** Think about your beliefs and values when you begin to develop a special friendship. Clearly communicate your expectations and standards for the relationship. Do not send mixed messages, and do not accept mixed messages from others.

**Be assertive.** Respect yourself enough not to do anything you don't want to do. Your opinions matter, and when you say "no" your date should stop.

**Never give out identifying information to anyone you meet online.**

**Sexual assault is never your fault.**