

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 Dept.
301-600-2100**

**FCPS Supervisor of Counseling
301-644-5224**

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

This brochure is distributed annually at grades 6 and 9 and is found at www.fcps.org. Please retain for future reference.



Sexual Assault and Harassment

Awareness Intervention Prevention

Frederick County Public Schools
Frederick, Maryland



Information courtesy of the
Pennsylvania Coalition Against Rape

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.