



Handout X-1: Student Objectives & Agenda

Lesson X: Sexual Intimidation



Student Objectives:

By the end of this lesson, students should be able to:

1. Recognize the signs of abuse within a relationship and know what to do about it.
 2. Understand the gray areas of social blunders and factors to consider in this regard.
 3. Understand about abusive and illegal behaviors and know how to protect themselves and others.
 4. Discuss dangers related to the Internet in terms of the topic of this course and ways to protect themselves against these.
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Agenda (a 10-minute break will be included):

- ___ Discussion of abusive behavior within a relationship and analysis of video examples
- ___ Outline of stages of social behavior and social mistakes
- ___ Discussion of video clip or scenario about harassment
- ___ Overview of other illegal sexual behaviors and how to avoid them
- ___ Outline of specific examples of cyber dangers – discussion of assignment and video clips
- ___ Outline of this lesson’s assignment
- ___ File handouts in binder

Available break activities today are:



Handout X-10: Assignment

Next time, we will have a quiz on all the things we have learned in class. Before then, study the material in your binder to prepare for the next lesson, which will involve the following:

- A 20-item quiz that you must complete without using your binder. This quiz lists statements about sexual health and relationships (a true-false quiz).
- A two-page activity where you have to use the resources in your binder to find information (you will be given questions/topics) about specific topics that we have covered in class.
- An anonymous evaluation of the whole course that you fill in to provide feedback.
- A short meeting with the instructor where you will read through the final report that the instructor has written about your progress. At this meeting, you can also ask questions and receive feedback.



Handout X-2: Warning Signs That Someone May Become Abusive Within a Relationship

- He/she attempts to cut the person off from friends and family, including stopping the person from calling them or meeting them, or from attending events when they are present.
- He/she attempts to control lots of tiny details about the other person's actions and appearance, such as what he/she wears or eats.
- When he/she does something inappropriate/incorrect, the person is quick to criticize the partner rather than apologizing him/herself.
- He/she handles stress badly; the other person often feels like he/she is "walking on eggshells" (having to be very careful about everything said or done to avoid reactions) as he/she never knows what will make the person angry.

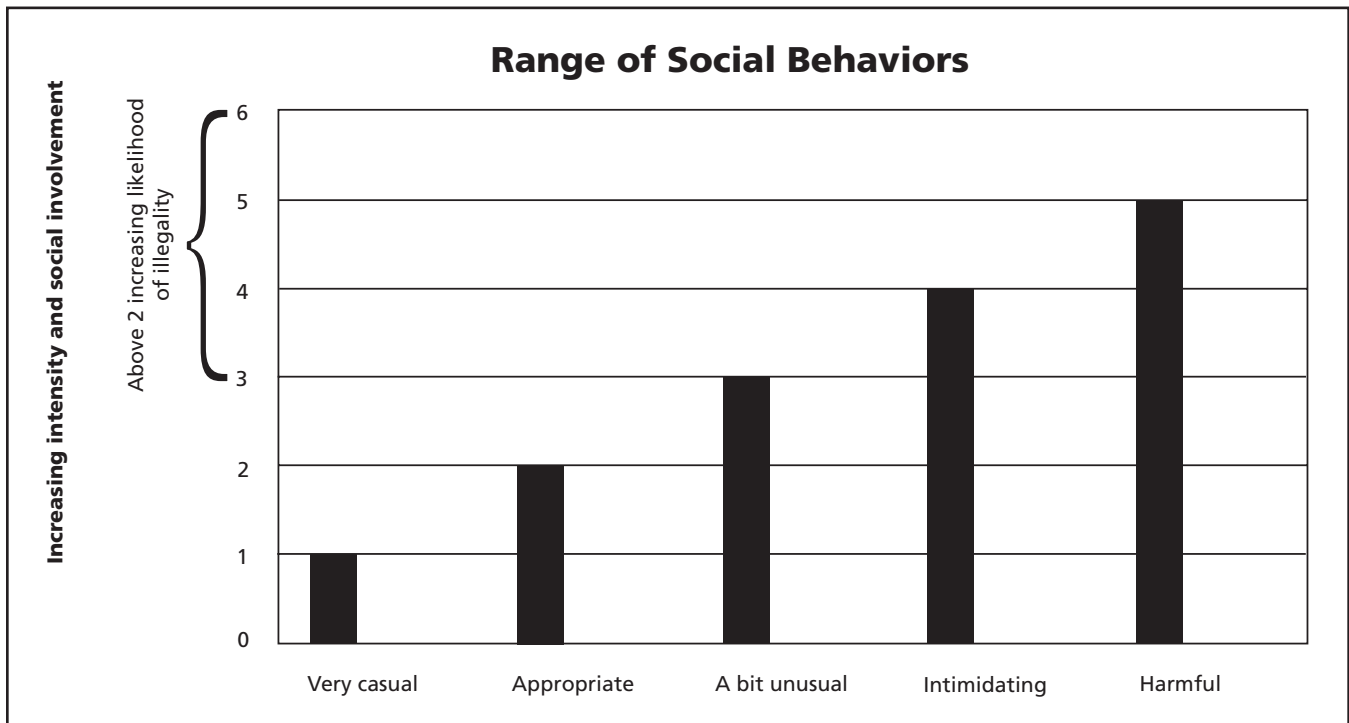
What Should You Do If You Notice Any of These Signs Within Your Relationships?

- Talk to someone you trust (e.g., parent, counselor, teacher) and ask their advice.
- Seek professional help in your community as soon as possible (e.g., abuse hotlines, college counseling services, community mental health center) as these signs usually progress to:
 - Verbal abuse (e.g., name calling, excessive criticism)
 - Physical abuse (e.g., pushing, hitting, punching)
 - Sexual abuse (forcing someone to participate in any kind of sexual act)
- If you don't know who to contact in your area, go to the International Directory of Domestic Violence Agencies website at www.hotpeachpages.net



Handout X-3: Think About the Stages of Your Behaviors

(Adapted from Buron, 2007)



Very casual = Informal social behaviors that most people find harmless, such as saying “Hi” to someone in the hallway as you pass them.

Appropriate = Behavior that fits the relationship you have developed with the person, such as going to a movie together, meeting for a coffee, or more intimate (e.g., kissing) behaviors for more serious relationships.

A bit unusual = Things that make other people anxious or uncomfortable but that usually aren’t against the law. However, they can result in people avoiding you or you getting fired from a job. These could be behaviors that would make anyone feel uncomfortable (e.g., following them closely around a mall) or behaviors that are too intense for the relationship that you have with that person (e.g., sitting too close to a person or calling someone you have only ever said “Hi” to before five times in one evening).

Intimidating = Things that make most people worried or scared. These are sometimes against the law and usually cause you to get suspended or fired from a job. For example, staring at people, shouting, cursing.

Harmful = Behaviors that are against the law such as hitting people, touching them in a private place when they don’t want to be touched, stalking them (repeatedly contacting by phoning, emailing, texting, talking to), following or threatening a person that you don’t have (or no longer have) a relationship with, or threatening to do these things.



Handout X-4: Things That Can Make Behaviors Move up or Down the Range

- Age – behaviors that are acceptable in young children often appear “odd” or inappropriate in teens or adults.
- Context – who you are with, cultural differences. Things that are O.K. in one setting or culture may not be seen as appropriate in a different setting/culture.
- Other people’s perspectives.
- Whether or not you attempt to repair any social boundary blunders you make.
 - Be observant; watch the other person (or people) for signs that there is some kind of social problem. For example, the person begins to look embarrassed, irritated, scared, confused, annoyed, or moves away from you or avoids looking at you. Or if you ask a person out many times and he/she is never able to come. Be aware that if you were to persist in flirting or asking the person out when he/she wasn’t interested, your behavior could be considered harassment.
 - If you are not sure what the problem is, immediately ask the other person(s) if you did or said something wrong. If you only realize there was a problem some time later, you can ask this the next time you see them.
 - If the person says that you did something wrong, apologize in a casual way. For example, “Oh, I’m sorry. I sometimes speak before I think of the implications of what I’m saying.”
 - If you are still confused about what happened, talk to a trusted person (e.g., a parent or therapist) about exactly what happened and ask if they have any ideas of what the problem might be.



Handout X-5: Sexual Harassment

What Is Sexual Harassment?

- The abuse of power for sexual ends and/or the creation of a hostile environment
- It is illegal in the workplace (Civil Rights Act, 1964)
- Examples include unwanted words or actions of a sexual nature, such as
 - Verbally taunting (this can also happen on the Internet or via text messaging as a form of cyber bullying)
 - Exerting subtle pressure for sexual activity
 - Making remarks about a person's clothing, body, or sexual activities
 - Leering or ogling a person's body
 - Showing or sending photos, pictures, cartoons, audio, or video with sexual content to someone who doesn't want to look at them or receive them
 - Unwelcome touching, patting, or pinching
 - Brushing against another person's body
 - Demands for sexual favors accompanied by implied or overt threats concerning one's job or student status
 - Physically assaulting someone

Why Is This an Important Social Issue?

Many studies have found that sexual harassment causes mental and emotional stress, productivity loss (sick leave), and job turnover. Examples of studies (Strong et al., 2005):

- Study of 8th-11th graders – 83% of girls and 79% of boys reported some type of sexual harassment in school. (Most were from peers; e.g., comments, jokes, being grabbed.) When boys behave in these ways towards girls, it leads the girls to become less capable of resisting and being controlled through intimidation and humiliation.
- Studies show 25-50% of all college students experience harassment from peers, faculty (12-15%), or administrators. Many students view this behavior as unethical rather than harassment. Colleges generally prohibit sexual relationships between students and professors, as this can never be a consensual relationship due to the professor's considerable power over the student.
- Study of workplace harassment found that in federal offices 44% of women and 19% of men had experienced sexual harassment.



Handout X-6: Harassment Action

What to Do If You Think You Are Being Harassed

- Tell the person to stop so that he/she knows the behavior is unwanted.
- Tell a trusted person (e.g., a parent, therapist) and ask for advice.
- Make a note (by writing down the date, time, who was there, and exactly what happened) of where and when the harassment happened (in case you ever need to prove it).
- If the behavior does not stop, you can go to the police department and file charges. You will need to report the facts calmly and answer their questions.

What to Do If Someone Tells You That You Are Harassing Someone

- Stop the behavior. (If you are not sure what the behavior is, ask the person to clarify.)
- Apologize and explain that you didn't realize that your behavior upset others.
- If the person who felt harassed requests it, stay away from him/her.

What to Do If You Think You Have Seen Someone Else Harassing Someone

- Stay calm. Tell the victim that it looks like the other person was behaving inappropriately and ask him/her if that was the case from his/her perspective.
- Talk to a trusted person (e.g., a parent or therapist) about what the best next step is.
- If either of the above does not work, and if you think the behavior is still a problem, you can report it to a teacher/supervisor or the police.



Handout X-7: Which Sexual Behaviors Are Illegal?

Offense	Most Common Definition
Indecent exposure	Public acts of nudity (regardless of whether the person intended other people to see him/her).
Rape	Forcing someone into a sexual act against their will with physical force or some kind of strong coercion. Includes pressuring a partner to have sex until he/she finally gives in.
Statutory rape	A legal adult (person over the age of consent) engaging in sexual activity with a minor or person below the age of consent (most commonly the age of consent is between 16 and 18). This is illegal whether or not the child is engaging in the act (e.g., exposing a child to pornographic videos).
Solicitation	Offering some form of sex (includes pictures and Internet activity) in exchange for something else (such as money, a promotion, etc.). Includes prostitution. Some countries have made some restricted forms of prostitution legal as have some counties in the state of Nevada.

Note. This handout gives the most common offenses and definitions, but these vary from state to state and country to country. Make sure you know the facts that relate to your locality.



Handout X-8: How Can I Reduce My Risk of Being a Victim of a Sexual Crime?

- Only go to a public place on a first date.
- Share expenses when dating (some people may expect sex in exchange for dinner).
- Avoid drugs or alcohol (more common in date rape).
- Avoid ambiguous communication – make sure your verbal and nonverbal messages match. If you are unsure of your partner’s feelings, ask.
- Only give out your phone number and address to someone who needs it for business reasons (e.g., to mail you something) or someone who you already know who needs it for social reasons (e.g., a colleague who offers to give you a ride to a social event). Initially, when you are getting to know someone, it is safer to give them only your cell phone number because home phone numbers can be used to look up your address.
- Check who is at your door before you open it. If you are at all suspicious, don’t open it. For example, if someone says you have to sign for a delivery but you haven’t ordered anything and/or the person is there late at night (most deliveries arrive during the day).
- Check the back of your car before you get in the car.
- Avoid dark, isolated areas; carry a whistle and cell phone.
- If someone approaches you and seems threatening, turn and run to a public place where other people are likely to be around, such as a restaurant.
- Take self-defense training.



Handout X-9: How to Avoid Cyber Dangers

- Don't share ANY personal information on the Internet (or post it on a blog, Facebook, My Page, Twitter). Even if you say what music you like or dislike, you are giving predators information that they can use to pretend to be someone you will like.
- If you chat with people on the Internet, remember they are strangers. Don't share any information that you wouldn't feel comfortable telling a stranger on the street.
- If you become suspicious about someone on the Internet (or if they begin to ask questions that are too personal), break off all contact with them. You can block their messages on email, phones, and sites like Facebook.
- Never meet face-to-face with someone from the Internet without it being in a very public place and have other people with you.
- Keep in mind the warning signs that someone is attempting to lure you in:
 - Asking for help (like telling you a sad story about their life and then asking you to send money)
 - Offering you a job or a modeling opportunity
 - Blackmailing you
 - Offering you gifts
 - Doing things for you that would usually be expected from people who are your close friends or family, such as telling you how great you are, telling you they love you, telling you how important you are, or telling you that you are the only person they can confide in
 - Giving you small amounts of information about themselves or an activity so that they make you curious to find out more
 - Posing as someone your age (this can be very difficult to know as the person might give lots of false details that make it seem as though he/she is your age)
 - Asking you to take off your clothes or send naked pictures
- Don't download images (computer or phone) from unknown sources; they could be sexually explicit.

- Don't download (or send) any images from websites that also have images involving children – you may be able to tell this from the titles of the websites or the images. This is child pornography, and these sites are closely monitored by the FBI. "Sexting" (texting nude pictures or explicit messages) is illegal if the pictures depict a minor or are sent to a minor.
- If you are unsure about someone who has contacted you on the Internet, talk to a trusted person (e.g., a therapist or family member) about it and ask their opinion.

If you would like more information on this topic or any of the topics we have covered during this lesson, some resources are:

- International Directory of Domestic Violence Agencies (www.hotpeachpages.net) – has links to agencies all over the world that can provide suggestions of ways to protect yourself as well as support plans.
- The Safer Society Foundation, Inc. (www.saferociety.org) – has resources for prevention and treatment of sexual abuse.
- Teen Health FX (www.teenhealthfx.com) – has information about what to do about cyber bullying (being bullied online).
- Cybertipline (www.cybertipline.com) – website where you can report child sexual exploitation and also find out facts about things like child pornography.
- Netiquette (www.albion.com/netiquette) – website where you can find rules about the dos and don'ts of online communication.
- Ehow (www.ehow.com) – has many articles about relationships, including one called "How to Spot an Abuser on a First Date" by an ehow Contributing Writer (n.d.) (http://www.ehow.com/how_2317326_spot-abuser-first-date.html).