



# Parent Lesson + Resource Guide: *What is Sexual Harassment?* (Start Strong Online)



This guide is intended to support parents in navigating conversations about consent and boundaries with their teens during the pandemic and beyond. Parents are encouraged to use this guide with our Start Strong video lesson, "What is Sexual Harassment?." The lesson is intended to provide information and skills to recognize the difference between flirting and sexual harassment, be aware of others' boundaries, and engage in healthy communication.

## Lesson Review

[Click here for  
video lesson](#)



### What is Sexual Harassment?

**The definition of sexual harassment is:**

Unwanted  
Sexual  
Attention

**Sexual harassment can look a lot of different ways, but often fits into one of two categories:**

1. **Sexual Advances:** Something that a person does to let someone know that they like them or are attracted to them.
2. **Sexual Bullying:** Something that involves putting someone down for their body or appearance, who they like or are attracted to, or their gender for the purpose of making them feel bad.



## Lesson Review Continued

### What is Sexual Harassment?

**Sexual harassment takes place in four different forms:**

1. Physical: Using touch
2. Verbal: Using words
3. Cyber: Using phones or internet
4. Nonverbal: Without touch, words, or internet

**Some behaviors, like kissing, can be either flirting OR sexual harassment.**

It is important to remember that the big difference is wanted vs. unwanted. You can tell if someone wants the attention by their nonverbal cues, such as:

- Body language
- Tone
- Facial expressions

**These are our 3 rules for successful flirting:**

1. Start Slow: If you like someone, it's worth getting to know them a little before you rush into the sexual stuff. "Flirting" can start out as building a friendship.
2. Pay Attention: Watch their body language for clues about how they're feeling. When you are giving sexual attention, it is your job to watch for the other person's signs.
3. Don't Be Creepy: To avoid making someone uncomfortable, follow the golden rule (treat others how you like to be treated) and try to put yourself in that person's shoes.



## Lesson Review Continued

### How to get help:

At the end of the day, no one deserves to be sexually harassed. There are plenty of people who are in positions to help you if you, your family members, or your friends ever needed to talk about sexual harassment you've experienced or seen happen. You can talk to your parents, you can talk to your school staff, or you can talk to us. Feel free to use the numbers provided in this guide to get support.

## Additional Resources for Parents + Caregivers

### OCRCC 24/7 Helplines

Phone Helpline: (919) 967-7273

Text Helpline: (919) 504-5211

Online Chat Helpline: Click the button at the bottom of our website at [ocrcc.org](http://ocrcc.org)

To continue the conversation on sexual harassment, try some of these [conversation starters](#).

For more information specific to healthy online communication during COVID-19, view this 10-minute video entitled "[Youth and Online Relationships in the Time of COVID-19](#)".

## CONTACT OCRCC



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[www.ocrcc.org](http://www.ocrcc.org)



## What to Do if a Teen Discloses

If a young person discloses that they have experienced some form of sexual violence, abuse or bullying, online or in person, follow these steps to support them and help keep them safe:

1

Young people need to be supported and encouraged by your listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how you're feeling?"

2

Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to help you and keep you safe."

3

Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support. Our 24-Hour Phone Helpline is (919) 967-7273 or you can text us at (919) 504-5211.

4

Get help from people trained to support young people who have experienced sexual violence (school counselor, social worker, therapist). Respect their privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while they seek to reestablish a sense of control over their life.

6

Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like support around talking to children in your life about consent and sexual violence, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.