

Caregiver Lesson + Resource Guide: Preventing Sexual Bullying

5th Grade

Caregivers are encouraged to use this guide with the accompanying Safe Touch Online video series, "Flirting Not Hurting: What is Sexual Bullying?" The lesson is intended to provide information and skills to recognize the difference between flirting and sexual bullying, be aware of others' boundaries, and engage in healthy communication.

[Click here for
video lesson](#)



Lesson Review

What is Sexual Bullying?

Sexual Bullying is any UNWANTED SEXUAL ATTENTION based on someone's gender, what they look like or who they like. Examples include:

- Making mean comments about someone's body or clothes
- Using sexual orientation as an insult
- Posting or texting unwanted sexual comments or jokes
- Spreading sexual rumors about someone
- Touching someone when it is unwanted
- Sexual Bullying can be a repeated behavior - not listening after someone tells you to stop



Flirting vs Sexual Bullying

- Flirting
 - Feels good for both people
 - Makes you happy and sometimes nervous in an excited way
 - Wanted for both people
- Sexual Bullying
 - Makes you uncomfortable and sometimes nervous in a scared way
 - Unwanted

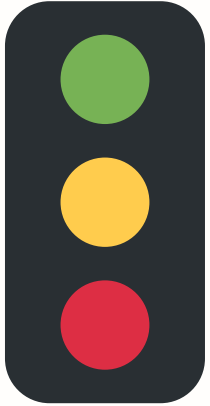


How can you tell if it's flirting or sexual bullying?

The best way to know if people like the attention you are giving them is to ASK them. Follow the light system:

GREEN LIGHT - GO

When the person responds to your attention in a happy or excited way, or says directly they like what you're saying or doing, it's flirting



YELLOW LIGHT - SLOW

Pay attention to body language, and how that person is responding. It might give you clues about how the person feels about the attention you are giving them. Slow down and make sure they're comfortable before you continue.

RED LIGHT - STOP

Listen to what people say. If they tell you they don't like or want the attention you're giving them, you need to stop. That's sexual bullying.

What if bullying happens to you?



- Follow the safety saying: Say No, Get Away, and Tell Someone
- Keep a record of the things that happened. Report them to an adult you trust.
- Get support from friends, family, teachers, or other trusted adults.
- Remember that it is not your fault! Nobody deserves to be sexually bullied.
 - Sexual bullying can happen once or many times.
 - Sexual bullying can happen to and be committed by people of any age or gender.
 - Look at your own behaviors, comments, and beliefs. If your behaviors or comments make others feel uncomfortable, change them! We all make mistakes, so make sure you respect when someone tells you to stop.

Be An Active Bystander

It can be hard to stand up to someone who's bullying, especially when that person is your friend. Nobody deserves to be bullied. You have the power to help!

Offer Support

- Get them away from the bullying
- Ask them if they're okay and remind them that it's not their fault
- Include them in whatever you're doing (invite them to eat lunch with you. hang out with your friends, etc.)
- Offer to go with them to tell an adult



Take Action

- Ask the person who is bullying to stop
- Say "that's not funny" or "that's not okay"
- Create a distraction or change the subject

Get Help

- Talk to friends about a solution
- Tell a trusted adult you need their help





Additional Resources for Parents + Caregivers

- **OCRCC 24/7 Helplines**

- Phone Helpline: (919) 967-7273
- Text Helpline: (919) 967-7273
- Online Chat Helpline: Click the button at the top of our website at ocrcc.org

- **Common Sense Media**

- [Online Safety Guides](#)
- [Guías de seguridad en Internet](#)

- **Sex Positive Families**

- [Conversation Guides - Search By Topic](#)
- [Guías de conversación - Búsqueda por temas](#)

- **Amaze.org**

- [Resources for Healthy Sexuality Talks](#)



CONTACT OCRCC



Office: (919) 968-4647



1229 East Franklin St.
Chapel Hill, NC 27514



www.ocrcc.org



What to Do if a Child Discloses

If a child discloses that they have experienced some form of 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 your 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 and Text Helpline is (919) 967-7273.

4

Get help from people trained to support children who have experienced abuse (school counselor, social worker, therapist). Respect a child's privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while children 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 body safety and sexual abuse, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.