Sexual Bullying

Safe Touch Review Guide for 5th Grade Caregivers

After receiving a Safe Touch lesson or having a talk about body safety, there are many ways to continue the conversation throughout the year. Below is a guide to help you reinforce the safety concepts your child has learned.

Sexual Bullying

What is the definition of sexual bullying?
Any <u>unwanted </u>sexual attention

What are some examples of flirting?

Could any of those examples be considered sexual bullying?
Anything could be considered sexual bullying if it crosses the unwanted line, where the person receiving the attention or behavior does not like it. When someone shows you or tells you that they are uncomfortable with the attention that you are giving them and they don't listen.

What are some examples of sexual bullying?
Teasing, sexual jokes, talking about someone's body or appearance, gossip/rumors, touching someone when they don't want it, forcing a kiss or hug, staring, invading personal space, whistling, inappropriate texts/messages/photos, calling someone names like 'gay.'

> (Note: This last example is very common and can be addressed in this way: Being gay means that someone is romantically interested in someone of their own gender. There is nothing wrong with the word 'gay,' but when it is used as an insult, then that is bullying. It is also hurtful to people who are gay because it insults who they are and that is not okay. When you say 'that's so gay' as an insult, that is sexual bullying.)

What is the difference between sexual bullying and flirting?
Flirting is when both people want the attention, and sexual bullying is when one person does NOT want the attention. Sexual bullying is when someone ignores the signs that someone doesn't like the attention they are giving and keeps going.

How can you tell if someone is flirting or if they are sexually bullying?
Body language, facial expression, they might stop engaging, etc.

What if someone doesn't say anything? Does that mean that they want the attention?
No. Maybe that person is too embarrassed or scared to say anything. <u>Silence does not mean 'okay.'</u>

Remember that sexual bullying is not your fault, and you did not ask for sexual attention. What could you do if you were being sexually bullied?
Speak up and tell them to stop if you feel safe. Ask a friend or family member to help you let that person know that you do not like it. Tell an adult that you trust.

What if that person doesn't believe you or doesn't help you?
Tell another adult, and keep telling until someone does believe and help you. You have a right to feel safe!

What could you do if you saw someone being sexually bullied?

*For more information, please contact us
At 919-968-4647 or visit* ocrcc.org/safetouch
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Tell an adult, ask the person if they are okay, tell the person who is bullying to stop, etc.

It can be scary sometimes to speak up against bullying, but it's worth it to make the school a safer place. And remember, if you don't feel safe saying something directly to the person who is bullying, you can always ask an adult you trust for help. Be an upstander!

Internet Safety Review from 4th Grade Lesson

Play it safe:

Remember that people online may not be who they say they are. Beware of people who want to keep "friendships" secret or who ask lots of personal questions.

Always keep personal information to yourself. What types of personal information do you think that we should not share with someone online?
> *Full name, school, parents' names, address, phone number, photos, passwords, etc.*

While it is possible to make friends on the web, it is better to play it safe. <u>Keep online friends online.</u> If someone you only know from online asks to meet in person, that is a sign to tell an adult you trust RIGHT away!

You don't have to respond to messages, comments, or posts that make you feel uncomfortable. What should you do if you receive a message or see something on the internet that makes you feel uncomfortable? *Screenshot or print out the messages or photos and tell an adult you trust.*

Follow the Safety Saying:

Just like in real life, we can use the safety saying if online interactions become uncomfortable.
> **Say no:** Online this means not responding to the people who are making you feel uncomfortable. It is safer not to engage in further discussion.
> **Get away:** Online this means logging out or leaving the website you are using.
> **Tell someone:** When something happens that makes you feel uncomfortable, tell a trusted adult. It will make you feel better and will help adults keep you safe.

Be Proud of What You Post:

What you post is public and permanent! Even if something feels private, like a chat or text, your posts can still be shared. If you post something, even if it's on a private account, if someone screenshots it then it is no longer private. If you post something and then delete it, if it was screenshotted, it's not really gone. What you say and post on the internet never really goes away for good. People can easily share, print, screenshot or report your posts and conversations. So before you ever even post something, you need to make sure it is something you are proud of.

A good question to ask yourself before posting or sending something is, would I want my teachers or parents to see this? Could posting this hurt someone?

Take Away
Nobody has the right to make you feel bad, uncomfortable, or unsafe about your body. They don't have the right to do it with touches, with words, or online. If they do, it is NOT your fault.