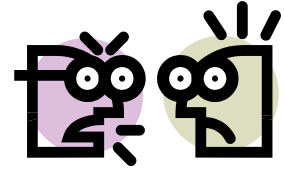


Harassment happens when:



- someone tries to do something to you without your permission
- someone asks you or requires you to do something that you don't want to do
- someone says or does things that makes you feel embarrassed, uncomfortable or afraid.

Harassment usually happens more than once. Even if you tell the person you don't like it, it doesn't stop.

WHAT TO DO IF IT HAPPENS TO YOU

TELL THE HARASSER TO STOP. Try to get up the courage to tell the person how you feel about what they are doing and that you expect them to stop doing that to you. You can do this in person or in writing.

TELL TRUSTED ADULTS. Talk to adults that you trust about what is happening and ask them to help you. You may want to tell your parent, another relative, the school counselor, or your teacher.

KEEP A DIARY. Write down what happened, what was said or done, the time, the date, who else was there or might have seen or heard what happened. Do this every time the harassment happens. Keep copies of any letters or notes, pictures, videos or telephone messages that have to do with the harassment.

FIND OUT IF IT IS HAPPENING TO ANYONE ELSE. Often harassers do the same things to more than one person. Talk to your friends and ask if anything similar is or has happened to them. Ask if they will tell what happened to help you get the harassment stopped.

KEEP TALKING ABOUT IT. If the harassment does not stop after you tell the person to stop and you try to get help from trusted adults, keep telling people you trust. Tell adults until you get the help you need.

HARASSMENT IS NOT YOUR FAULT. If someone is harassing you, you did not cause it and you can get help to stop it. No one deserves to be harassed!



www.blackburncenter.org
24 Hour Hotline 724-836-1122
Toll Free 1-888-832-2272

WE SAY NO TO HARASSMENT!

