Attention Parents and Caregivers:

Today your child participated in a body safety program presented by the Center for Prevention of Abuse. This school-based program focuses on the prevention and awareness of childhood sexual and physical abuse.

Erin’s Law: On January 24, 2013, former Governor Pat Quinn signed into law “Erin’s Law,” which requires all Illinois schools to provide age-appropriate child sexual abuse prevention education for students K–12th, annually. To find out more, go to www.erinslaw.org.

Helping all people live free from violence and abuse.

If you have any questions or concerns, please contact the Center for Prevention of Abuse at:

Main Line: 309.691.0551
24/7 Crisis Hotline: 1.800.559.SAFE (7233)
Website: www.centerforpreventionofabuse.org

According to the FBI:

- 81% of students reported having experienced some form of sexual harassment
- 44% of students said they were harassed in person
- 50% of students reported online harassment

Today’s lesson focused on sexual harassment and being respectful of others:

- What is sexual harassment? Sexual harassment is unwanted sexual pressure that one person inflicts upon another. This pressure can be verbal, physical, or in the form of demeaning photos or videos. It is one-sided, inappropriate, and makes the receiver feel uncomfortable and not in control. Sexual harassment is intended to make the receiver feel threatened. There are four kinds of sexual harassment:
  1. Physical – anything someone does to someone’s body or clothing in a sexual nature that makes the other person feel uncomfortable. For example, pulling up someone’s shirt or skirt, unwanted hugs, or physical contact. It can also include someone using their body to block or trap someone while harassing them.
  2. Verbal – inappropriate jokes or rumors of a sexual nature about another person. Comments or jokes made about private body parts. Using words to pressure someone into sexual activity.
  4. Gender – making fun of someone for having interests that seem uncharacteristic of their gender. For example, a boy who does ballet or a girl who plays football.

Tips for preventing sexual harassment:
1. Speak Up (for yourself and others)
2. Show kindness and empathy
3. Treat others the way they want to be treated

Please turn this page over to review with your child what they learned today.
How do we stay safe?

Four Body Safety Rules

1. Say “No”
   Say this in a strong, “this is important” voice

2. Get Away
   To a safe space where others can help

3. Tell Someone
   A safe, trusted adult

4. Be Believed
   Keep telling trusted adults until someone helps you

The Private Body Parts Rule

No one is allowed to look at or touch your private areas, unless they are helping you stay healthy and clean (like parents and the doctor). No one is allowed to ask YOU to look at or touch them in their private areas.

The Always Ask First Rule

Always ask a parent or person in charge first before going somewhere, doing something, or accepting something from someone.

Is It Just Girls?

No. Anyone can be sexually harassed, and anyone can be the harasser, regardless of gender identity.

It’s a Joke – What’s the Big Deal?

Navigating middle school is a social challenge. Students may feel like they need to “go along with” harassment or bullying to belong or to not be singled out. It is important to remember that everyone has the right to feel safe and comfortable at school. Even if they do not directly physically intervene to stop the harassment, there are ways to help:

- check in with the person being harassed, make sure they are okay
- do not join in spreading rumors, sexual jokes, or making fun of them
- if you see harassment happening, report to a trusted adult
- be respectful of others even though they may be different

Discuss ways in which you may have noticed or experienced sexual harassment:

- in social media
- in sports
- on gaming sites
- in music
- in movies or television shows
- at sporting or music events
- in literature