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.
Why Don’t People Report Harassment?

• According to the U.S. Equal Employment Opportunity Commission, 75–80% of the time, people try to ignore the behavior and think it will stop
• fear that people will not believe them if they tell someone
• fear that nothing will be done or that they will be blamed for inviting the harassment
• embarrassed by the situation
• afraid it will escalate
• being made to think that the harassment is “normal” or not that bad

Is it Flirting or Hurting?

Sexual harassment depends on how the person on the receiving end of attention feels. There are respectful ways to express ourselves if we like someone. We can start by being kind, direct, and listening for their response. Take action only after you hear and understand them.

<table>
<thead>
<tr>
<th>Flirting</th>
<th>Hurting</th>
</tr>
</thead>
<tbody>
<tr>
<td>flattering</td>
<td>demeaning</td>
</tr>
<tr>
<td>attention is wanted</td>
<td>attention is unwanted</td>
</tr>
<tr>
<td>both people are in control</td>
<td>one person is in control</td>
</tr>
<tr>
<td>equality</td>
<td>power-based</td>
</tr>
<tr>
<td>reciprocated</td>
<td>one-sided</td>
</tr>
<tr>
<td>both people feel good about it</td>
<td>makes people feel isolated, lonely, or unsafe</td>
</tr>
<tr>
<td>respectful of the other person’s boundaries</td>
<td>disrespectful/crosses other person’s boundaries</td>
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</tbody>
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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.