

Sexuality & Sexual Health:

Harassment and Bullying

Harassment is any form of repeated attention that is not wanted and affects your ability to do your schoolwork or to live your life peacefully.

Harassment can be **physical or verbal**.

It can occur in the form of **bullying or sexual harassment**.

Bullying is picking on people who are alone or who seem different in some way.

Forms of Bullying are:

Spreading rumors, excluding others, name calling, fighting, and threatening (verbal, text, and email threats).

Impact of harassment/bullying:

- Change in behavior (withdrawn/ill-tempered)
- Change in social life (not seeing friends or staying away from clubs)
- Feeling of anger, hurt and fear
- Eating disorder, depression, and low self-esteem
- Suicide