

The impact of sexual harassment

SCHOOL-RELATED EFFECTS

Absenteeism ▪ Withdrawal from school, clubs, or work ▪ Change in academic goals, academic majors, etc. ▪ Drop in overall school performance and engagement

PHYSIOLOGICAL REACTIONS

Headaches ▪ Gastrointestinal distress ▪ Sleep disturbances, nightmares ▪ Lethargy ▪ Dermatological reactions ▪ Weight Fluctuation ▪ Phobias ▪ Panic reactions

PSYCHOLOGICAL REACTIONS

Depression, anxiety, shock, denial ▪ Confusion, feelings of being powerless ▪ Anger, fear, frustration, irritability ▪ Shame, self-consciousness, low self-esteem ▪ Insecurity, embarrassment, feelings of betrayal ▪ Guilt, selfblame, isolation

It's important to talk to your child early and often about these types of behaviors. During their school years, 81% of all students have experienced unwanted sexual contact. Being sexually harassed can have devastating effects on a person's physical well-being, psychological health and education. Don't be afraid to talk to your child about sexual harassment, what it is and what it feels like when it happens.

Pay attention to when your child appears to be in distress or has any changes in behavior. Your child's school can help stop any bullying and provide additional resources and safety (Title IX) from the person who is sexually harassing your child.