

A toolkit for young people facing harassment

solace

1. Trust your judgement and name it for what it is



If something makes you feel uncomfortable, unsafe, embarrassed, or pressured, those feelings matter. You don't have to "prove" it's harassment by making it fit into any specific definition. Your feelings are enough - if something doesn't feel right, it isn't right.

Harassment can also, however, be a crime. The definition of harassment includes: unwanted comments about your body; sexual jokes, rumours, or pressure; unwanted touching; unwanted messages, images or videos of a sexual nature. It is never your fault: responsibility always lies with the person carrying out the harassment.

2. Set clear boundaries for yourself or friends if it feels safe to do so

Sometimes a firm, simple statement does the trick:

"Stop. That's not okay."
"Don't talk to me like that."
"Leave me alone."

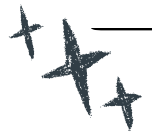


You don't owe anyone politeness when they're disrespecting you. Only say these things if you feel safe: remember, it's always ok just to walk away.

3. Talk to a trusted adult

Remember: it is not your fault.

You will not get 'in trouble'. Whether it's a parent or caregiver, teacher, coach or anyone else you feel safe talking to, you deserve support and reporting harassment helps protect you and others.



4. Save evidence if you can

If the harassment happens online or via your phone, don't delete messages, photos, or comments and take screenshots, as these can be used as evidence.

If the incident was verbal, write down what happened, when, and where. If anyone else saw what happened, ask if they feel comfortable reporting the incident with you. All of these steps can help adults take action.

Remember that no evidence collection should put your safety or wellbeing at risk: don't hesitate to block someone online, or avoid them in person.



5. Hang out with supportive friends and avoid being alone with the person, particularly in situations where it could happen again

Friends can help you leave uncomfortable situations, speak up with you or be witnesses.

