

SHUSH!

SPEAKING HONESTLY 2
UNDERSTAND SEXUAL
HARASSMENT
POCKET GUIDE

Jasmine  **House**

CONSENT

- The law says that 'consent' means 'free agreement.' So, if someone doesn't freely agree to sexual activity, they haven't consented.
- The Law also says that consent can be withdrawn at any time.

Examples of when there is no free agreement:

- When someone is under the influence of alcohol or any other substances (i.e. drugs)
- When someone is asleep or unconscious
- When someone agrees when they are unlawfully detained
- When someone agrees when there is violence or threats of violence
- When the person agrees because the other person is pretending to be someone else.
- When a person does not have the mental and/or physical capacity to consent.

Remember:

Sex without consent is Rape

AGE OF CONSENT

- The age of consent to any form of sexual activity is 16 for both men and women.
- There are specific laws in place to protect children under the age of 13 who cannot legally give their consent to any kind of sexual activity.
- A person under the age of 18 cannot consent to sex if it is with a person who has a duty of care or is in a position of authority or trust, such as a teacher, doctor or lecturer.
- If you repeatedly ask for consent and are refused, this can count as sexual harassment.

Sharing sexual images or Sexting:

When people talk about sexting, they usually mean sending and receiving:

- naked pictures or 'nudes'
- 'underwear shots'
- sexual or 'dirty pics'
- rude text messages, videos or live streams.

They can be sent to or from a friend, boyfriend, girlfriend or someone you've met online.

PEER PRESSURE

We all take notice of what our friends say to us. Sometimes our friends may think it's a good idea for you to take part in sexual activities.

Below is a list of how friends or people you know may do this.

- Girls may encourage you to wear make-up or revealing clothes to impress the boys.
 - Girls may encourage you to do drugs or drink alcohol to appear older.
- Girls may say they have been sexual with a boy and make you feel as if you must be sexual with a boy also.
 - Girls may think its cool to hang out with older boys at a party.
 - Girls may think they are mature and grown up if they partake in adult situations, such as sex and drinking.



Remember: You are in control of your own life and how you want to live it.

You do not have to follow the crowd and even though it may seem scary to say no to a friend, you are the only person who knows what is best for you.

- Boys may say you are gay if you don't want to have sex with someone.

- Boys may talk about girls in a sexual manner and encourage you to do the same.

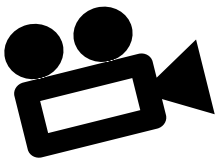
- Boys may feel too ashamed to ask about sex and may use pornography to learn what to do.

- Boys may share sexual images amongst friends and encourage you to send it on.

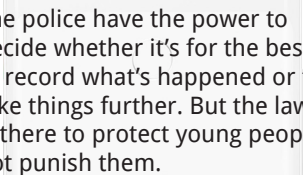
- Boys may assume a girl wants sex because of how she dresses.

IS SEXTING ILLEGAL?

When you're under 18 it's against the law for anyone to take or have a sexual photo of you – even if it's a selfie.



This means that if you pressure someone into taking a photo or you share a sexual photo with someone, you're breaking the law.

A light gray, rounded rectangular shape representing the back of a smartphone. At the top left, there is a circular camera lens with a blue and red reflection. To its right are two smaller circular sensors, one gold and one silver.

The police have the power to decide whether it's for the best to record what's happened or to take things further. But the law is there to protect young people, not punish them.

UNREALISTIC EXPECTATIONS FROM WATCHING PORNOGRAPHY:

Why young people access pornography:

- Curiosity.
- Pressure from friends to watch it.
- A way to learn about sex.
- By accident on the internet.
- Being sent it on phone or social media.

Negative messages we learn from watching pornography:

- Women are sexual objects are there to serve the man.
- Women are often hairless and have large breasts and men are often very muscular with large genitals.
- Sex can happen out of everyday situations, for example a bored housewife having sex with the plumber who has come to fix the washing machine.
- That sex lasts for a long time.
- Sex is loud.

All these things can lead us to believe that sex should be like porn. Porn is like a TV show or Movie.

Everything is filmed in a way to get the best camera shots.

Remember: Watching porn can be like eating junk food, good at the time but not ultimately satisfying.

Be aware that if you start watching it too much, you may need to speak to someone to get help.

And finally, never pressure anyone to replicate what you see in porn.

Sex should be pleasurable to both people involved and better when you are both happy with the situation.

GROOMING AND CSE

- Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking.
- Children and young people can be groomed online or face-to-face, by a stranger or by someone they know - for example a family member, friend or professional.
- Groomers may be male or female. They could be any age.
- Many children and young people don't understand that they have been groomed or that what has happened is abuse.

How Grooming Happens

Grooming happens both online and in person. Groomers will hide their true intentions and may spend a long time gaining a child's trust.

Groomers may try to gain the trust of a whole family to allow them to be left alone with a child and if they work with children, they may use similar tactics with their colleagues.

Groomers do this by:

- Pretending to be someone they are not, for example saying they are the same age online.
- Offering advice or understanding.
- Buying gifts.
- Giving the child attention.
- Using their professional position or reputation.
- Taking them on trips, outings or holidays.
- Using secrets and intimidation.
- Using social media or online games to reach children.

Grooming can lead to CSE Child Sexual Exploitation. This is when a child is in exploitative situation and relationship. Whereby they receive something such as gifts, money or affection as a result of performing sexual activities or others performing sexual activities on them.

Remember if you feel like you are in danger or someone is asking you to do something you don't want to. Please speak to someone, whether that be an adult, a friend, or a teacher/youth worker.

KEEPING YOURSELF SAFE

The world today is growing, and technology has become part of our lives.

In order to ensure we live in a world that is free from sexual harassment, sexual abuse and rape: we must start to have honest discussions around these issues.

So, with that in mind, please remember the following points:

- Remember the word S.H.U.S.H and put that into action....speak honestly to understand sexual harassment. Don't be afraid to talk to your family and friends about the issues you have learnt about during this course.
- Speak Up: If you have been a victim of sexual harassment, sexual abuse, sexual violence or rape, speak up and tell someone. You are not to blame, and you will be listened to.

- Spots the signs: If someone close to you is not themselves or become withdrawn and depressed, don't be afraid to ask what is wrong.
- Respect each other. Remember we are all human beings regardless of race, gender, sex, religion or beliefs.
- Treat others the way you would want to be treated or how you would want your loved ones to be treated.
- Don't follow the crowd. It is ok to be an individual. Have the confidence to live your life the way you want to.

UNHEALTHY RELATIONSHIPS

Healthy relationships are built on love, trust and respect.

It is important that you recognise the characteristics of unhealthy relationships to ensure that you get the loving relationship you deserve.

This is a table showing the different elements of a healthy and unhealthy relationship.

Remember: Relationships should be a respectful partnership, where your partner will support you to reach your goals.

HEALTHY RELATIONSHIP	UNHEALTHY RELATIONSHIP
MUTUAL RESPECT	CONTROL
TRUST	HOSTILITY
HONESTY	DISHONESTY
COMPROMISE	DISRESPECT
INDIVIDUALITY	DEPENDENCE
GOOD COMMUNICATION	INTIMIDATION
ANGER CONTROL	PHYSICAL VIOLENCE
PROBLEM SOLVING	EMOTIONAL ABUSE
UNDERSTANDING	SEXUAL VIOLENCE
SELF CONFIDENCE	
HEALTHY SEXUAL RELATIONSHIP	

You are an individual to be loved not a possession to be kept.

If you're worried about speaking to the police or if someone's pressuring you to send a sexual photo, you can talk to someone you trust, a responsible adult, or a teacher.

Remember: Sexting can easily happen, and things can easily go wrong. To avoid this do not take intimate pictures of yourself and don't be pressured by anyone to do so.

HELP & ADVICE

If you or anyone else is in immediate danger call 999. If you need someone to talk to you can contact the agencies on the following page...



Jasmine House

Support for Women and Girls who are victims of sexual abuse.

Helpline: 0116 255 8852
admin@jasminehouse.org.uk



Juniper Lodge

Help and support for those affected by rape and sexual assault in Leicester, Leicestershire and Rutland

Helpline: 0116 2733 330
www.juniperlodge.org.uk

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

A free, private and confidential service where you can talk about anything.

Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

Helpline: 0800 1111 or visit
www.childline.org.uk