

Where to go for Help

Sexual abuse rarely occurs during a student's exchange program. However, we want our students to be as safe as possible and know their rights while they are in the United States.

If someone is doing something that makes you uncomfortable, tell them to stop. If they do not stop, you do not have to tolerate it.

Please tell an adult whom you trust that this is happening to you. You can tell a trusted teacher or counselor at your local high school, or your Nacel Open Door host parent, representative, coordinator, or student advisor.

You must inform Nacel Open Door if you are the victim of sexual harassment or abuse. Please inform your local representative, state coordinator, or national office of the situation.

1-800-622-3553

nacelopendoor.org

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**Nacel Open Door
Sexual Harassment Awareness**

nacelopendoor.org

Tel: 1-800-622-3553

Sexual Harassment Awareness

Your Rights to Your Body

Your body is private.

Trust your instinct.

You decide who can touch you.

You have the right to say NO.

Talk about issues and ask for help.

It's not your fault.

What is Sexual Harassment?

Sexual Harassment is unwanted sexual or romantic attention from an adult who knows or should know that such attention is not appropriate and/or not wanted. One of the difficult things to understand about sexual harassment is that it can be hard to define. Sometimes it may feel like a compliment. Other times it doesn't feel right to you and you feel uncomfortable or may not feel safe in that person's presence.

Unwanted Physical Contact

Being made to kiss someone.
Touching private parts of the body.
Being made to engage in sexual acts.

Visual Abuse

Being made to look at pornographic materials.

Verbal Abuse

Being called inappropriate names.
Having someone make sexual statements to you.
Having someone make remarks about your body.

Body Language

Being the object of inappropriate stares.
Having someone make inappropriate gestures with their hands.

Perpetrator Strategies

Often times perpetrators will threaten their victims. A perpetrator may tell an exchange student that they will be sent home if they do not perform an act, or if they tell anyone. An abuser may say that the abuse is the student's fault. In reality, being the victim of sexual harassment or abuse, is not the victim's fault, it is the perpetrator's. The perpetrator should know that their actions are not right.

Perpetrators have many different strategies:

Intensifying the relationship

Isolation

Seduction

Ignoring the Victim's Resistance

Keeping the Victim Silent

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