

**Brother Martin High School**  
**Prevention of Abuse and Harassment – Student Education Program**

**Protecting Yourself; Things you can do to protect yourself from abuse:**

1. Your body is your sacred domain. You have a right to decide how it will be touched and by whom. This includes physical and sexual contact.
2. Trust your own feelings. If someone makes you feel uncomfortable or frightened then leave the area.
3. Be assertive in saying no if you feel you are being pushed or pressured in doing something you don't want to do.
4. Stay away from situations that involve alcohol or drugs.
5. Don't walk alone at night. Don't hitchhike or accept rides from strangers.
6. Immediately leave a room if someone is there you can't trust or you think may do you harm.
7. Be attentive and have a plan of protection when you are alone in a house or a car. Don't be alone with a date in a potentially dangerous place.
8. Get out of any car being driven by someone under the influence of alcohol or other substance.
9. Refuse to go out with friends who illegally use drugs, alcohol or other substances.
10. Socialize in legal and responsible ways.
11. Socialize in groups when attending school functions or activities with friends.
12. Never accept drinks or substances that you are not sure of, especially from strangers. (Rapists often use powerful drugs like Rohypnol and GHB—commonly called ruffies, roofies, and many other street names—to disable females.)
13. Avoid any situations you think may be dangerous.
14. Refuse single dates with someone you don't know well and never go on a date with someone who has the reputation of being sexually abusive or immoral.

Excerpted from Sex and the Teenage: Choices and Decisions by Keiran Sawyer, SSND

**Protecting Yourself: Things you can do to protect yourself from harassment:**

1. Remove yourself from situations where malicious teasing or bullying is going on.
2. Stay in groups with your friends at activities.
3. Stay in areas that are well supervised by adults.
4. Get involved in school activities.

**(OVER)**

5. Because you have a right not to be harassed, you should tell a trusted adult immediately when you feel threatened or uncomfortable.

## **Four Types of “Touch”**

### **1. Appropriate “Touch”**

- Side hugs
- Shoulder to shoulder or “temple” hugs
- Pats on the shoulder or back
- Handshakes
- “high-fives” and hand slapping
- verbal praise
- kneeling or bending down for hugs with small children
- arms around shoulders
- holding hands while walking with small children
- holding hands during prayer

### **2. Possibly Inappropriate “Touch”**

- Compliments that relate to physique or body development
- Any type of massage given by an adult to a minor or young person
- Touching bottoms, chests or genital areas
- Touching knees or legs of a minor or young person

### **3. Never Acceptable “Touch”**

- Inappropriate or lengthy embraces
- Kisses on the mouth
- Showing affection in isolated areas such as bedrooms, closets, staff only areas or other private rooms
- Sleeping in bed with a minor
- Any form of unwanted affection

### **4. Abusive “Touch”**

- Physical violence to another person
- Sexual abuse