



## **Sexual Assault Response Services** *of Southern Maine*

P.O. Box 1371  
Portland, ME 04104

P.O. Box 1605  
Sanford, ME 04073

**24-Hour Hotline: 1-800-313-9900**

infosars@sarsonline.org  
www.sarsonline.org

---

### **What To Do If You Are Harassed**

- You are not to blame for the harassment! Sexual harassment might make you feel scared or embarrassed. Before you decide what action you want to take, you can discuss the problem with your parents or another trusted adult.
- If you feel safe and comfortable doing so, tell the harasser that his or her behavior bothers you and that you want him or her to stop. If the harasser is a teacher, you should probably not confront him or her alone. Another alternative is to write a letter that describes the behavior and says that it bothers you and you want it to stop. Keep a copy for yourself.
- If you don't feel ready to make a complaint, keep notes about the harassment.
- When you're ready to make a complaint, go to an adult you feel safe talking to. They can help you find out who is designated by your school policy, this could be a teacher, guidance counselor, or principal. If you're scared, bring a friend or a parent or guardian.

If you feel like your school can't make the harassment stop, you can always file a complaint with your local police department. This can also be scary so try to bring a safe adult with you.

***Help, Hope, and Healing***