



Healthy Intimate Relationships

Identifying & responding to harmful sexual behaviour & sexual harassment

How can we create a school free from sexual harassment?



Do Now

Date

This lesson's topic can bring up difficult feelings for people. What could you do to look after yourself if you experience some of these feelings?

Who could you report to if you experienced sexual harassment at school, or know someone who has?



This lesson's topic can bring up difficult feelings for people. What could you do to look after yourself if you experience some of these feelings?

- ask permission to leave the room
- take some deep breaths
- ask to 'pass' if you don't feel comfortable engaging
- tell a safe adult about what's happening
- talk to your friends about how you feel after the lesson
- do something that you enjoy when you get home from school

Who could you report to if you experienced sexual harassment at school, or know someone who has?

- a teacher
- your school's Designated Safeguarding Lead (DSL)
- a parent/carer
- contact a support service e.g. Childline
- In an emergency, call 999 (or 101 in a non-emergency)

Lesson ground rules



-  Listen to others without interrupting
-  Be open and honest
-  Respect each others ideas and opinions
-  Encourage and support everyone
-  Think carefully before sharing anything personal about yourself
-  Don't ask personal questions to students or staff
-  Don't share anything personal about other people

How can we create a school free from sexual harassment?



Knowledge

Schools without sexual harassment are happier, safer places for everyone.

Life Lesson



I can work together with my peers to reduce sexual harassment.

British values

Mutual respect



The rule of law



Individual freedom



Key terms



sexual harassment		unwanted and upsetting sexual behaviour
sexism		discriminating against someone because of their sex e.g. male, female
bystander		someone who witnesses an incident and may or may not take action



Why does **sexual harassment** happen?



Listen out for

- impact of friends

Video link: <https://vimeo.com/642333787/5933f461cf>

Video summary



Watch



Ignatius says that when you're younger, you often copy what older people do because you think that it's okay. He said that he would do what people told him because he wanted his friends to like him. He says that he used to disrespect women to get more 'credit' from the boys around him.

How would life get better for everyone if there was less sexual harassment in school?



- People might feel...
- People would find it easier to...

How would life get better for everyone if there was less sexual harassment in school?

- less abuse
- less guilt and shame
- better connections and friendships between boys and girls
- more respect and trust
- feel safer

Identify the **sexual harassment** in each case study.

- How might that person be feeling?
- How could it impact them?

Lexie is lining up to leave the classroom when she feels someone behind her 'ping' her bra strap. She turns around and sees the boy behind her looking at the ceiling, trying not to laugh. His friends behind him are laughing.

Identify the **sexual harassment** in each case study.

- How might that person be feeling?
- How could it impact them?

Ibrahim has noticed that when he plays football at lunchtime, a group of girls sit nearby and watch him, giggling. A few of them make inappropriate gestures towards him and make comments about his body.

Identify the **sexual harassment** in each case study.

- How might that person be feeling?
- How could it impact them?

Someone wrote Rita's phone number inside one of toilet cubicles at school, and now she's receiving lots of inappropriate messages. Some of the messages make sexual comments about her, ask her for intimate pictures and some include intimate photos of the person sending the message. She doesn't know who wrote her phone number in the cubicle, or who the messages are from.



How could **sexual harassment** impact a whole school community?

How could **sexual harassment** impact the perpetrators?

Identify the **sexual harassment** in each case study.

- How might that person be feeling?
- How could it impact them?

Lexie is lining up to leave the classroom when she feels someone behind her 'ping' her bra strap. She turns around and sees the boy behind her looking at the ceiling, trying not to laugh. His friends behind him are laughing.

- Lexie could feel embarrassed, hurt, singled out, humiliated, angry or annoyed. This could impact her mental health.
- She could feel self-conscious about her body, feel uncomfortable around those boys and feel uncomfortable about going into that lesson again.

Identify the **sexual harassment** in each case study.

- How might that person be feeling?
- How could it impact them?

Ibrahim has noticed that when he plays football at lunchtime, a group of girls sit nearby and watch him, giggling. A few of them make inappropriate gestures towards him and make comments about his body.

- Ibrahim could feel self-conscious, hyper-aware of how he looks, anxious and uncomfortable.
- He might stop playing football at lunchtime and try to avoid the girls, he might worry about being watched and he might spend lunchtimes alone.

Someone wrote Rita's phone number inside one of toilet cubicles at school, and now she's receiving lots of inappropriate messages. Some of the messages make sexual comments about her, ask her for intimate pictures and some include intimate photos of the person sending the message. She doesn't know who wrote her phone number in the cubicle, or who the messages are from.

- Rita could feel humiliated, scared of further abuse, self-conscious and violated.
- She could stop feeling safe at school, find it hard to focus on her work. She might want to skip school.



Sending, sharing or asking for intimate photos of someone under the age of 18 is against the law.

How could **sexual harassment** impact a whole school community?

- less trust between pupils
- less chance of deep friendships and connection between boys and girls

How could **sexual harassment** impact the perpetrators?

- shame and guilt
- exclusion from friendship group
- consequences in school e.g. detentions, exclusion
- legal consequences e.g. criminal record, Sex Offender Register, prison time, fines

Why might someone sexually harass someone else?



- They might believe that...
- They might have seen...

Why might someone **sexually harass** someone else?

- social expectations about how girls and boys should behave (e.g. boys should 'chase' girls until they 'give in'; girls should 'play hard to get')
- assumptions about what girls and boys want or are attracted to (e.g. 'tough guys', 'modest girls')
- online content suggests **sexual harassment** as a 'dating strategy'
- feeling insecure and wanting to prove themselves to friends
- wanting to fit in and belong
- encouraged by the people and culture around them

sexist belief

Women's bodies should be appealing and attractive.



impact

sexual harassment (e.g. sexual comments, sharing intimate images)



Women should look and act in a certain way.



harassment and bullying of women who don't fit gender stereotypes, online and offline





Halfway point

How would you respond in this situation?

Imagine that it's breaktime at school and you're spending time with your friends. Everyone's talking and laughing, when one of your male friends, Kade, makes a sexual joke aimed at a female friend in your group. A few people laugh awkwardly, but your female friend goes quiet and says she needs to go.

How would you respond in this situation?

- say that the joke wasn't funny, and was inappropriate
- see if your female friend needs support, or if she needs space

Hey, that wasn't funny.

Friends don't make jokes like that.

That wasn't okay.

Please don't say that again.

Perpetrators of **sexual harassment** don't always understand the consequences of their actions.



They might:

- think the victim wants to be treated that way
- believe that the victim deserves it
- get praise and encouragement from others
- ignore the victim's feelings because they feel powerful

Quick think

How could you explain to Kade why making a sexual joke about a female friend was wrong?



I just don't get why it's a big deal. She should take it as a compliment. If she said that to me, I'd be flattered!

Quick think - possible answers

How could you explain to Kade why making a sexual joke about a female friend was wrong?

I just don't get why it's a big deal. She should take it as a compliment. If she said that to me, I'd be flattered!

Because of **sexism**, there is often a power imbalance between men and women. This means that she could feel threatened by your joke in a way which you may not understand.

What do you think would change if more bystanders stood up to sexual harassment?



- Fewer people would...
- More people would understand that..

What do you think would change if more **bystanders** stood up to **sexual harassment**?

Perpetrators would feel pressure to stop.

Victims would feel more powerful.

Victims would feel supported.

Other people would see what is and isn't acceptable.

Other **bystanders** could feel braver, and challenge **harassment** in the future.

Create an action plan to reduce **sexual harassment** in your school.



- How can we feel comfortable challenging **sexual harassment** at school?
- Who can we report **sexual harassment** to?
- What could be the consequence of **sexual harassment** for the perpetrator?
- What might people need to learn?

What are two potential impacts of experiencing **sexual harassment** at school?

- mental health issues
- low self-esteem and confidence
- fear of abuse
- lower grades
- not going to school
- withdrawing from friends
- not trusting those around you

Has there been a time when you have ignored sexual harassment?

How would you address it now?

Where to get support



The Mix is here to make sure every young person has somewhere to turn — whatever life throws at them.

Find out more on the [Mix website](#)

childline

ONLINE, ON THE PHONE, ANYTIME

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

Find out more on the [Childline website](#)



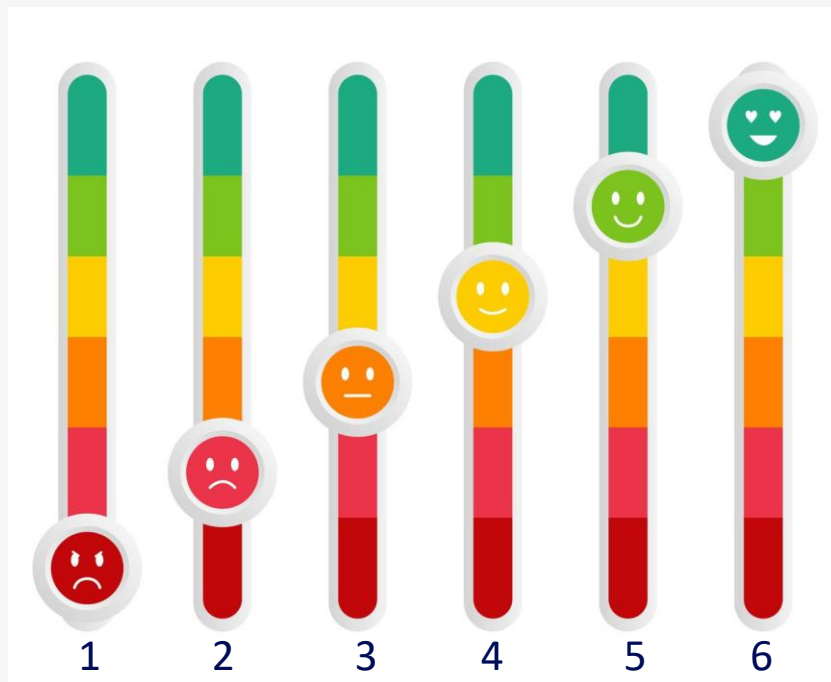
Supports people who have experienced sexual assault.

Find out more on the [Rape Crisis website](#).

How confident do you feel about this topic?



not confident at all



very confident



Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.

If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



Life Lessons supports teachers to deliver outstanding relationships, sex and health education.

We aspire to a world where all young people are equipped to be healthy, make good decisions and navigate the social and emotional complexities of life.

[Discover our approach to learning](#)