If You Are Being Harassed

- Clearly indicate to the harasser that his or her behavior is unwanted and unacceptable.
- Name or describe the behavior.
- Keep a journal and document the instance(s) of sexual harassment. Be as detailed as possible.
- Write a letter to the harasser. Keep a copy before sending.
- Do not keep it to yourself. Let other people know what happened.
- Report the behavior to the appropriate person.
- File a formal complaint.
- Keep records of all contacts with the institution.
- Seek help from the counseling center if you are experiencing psychological stress.

Resources

WOU Campus:
Campus Public Safety: 503-838-8481
Counseling Center: 503-838-8396
Abby’s House: 503-838-8219

Websites:
www.eeoc.gov
www.stopvaw.org
www.feminist.org
www.stanford.edu

Sexual Harassment

Abby’s House
Western Oregon University

For more information contact:
abbyshouse@wou.edu
503-838-8219
WUC 106
www.wou.edu/abbyshouse

This publication was made possible by Grant #2010-WA-AX-0013 from the US Department of Justice, Office on Violence Against Women. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the US Department of Justice.
Sexually harassing behavior is unwanted and is not mutual. The victim does not have to be the opposite gender of the harasser. The victim can be anyone who is offended by the behavior, not just the person to whom it is directed. If offense is taken, sexual harassment has occurred.

Women working in occupations that are traditionally male are more likely to be sexually harassed. Women are 9 times more likely than men to quit their jobs, 5 times more likely to transfer, and 3 times more likely to lose jobs due to sexual harassment.

“Sexual harassment is unwanted and unwelcome sexual behavior which interferes with your life. Sexual harassment is not behaviors that you like or want (for example, wanted kissing, touching, or flirting).”

-AAUW Educational Foundation

**Types of Sexual Harassment**

- Quid Pro Quo Harassment
  - Person in power requests sexual favors in exchange for some type of educational participation or benefit.

- Hostile-Environment
  - Harassing sexual conduct is so severe, persistent, or pervasive that it limits a student’s ability to participate in, or benefit from, educational activities.

**Did You Know…?**

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**Effects**

- Health: Anxiety, depression, sleep disturbance, weight loss/gain, loss of appetite, headaches, increased instance of Post Traumatic Stress Disorder (PTSD).

- Financial: Loss of pay due to calling in sick, being fired, or transferring; poor recommendations from previous employers when seeking a new job.

“Ignoring problems of sexual harassment can cost the average company up to $6.7 million a year in low productivity, low morale, and employee turnover and absenteeism, not including litigation and other costs” (www.stopvaw.org).