What is harassment?
Harassment is any behavior which hurts, threatens or frightens a person. It may embarrass you or make you uncomfortable. It can be expressed socially, verbally, technologically or physically.
It DOES NOT matter if the person doing the harassing does not think they are doing anything wrong—it is still HARASSMENT.

Social Harassment
• Making degrading comments or gestures about a person’s culture, race, religion, sexuality, gender, disability or social background.
• Offending others through jokes or showing inappropriate material.
• Making people feel different because of appearance and attire
• Deliberately excluding individuals or groups
• Touching, staring, whistling or gesturing which is unwelcome

Technology-based Harassment
is any harassment which is conducted via:
• Email; Text messaging (SMS)
• Chat rooms and social sites
• Instant messaging; voice recording
• Websites/Blogs
• Photography and videos

Verbal Harassment
• Talking about others unkindly; teasing
• Name calling, put downs or pay-outs
• Belittling others’ abilities and achievements
• Spreading rumours/stories about people; Telling lies
• Commenting unkindly on appearance
• Writing graffiti about another person
• Writing, emailing or distributing unpleasant notes about people

Physical Harassment
• Hitting, pushing or kicking
• Threatening
• Interfering with another’s property by stealing, damaging, destroying or hiding it
• Giving dirty looks

Harassment causes serious problems:
• Feeling powerless, afraid, uncomfortable or isolated
• Finding it hard to concentrate, work or sleep
• Finding it hard to related to friends or family
• Feeling confused or stressed
• Not wanting to attend School
• Being excluded from social groups

At Loreto, each person in our community has the right to feel safe. No one should feel excluded, humiliated or powerless. Bullying and harassment is not tolerated by anyone in our community.

Our aim is to ensure a safe and happy environment for everyone. For this to happen, we need to: Treat every other person with respect and dignity AND say NO to HARRASSMENT
What can you do if you’re being harassed?
You have choices and can change what’s happening.

Do you harass others?

Have you ever...

- Spread rumours about someone?
- Excluded or isolated someone from your group?
- Observed harassment happening and done nothing to stop it?
- Talked about people behind their back?
- Unfairly had a go at someone?

If you have, **STOP NOW.** Harassment of any form is not acceptable at Loreto. This behavior is **NOT** tolerated by any member of our school community.

**Confront** the person...
Let them know that you want them to stop hassling you. If they don’t, seek an alternative solution.

**Ignore** it. Show it doesn’t affect you.

**Discuss** the problem with the school counsellor. She will help you make a decision about a course of action with which you are comfortable. She will not take any action or talk to others without your permission (unless safety is in question...)

**Mediation**—counsellor will help you talk about the problem with the person who is harassing you.

Disciplinary procedures followed up by the Pastoral Care

Counsellor talks with the person who is harassing you

Counsellor offers other suggestions to help you manage the situation

Just talk it over

Talk it over with someone you trust / who can help you. Discuss the problem, explore the options. Make a plan and follow through.

Friends / Older Peers

Boarding Supervisor

Parents / Caregivers

Counsellor

Family - aunts, uncles, brothers, sisters

Teacher

Kids Help Line 1800 55 1800