

2W TEAM MEETING SERIES

SEXUAL HARASSMENT

COACHES' RESOURCES

You've probably heard of "trigger warnings" or people being "triggered." Despite the bad rep these phrases are getting, triggers are a very real mental phenomenon for people who have experienced trauma, which includes sexual harassment or sexual violence.

Basically, one of the five senses catches something that reminds the victim of past trauma, and that sparks a very bad time, such as having flashbacks of the traumatic event and experiencing the same emotions that were felt at the time. The victim may even forget where they are as they re-experience the trauma as if it is happening in the present.

It should be noted that triggering in this sense is not just feeling uncomfortable with the topic. Many if not most of the students aren't going to like talking about this, and it's not a comfortable subject to deal with. That is not the type of "triggering" that is discussed here.

The video and discussion may cause some of your students to be triggered due to the nature of the topic and the likelihood that at least one of the athletes in your care have experienced trauma in the past. To help these students, we have to be aware of this potential and know the signs that a student isn't coping well with the subject beyond just being uncomfortable with the topic.

Signs of distress:

- Suddenly becoming anxious or jumpy
- Difficulty focusing or concentrating
- Forgetfulness
- Short temper
- Unexplained crying
- Moods that are at odds with the situation

Two ways to help students exhibiting these symptoms:

1. Let them know that you are available to listen.
2. Encourage them to speak with the school counselor.

Triggering topics, such as sexual harassment, may cause distress in students who have experienced abuse. If a student comes to you for help regarding this, or if you see symptoms of distress, it is encouraged that you contact your school counselor and/or administration.

QUOTES

"What women want is what men want. They want respect." Marilyn vos Savant

"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves." Ralph Waldo Emerson

"Respect begins with this attitude: I acknowledge that you are a creature of extreme worth." Gary Chapman

MORE RESOURCES

Article: ["Sexual Harassment in Schools"](#) by Nan Stein, PhD, National Violence Against Women Prevention Research Center

Website: [National Sexual Violence Resource Center](#)

Video: ["Sexual Harassment: Not in Our School!"](#) Oregon Coalition Against Domestic and Sexual Violence

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RECAP

Sexual harassment is an unwelcome and inappropriate sexual remark or physical advance. It's a selfish act that treats another human being as if they are no different from an object like a basketball or a car—something for you to use for your own pleasure. This objectification of people, male or female, is not okay. But, there's a simple antidote to sexual harassment: Respect.

1. *Respect recognizes the value of other people.* Every human being has value for the simple fact that there is breath in their bodies. When you recognize this intrinsic value, it's impossible for you to treat someone with a lack of respect by harassing them or making unwelcome advances. When you value someone, you treat them with respect.
2. *Respect has empathy.* Empathy makes you consider how your words and actions will impact someone else. Sometimes we do or say something in a way that our intent is pure but our impact is hurtful. With empathy, we think about the impact before the intent when considering an action.
3. *Respect changes the way that we speak.* When you respect someone, you can't help but lift them up. You can't call them derogatory names, even in jest, because you don't want to devalue them. Respect helps you communicate in a way that shows that you value others, that you are empathetic to others. Respect changes how you speak to others, both in person and through electronics.
4. *Respect protects other people.* We have a responsibility to protect each other's honor. When we respect each other, we protect each other. People protect what is valuable to them. This is not a gender-based responsibility; it's a human value-based responsibility.
5. *Respect engages genuinely with other people.* When all you interact with is a two-dimensional image on a screen, it's all too easy to forget that there's an actual person on the other end of your messages. Respect invites you to engage genuinely with people, remembering that they are real people, whether you're talking on a device or in person.
6. *Respect requires commitment.* If you use respect as a tool to get what you want, or if you only respect people when it is convenient for you, then you don't really respect them at all. When you commit to respecting others, you'll stand up to protect them, work to empathize with them, and watch the words that you speak, even when it's hard and even when it costs you.
7. *Respect takes this issue seriously.* It would be really easy for you to pass this team meeting off as a waste of time or something that isn't a big deal. But if we allow sexual harassment to remain hidden in plain sight, accepted as normal behavior, then the day will come when sexual harassment will directly affect each of our lives. If we really respect each other as human beings, then we can't let sexual harassment be normal.

The antidote to sexual harassment is simple; it's respect. Although it is a simple solution, as you can see from the video and this recap, it's not necessarily an easy solution. But if you want to be change and to help stop sexual harassment from happening, it all starts with respect for others.

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VIDEO NOTES

As you watch the video lesson, use this space to take notes.

After watching the video, write down your BIG THREE here:

1.

2.

3.

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DISCUSSION

SECTION ONE: WHERE ARE WE?

1. Have you or someone you know experienced sexual harassment? If yes, have you talked to anyone about what happened? Why or why not?
2. Do you think sexual harassment is a problem in your school? What about online?
3. What do you think sexual harassment might look or sound like?
4. How does the media that you consume portray the actions or words listed for question three? Does that influence the way that you think about sexual harassment?
5. What resources and protections are currently available to prevent sexual harassment?

SECTION TWO: WHERE DO WE WANT TO BE?

1. What does a locker room free of any sexual harassment look like? What about a school hallway or classroom?
2. How would you like for your friends and classmates to speak to you and behave around you?
3. What impact has respect had on your life—both in how you have shown respect to others and how they have shown respect to you?
4. What does genuine engagement (either offline or online) look like in your life?
5. How might your commitment to respect positively impact your life?

SECTION THREE: HOW DO WE GET THERE?

1. How can you practice empathy each day so that you are quick to consider the impact of your actions before the intent?
2. What changes can you make in the way that you speak to other people or the types of jokes that you tell to be more respectful?
3. How do we get everyone in our school to commit to respect?
4. What would you say to someone who thinks that sexual harassment is no big deal?
5. How can your team lead the way for a sexual harassment free school?