

Harassment is when someone treats you in a way that makes you feel embarrassed, uncomfortable, afraid or upset, because of your gender, race, intellect or appearance. It will usually be repeated behaviour, but can also consist of a single act. Harassment within the College is not tolerated under any circumstances. Everyone within the College community is to be alert to signs and evidence of harassment and they have a responsibility to report it to staff whether as a witness or victim.

What Can You Do If You Are Being Harassed?

Step 1: Harassment has occurred:

| | |
|---|--|
| Tell the person who is harassing you that you don't like it and that you want it to stop! | If they repeat the behaviour this is harassment. You must tell someone and get help. |
|---|--|

Step 2: If the harassment continues:

| | |
|---|---|
| Tell the person who is harassing you that you don't like it and that you want it to stop! | Teacher will take appropriate action to try to resolve the situation. |
|---|---|

Step 3: If the situation continues and there is no resolution:

| | |
|---|---|
| Talk with the student counsellor and/or chaplain. | The counsellor or chaplain will take appropriate action to try to resolve the situation and support you throughout the process. |
|---|---|

Step 4: If the harassment continues or is of a serious nature:

| | |
|--|---|
| Report the incidents to the Deputy Principal and/or the Principal. | A formal complaint will be recorded about the harassment and action will be taken to resolve the situation. |
|--|---|

Types of Harassment are:

- Hitting, punching, pushing or bullying you
- Getting a gang or group together to frighten you
- Putting you down or humiliating you

- Writing rude or offensive notes about you
- Leaving rude or suggestive comments or graphics on computers for others to see
- Annoying you or your family by making nasty phone calls
- Leaving offensive comments or pictures where you will see them
- Staring or glaring
- Telling you offensive jokes or making suggestive comments or rude gestures
- Hiding or destroying your property
- Repeatedly teasing you or spreading rumours
- Pestering you to go out with them when you have said “No”
- Commenting on the size or shape of your body
- Patting, pinching and touching another person
- Touching or brushing up against you, often and deliberately, when you do not want them to
- Persistently making unwelcome requests for sexual favours
- Sending offensive messages in writing or by telephone
- Ridiculing, leering, wolf whistling or making sexual comments at a person or group of people
- Spreading rumours about your sex life
- Cyber-bullying which includes:
 - Flaming: Online fights usually through emails, instant messaging or chat rooms where angry and rude comments are exchanged.
 - Denigration: Putting mean online messages through email, instant messaging, chat rooms, or websites set up to make fun of someone.
 - Exclusion: Intentionally leaving someone out of a group such as instant messaging, friend sites, or other online group activities.
 - Outing: Sharing secrets about someone online including private information, pictures, and videos.
 - Trickery: Tricking someone into revealing personal information then sharing it with others.
 - Impersonation: Pretending to be someone else when sending or posting mean or false messages online.
 - Harassment: Repeatedly sending malicious messages to someone online.
 - Cyberstalking: Continuous harassment and denigration including threats of physical harm.

Building Self-worth

Build your sense of self-worth through your positive attitude, words and actions. Leave every place you visit the better for having been there. Build up confidence in others by encouraging each other through your words and actions. By doing this you will find that you feel much happier and at peace

with yourself and others. Prescott College believes that self worth can be built by recognising that we are uniquely created and highly valued by the Creator God.

You can also build your self-worth by developing your self-discipline. Self-discipline helps you to master your thoughts and feel more confident. “Self-discipline enables you to think first and act afterwards.” ~ Napoleon Hill

Forgiveness is also an important step in building your self-worth “Let us correct what we can correct, change what we can change, and forgive all the mess that is left over.” ~ Mary Rae Deatrick

“The goal of forgiveness is restoration and reconciliation of relationship.” ~ Wendy Bray and Chris Ledger.

At Prescott College we strive to work together to create a culture and environment characterised by safety, trust, mutual respect and positive relationships.