

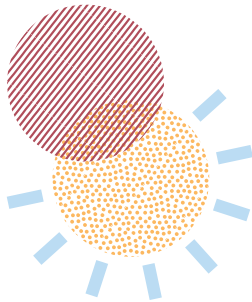
Boundaries & sexual harassment

What is sexual harassment?

Any unwelcome sexual advances, requests for sexual favors, or verbal or physical conduct of a sexual nature is sexual harassment.

How does this relate to boundaries?

When someone has communicated that a sexual advance is unwelcome, that's a boundary. When the other person doesn't listen to that and continues to harass them, they are not respecting a boundary. In this case, not respecting a boundary is sexual harassment.



Where can I get help?

Schools and employers are required to respond. If you are being sexually harassed, review your company or school policies about how to report it. You can also contact KCSARC for support.

Free, confidential help & information

24 hours a day/7 days a week

1.888.99.VOICE
(1.888.998.6423)



Visit **kcsarc.org**
for more
resources &
information



kcsarc.org



425.226.5062



education@kcsarc.org



P.O. Box 300, Renton, WA 98057

ALL WELCOME



**King County
Sexual Assault
Resource Center**



**King County
Sexual Assault
Resource Center**

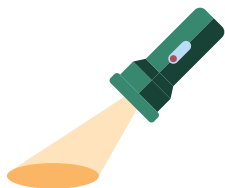
**Let's talk
about
boundaries**



What are boundaries?

Boundaries are a way to define and communicate what you're comfortable with and how you want to be treated by others.

A boundary can be set by words or actions that say, "I want something to stop."



Things to REMEMBER:

- ▶ Everyone can have boundaries with anyone in their life
- ▶ Boundaries are about us and what we need in a relationship
- ▶ Boundaries can be emotional, physical or even digital
- ▶ They do not require an explanation
- ▶ Boundaries are NOT a way to control other people.

Boundaries in action

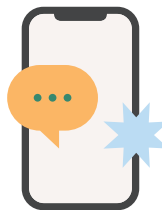
Boundaries can SOUND like:

- ☀ "Stop."
- ☀ "I'm not interested in doing that right now."
- ☀ "No, thank you."
- ☀ "Please don't speak to me that way."



Boundaries can LOOK like:

- ◇ Taking a break from your phone or social media
- ◇ Not answering work emails after hours
- ◇ Closing your bedroom door when you want to be by yourself
- ◇ Arriving and leaving a social event at a particular time



We all have different boundaries!



Since our boundaries are about us, they will be different for everyone. Just because someone has boundaries different from yours doesn't mean their boundaries are wrong.

You don't have to understand a boundary to respect it.

Also... Boundaries can CHANGE!

When might someone's boundaries change?

- ◇ When we spend time with different groups of people
- ◇ When we get to know someone better
- ◇ When we are in different locations, like school or work vs. at home
- ◇ As we get older and learn new things
- ◇ How we are feeling throughout the day (e.g., tired, hungry, stressed)
- ◇ When someone breaks our trust