

## **"To Be Nobody But Yourself"**

“To Be Nobody But Yourself” is a quote from a poem which advises us to be true to ourselves despite the fact that the world tries hard each day to influence us in ways that may not always best serve our individual needs and interests. Peer pressure can sometimes make us be silent when we should speak out, observe mistreatment of others when we know it is wrong, and/or accept being treated poorly ourselves rather than assert our individual right to be treated with dignity.

Schools are a diverse community with rules and guidelines that help us live in harmony with one another. As a part of that process, teaching students the definitions of sexual harassment and how it applies to them in the student rights and responsibilities and in their daily interactions with each other is vital. In short, sexual harassment is defined as unwelcome conduct which is directed toward a person without consent.

It is important that all students and staff be clear about the definitions of sexual harassment so it can be prevented. Information and common language among the people involved is important.

### **Resources:**

Teen Sexual Assault: Information for Teens

[www.nctsn.org/sites/default/files/resources/teen\\_sexual\\_assault\\_teens.pdf](http://www.nctsn.org/sites/default/files/resources/teen_sexual_assault_teens.pdf)

State Sexual Assault Coalition.

<https://icasa.org/resources/links/state-sexual-assault-coalitions>