

SHARPP

603-862-3494 (office)
603-862-7233 or 862-SAFE (crisis line)
Toll Free: (888-271-7233)
1-800-735-2964 (conf. TTY)

12 Ballard Street
University of New Hampshire



where the healing begins

Sexual Harassment And Rape Prevention Program

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Sexual Harassment

Myth: Women invite sexual harassment by their behavior and/or dress.

Fact: Studies show that all kinds of people can be vulnerable to sexual harassment: college students who wear jeans and sweat shirts, fire fighters and police officers in uniform, as well as women who dress in a more traditionally "feminine" way. **People of all genders, ages, races, ethnic groups, and physical abilities are harassed, regardless of how they act or what they wear**. All people who belong to minority or other marginalized groups are also frequently targeted. Societal inequalities and a climate of disrespect for those who are or seem "different" are more to blame for harassment than any individual's personality or appearance. If an employer, instructor, peer, or co-worker is harassing you, please know that **you have done nothing to provoke that person's behavior**. Your gender, age, appearance, clothing, race, or ethnicity did not cause the harassment. **You have the right to pursue your education or employment free from intimidation or offense.**

Sexual harassment is **any unwanted, unwelcome attention to someone's body, sexuality, or sexual identity**. Sexual harassment can occur between **a supervisor and employee**, between an **instructor and student**, or **between peers**. Study after study shows that harassment is a huge problem, which takes place in a variety of work or educational settings. According to a 1993 study conducted by the New York Governor's Task Force, 50% of all women will be sexually harassed in their lifetimes, either at work or at school. In a 1992 Washington Post-ABC News poll, 32% of the female respondents said that they had been harassed on the job, and 7% of the males said that they had been harassed. Regular exposure to a disrespectful or hostile environment can lead to diminished self-esteem and feelings of depression, powerlessness, isolation, and to a variety of physical ailments. Harassment often causes talented workers to leave jobs and promising students to change majors or leave school entirely.

We share this sobering information so you will know that you are not alone, even if you are feeling very isolated right now. By logging on to this site, you are taking an important first step in reclaiming your life. However, we are not able to take into account your individual questions and concerns over the Internet. For this reason, we urge you to call our office as soon as possible. We have state certified **peer advocates** available to speak with you 24 hours a day.

How do I recognize sexual harassment? How do I get the harasser to stop? What can I do if the harasser is a peer?

Your advocate can explore your range of legal and administrative options offered by UNH and can accompany you to appointments and meetings, as desired. In sexual harassment cases, SHARPP works closely with Judicial Programs and/or Affirmative Action. Your advocate can serve as a liaison between you and other university departments.

How do I cope with my anxiety, anger, or depression? Where can I find someone to talk to who will understand? How can I get support from the people around me?

Your advocate understands how draining sexual harassment is. S/he can help you sort out the complex range of emotions you might be experiencing. He or she can listen and support you and help you determine how to build your support network. Because talking and listening to others who share your experience can be extremely helpful, SHARPP runs a variety of support groups. Your advocate can also connect you with other on- and off-campus organizations and services.

Our advocates reflect the UNH community as a whole. We strive for diversity in terms of gender, age, race, ethnicity, and sexual orientation. Our advocates are undergraduate and graduate students, faculty, and staff. No matter what your question is, **free and confidential assistance** through the SHARPP crisis line is available for you **24 hours a day, seven days**

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a week, 365 days a year at **(603) 862-3494** (Confidential TTY: 1-800-735-2964). We encourage you to call and take this next important step in your healing process.

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last updated 19th May, 2004