



LOVE RESPECT HARMONY

PREVENTING SEXUAL HARASSMENT

Fu Jen Catholic University

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Am I sexually harassed?

Someone touched my breast on MRT, someone fondled me in the library, he kept telling dirty jokes that I didn't like...every morning when I take bus to school, someone keeps staring at my breasts...how vexing!
Do you realize that you are sexually harassed?

What is sexual harassment?

Sexual harassment refers to unwelcome sexual advances, requests for sexual favors in exchange for grades or promotions, and other verbal or physical conduct of a sexual nature that tends to affect a person's self-esteem, school performance, or job op-

portunities. Any unwanted or unwelcome behavior of a sexual nature can be defined as sexual harassment before it escalates to sexual assault. Sexual harassment may occur at workplace and on campus. And it can also occur between members of the same sex.

Three types of sexual harassment:

Verbal: making sexual comments or innuendos, such as turning discussions to sexual topics, and telling lewd jokes

Physical: making sexual gestures with hands or through body movements, such as flirting, hugging, patting, fondling, mooning or flashing, staring at someone, making harassing phone calls, and stalking.

Environmental: displaying sexually suggestive visuals to embarrass someone, with the purpose or effect of interfering with an individual's work or academic performance or creates an offensive, hostile, or intimi-

dating learning, working, or living environment.

What is sexual assault?

- Sexual assault is any involuntary sexual act in which a person is threatened, coerced, or forced to engage against their will, or any non-consensual sexual touching of a person. This includes taking nude photos, attempted rape, rape, incest, and sexual abuse. Victims
- of sexual assault might take months or years to recover from the physical and psychological effects caused by rape and suffer from post-traumatic stress disorder.
- Sexual assault occurs when the victim is considered incapable of giving legal consent because they are 16 years old or less, even if the intercourse is consensual.



Myths and misconceptions about sexual harassment and assault

Myth: Men cannot be sexually harassed or assaulted.

Fact: Anyone, regardless of gender, can be the victim of harassment or a harasser. Harassment can be between people of the same gender or different genders. In reality, 90% of the perpetrators are male. The victims are predominantly female.

Myth: Sexual harassment is not as severe as sexual assault. Why make a big fuss?

Fact: Sexual harassment can be devastating. Victims of sexual harassment often suffer adverse emotional and physical consequences. Individuals may fear retaliation and experience stress and anxiety. There can be damage not only to the victims' personal lives but also to their academic and career pursuits. Therefore it is important to say NO to sexual harassment.

Myth: Women who are sexually assaulted "ask for it" by the way they dress or act.

Fact: Women's clothing and behavior have no correlation to sexual harassment or assault. Men have control over their own actions. Sexual assault is not simply a "biological reaction" or a "crime of passion." Perpetrators actually choose to commit their crimes and therefore should be held accountable for their choices and actions.

Myth: If it was a compliment, it is not harassment.

Fact: Just because a person intends his or her conduct to be flattering does not mean it is not offensive to others. Unwelcome bodily contact not only violates the victim's bodily autonomy but also displays disrespect toward the victim.

Myth: Most harassers and assailants are strangers.

Fact: Many sexual harassment and assault were committed by someone known to the victim. An acquaintance may be a friend, a co-worker, a boss, a relative, or a professional, e.g. a teacher or professor.

Myth: Being sexually harassed is embarrassing enough. Silence is the best policy.

Fact: Such reaction is often linked to the myths that prevail in the community which frequently blame the victim of sexual harassment rather than the offender. This cultural factor may intensify the victims' self-blame and prevent them from talking about it or reporting it to the police.

Myth: If you don't resist or fight back, it isn't rape.

Fact: A sexual assault is defined by the level of force used by the perpetrator, not by the resistance of the victim. There are lots of reasons why victims don't fight back. They may be taken by surprise before they can do anything. They may fear for their lives, or be scared the rapist may hurt them more if they fight back. In addition, alcohol and other drugs are often used to incapacitate victims.

Myth: If you have been dating a while, then it's not sexual harassment or assault. When a woman says "No," she really means "Yes!"

Fact: "No" means NO. Sexual harassment or assault occurs anytime you engage in sexual activity without someone's consent. Just because you have been dating someone does not mean you have the right to have sex with him or her.

Myth: Women would lie and make up stories about being sexually harassed to get revenge on a man.

Fact: Sexual harassment carries such a stigma that most women would prefer not to talk about it. The victim has to go through a significant public ordeal, which prevents many women from reporting sexual harassment. Therefore, victims rarely make false claims about sexual harassment.

In fact, sexual harassment is a vastly under-reported crime.

What can you do about sexual harassment?

How to help a friend who has been sexually harassed?

If your friend or classmate told you she has been harassed, believe your friend unconditionally, listen to her and be supportive.

1. Your friend may blame herself. Be supportive by telling your friend that it is not her fault.
2. Give your friend unconditional support. Avoid asking "why" questions that may sound accusing, such as "Why do you wear clothes like that?" or "Why did you hang out so late?"
3. Respect your friend's feeling and decision. Do not act rashly without her consent to avoid adding insult to injury.
4. If she is willing, you can attend her to assistant agencies, such as Gender Equity Education Committee, to ask for help or to submit her appealing paper. In this process, you should keep company with her, support her and let her have opportunities to confront and solve the problem.



What to do if you are being harassed

Trust your intuition. Demand the harasser to stop. State your objection at the time. Be serious, straightforward, and blunt. Do not smile or laugh it off (even if out of nervousness), which can be misleading.

What to do if you are being harassed —By strangers

1. Take immediate action once you detect something wrong. You may stare at that person and shout “No!” and “Pervert, what are you doing?” Or you may choose to leave the spot.
2. If the harasser would not stop after your protest, use your bag or umbrella to fend the harasser off. You must strongly display your dismay and disapproval of the harasser’s behavior. If there are bystanders, they will be able
3. Take safety as your priority before you take any action. Do not force yourself to confront the perpetrator if you do not feel like doing it. And do not be angry at yourself afterward.
4. According to existing law, you can report to the nearby police station and ask for help.



to testify your reaction at that time. This can be important circumstantial evidence if you plan to bring the issue to the court.

What to do if you are being harassed —By acquaintances

1. Say “No” whenever you feel uncomfortable. Or you may choose to leave the spot. The key point is to display your dismay and disapproval of harassing behaviors.
2. Take actions immediately. If you keep ignoring those behaviors, you will be put at a disadvantage and in a vulnerable position.
3. Talk to someone you trust to seek for help. This helps to stop sexual harassment by acquaintances.
4. Every time you are harassed, write down the details.
 - i. If the harasser told sexual jokes, you should record them, or ask someone who was on the spot to bear you witness.
 - ii. If the harasser displayed sexually suggestive visuals or writings, you should take photo and keep those objects or files as evidence.
5. If you were harassed by your colleague at workplace, you may confront the harasser and protest at his face. Or you may put your complaints in writing to explain how you feel toward those unwelcome and offensive conducts and demand the perpetrator to stop them. Moreover, you may look for other victims who share similar experience with you. Then you should issue a formal complaint following company policy.
6. If you were harassed on campus, you may seek help from a trusted faculty member or a counselor of Student Counseling Center. In addition, you can also report sexual harassment to Gender Equity Education Committee and Office of Student Affairs’ Student Life Division.

If you have been assaulted

Remember these basic rules

1. It is not your fault. Do not blame yourself.
2. Sexual assault has nothing to do with your reputation for chastity.
3. It can help to talk about the incident with a trusted friend, family member, or faculty member.

Take actions

1. Go to a safe place as soon as you can and ask someone you trust to stay with you.
No matter how late it is, you should not be on your own. Find a friend or faculty member to keep you company. You may also call the Campus Security Center for help. Here is the 24-hour help line: 02-2092-3419.

2. Preserve evidence

i. A recording on a smart phone can be decisive evidence. Recording conversation is legal as long as you are a party to the conversation. This does not violate Articles 315-1 of Criminal Law.

ii. The primary responder is often considered as an important outcry witness in the case.

iii. Take photos of injuries.

3. Have a forensic medical examination immediately.

Many major hospitals provide emergency treatment and forensic medical examination. You should notify the University or Domestic Violence and Sexual Assault Prevention Center, or call nationwide toll-free hotline at 113 for help.

4. Keep a log of every incident of sexual assault. An accurate and detailed written log of the incidents will help prove your claim of sexual assault.

5. Seek emotional support from your family, friend, trusted authority, or doctor.

Request your school or company to take prompt remedial action, such as separation of the victim and the alleged harasser by temporary reassignment or transfer.

6. Report the attack to office designated for sexual violence investigations.

7. If the designated office does not complete investigation within a reasonable timeframe, you may file a formal complaint with the government authority.

8. Seek help through professional counseling.

Victims may suffer from severe feelings

of anxiety, stress or fear, known as Post-Traumatic Stress Disorder (PTSD). If you feel overwhelmed or some of these feelings persist, you should consider seeking professional counseling.

NOTE

SOS Hotlines

Help line

On campus(24-hour)

- Campus Security Center : 02-2902-3419
- Security Office at the main gate : 02-2905-2119

Off campus

- Domestic Violence and Sexual Assault Prevention Center
Nationwide toll-free hotline: 113 (a 24-hour hotline connecting to social workers who are ready to provide care and counselling services)
- DVSA Prevention Center of New Taipei City: 02-8965-3359
- DVSA Prevention Center of Taipei City: 02-2396-1996

Filing a complaint

- Office designated to receive complaints: Student Life Division, Office of Student Affairs
- Phone: 02-29053103
- Email: sashap@mail.fju.edu.tw
- Download the complaint form: <http://life.dsa.edu.tw>
- Laws and relevant regulations can be found on Gender Equity Education Committee website: <http://www.secret.fju.edu.tw/web/>

Investigation procedures

1. The victim of a campus sexual harassment incident or his/her legal representative, or a complainant to such an incident may apply for an investigation.
2. After Office of Student Affairs receives a complaint, it shall within three working days transfer responsibility for the case to the Gender Equity Education Committee. The Committee will determine whether or not to initiate a formal investigation.
3. The committee shall appoint its members or designate a unit to conduct investigation.
4. Conducting interviews, gathering and reviewing evidence, and crime scene investigation.
5. Complete the investigation report within two months.
6. The Gender Equity Education Committee holds meeting to evaluate the report.
7. When the proposed disciplinary measure involves a change to the offender's status, the offender shall be given an opportunity to make a written statement presenting his or her views.
8. Disciplinary measures shall be implemented by the school or competent authority that imposes it.
9. The competent authority shall inform the complainant and the alleged offender the result of investigation and the avenues of relief available.

Trauma After Sexual Harassment or Sexual Assault

Many studies have found that sexual harassment and sexual assault can bring serious effects to the victims. Some of the potential effects that a victim may experience include:

1. Psychological reactions: anxiety, anger, confusion, fear, guilt, and embarrassment.
2. Physiological reactions: headaches, sleep disturbance, and nightmares.
3. Change in self-recognition: feelings of helplessness, powerlessness, and low self-esteem.
4. Social and career-related effects: fear of strangers, avoidance of social situations, withdrawal from interpersonal contact, and change in career goals.

The effects of sexual harassment or assault vary from person to person. Survivors may feel varied emotions depending on their own circumstances. It is important for survivors to seek support from the community to deal with the emotional and physical aftermath of sexual assault.

Resources for victims and survivors

- Fu Jen University Student Counseling Center (02)2905-3003
- Teacher Chang Service Hotline: 1980
- Taiwan Lifeline International: 1995
- Mackay Memorial Hospital Counseling Hotline: (02)2531-0505
- Cosmic Light Holistic Care Center: (02)2362-7278
- Taipei Veterans General Hospital Dr. Wang Counseling Hotline: (02)2871-9494
- Video Chat Counseling for Teens and Young Adults—Online Sex Education and Counseling: <http://www.young.gov.tw/ymvc/index.aspx>
- “No. 9 Outpatient Services for Teens’ Happiness”—preventive care and reproductive health services: http://www.young.gov.tw/teens_01.asp

Say "No" to Sexual Harassment

Bodily autonomy

You should have full bodily autonomy and the right to establish your own body boundaries. Individuals have varying levels of tolerance for physical contact. There is no need to question your own or other's standards.

1. It's not merely stroking or patting. No one has right to violate another person's body and personal space against their will.
2. No one has right to touch me at random if I feel uncomfortable. My feeling of uneasiness is strong and palpable.
3. Bodily autonomy is not only about "what I do not want," but also about "what I really want."
4. Love yourself. Accept your appearance. Build a loving relationship with your body.

5. When you understand yourself better, you can communicate more clearly with others in both language and gesture. Be frank about your feeling. Be empathetic of other's feeling. Respect each other. Feel safe with each other emotionally and physically.

To sum up, you need to set your own body boundaries. Learn to distinguish between a warm, friendly hug and a disrespectful harassment. To better protect yourself, you should use discretion along with your own better judgment when judging inappropriate behavior and evaluating a situation.

How to prevent sexual harassment

1. Do not accept invitation from your teacher, classmate, or colleague to enter his or her dorm room, an empty classroom, or an empty office alone.
2. Do not accept any excuses for inappropriate touching, such as caring, palm-reading, fortune-telling by touching your bones, or getting drunk.

3. Rehearse several ways to respond to sexual harassment by yourself or with trusted friends and classmates, so you can protect yourself and react promptly once the harassment occurs.
4. Refuse to put up with sexual innuendos.
5. Firmly say "No" to any type of sexual harassment, such as sexual bribery or sexual coercion, which is against your will.
6. Speak up. Tell the harasser to stop and apologize.
7. If you are too afraid to confront the harasser. Leave and ask for help.

How to avoid unwelcome or coercive conduct

1. **Ask yourself** if you would want someone you love to be treated in the same way. What you do not want done to yourself, do not do to others. No one should be made to do things against their will.

2. **Don't do it** if it is something that may turn into scandal when it goes public.
3. **Always ask first** if you are not sure whether the language or behavior is offensive. Do not make assumptions.
4. **Apologize immediately** when someone indicates something you have said or done makes them uncomfortable .

Date Rape

What is date rape?

The victim was raped by an acquaintance (such as a friend, relative, neighbor, or date). Date rape can take place at school, dorm, the victim or the assailant's home, and other places.

How to prevent date rape?

1. If you don't want to be touched or kissed, you can say, "Take your hands off," "Don't touch me," or "If you don't respect my feelings, I'm leaving right now."
2. Do not give mixed messages. Be explicit.
3. If things go out of control, you should take actions immediately. Do not expect things to get better or someone to rescue you. Leave the spot as soon as possible.
4. Trust your instinct.
5. Be aware that alcohol and drugs are often related to acquaintance rape.
6. Be alert and not to be lured into honey trap.

7. Do not meet a new acquaintance alone.
8. Avoid secluded places where could be vulnerable.
9. Examine attitudes about money and power in the relationship.

DANGEROUS ZONES ON CAMPUS

The University is an open space. While the school has the responsibility to provide a safe environment, students ought to be aware about their personal security as well. There are some dangerous zones that students should avoid walking alone or at night.

1. Archbishop Lokuang Student Activity Center basement area(especially at night)
2. School of Continuing Education basement area
3. Innovation & Incubation Center and the surrounding areas
4. Li Yuan Food Court near Lane 514 area
5. Cardinal Tien Memorial Building ground floor restroom area
6. Rear areas of Fu Yuan Food Court and Food Science Pilot Plant & Research Hall
7. Trails behind The Child Care Center
8. College of Arts and the side entrance at Santai Road
9. Wende Women's Dorm guest room area
10. Wende Women's Dorm basement

輔仁大學校區立面圖 FU JEN Campus



■ 校本部

- 1 焯煥館
- 2 野聲樓YP
- 3 舒德樓
- 38 淨心堂
- 25 中美堂
- 33 創新育成中心

■ 宿舍餐廳

- 4 輔園
- 6 宜真女宿

8 宜美女宿

- 11 修女院
- 15 神父宿舍
- 20 玫瑰女宿
- 21 文餐
- 22 文宿
- 23 文德宿舍
- 34 仁愛男宿
- 35 信義和平男宿SH
- 36 仁園 法園SS
- 40 格物男宿
- 41 立言男宿

9 民生學院

- (秉雅樓NF)
- 5 食科系工廠
- 7 輔幼教室FC
- 10 朝禮樓TC

12 藝術學院

■ 文學院

- 13 公博樓圖書館LL
- 14 文學院研究所LG
- 16 文華樓LI

17 文友樓LF

- 18 冠五樓
- 19 文開樓LE
- 24 積健樓LP

■ 醫學院

- 26 國豐樓
- DG MD

27 進修部

- ES

29 <<管理學院>>

- 28 利瑪竇大LM
- 31 羅耀拉大樓SL

32 濟時樓JS

- 30 法學院
- 樹德樓LW
- 伯達樓BS

42 外語學院

- FG AV LA LB

■ 理工學院

- 39 聖言樓SF
- 43 理工綜合教室LH
- 44 耕莘樓A
- 37 神學院



Gender Education Audio and Video Collections at Fu Jen University

| TITLE | LOCATION |
|--|---|
| Raise the Red Lantern | Kungpo Liberal Arts Library 2F/ Foreign Language Teaching Resource Center |
| The Hours | Kungpo Liberal Arts Library 2F/ Foreign Language Teaching Resource Center |
| Thelma and Louise | Foreign Language Teaching Resource Center |
| Elizabeth | Kungpo Liberal Arts Library 1F |
| Orlando | Foreign Language Teaching Resource Center |
| Passing Through My Mother-in-law's Village | Kungpo Liberal Arts Library 1F |
| North Country | Kungpo Liberal Arts Library 1F |
| Spider Lilies | Kungpo Liberal Arts Library 2F/ Foreign Language Teaching Resource Center |
| Raging Bull | Foreign Language Teaching Resource Center |
| Social Skills, Homosexuality | Kungpo Liberal Arts Library 2F/ Foreign Language Teaching Resource Center |
| Sexual Harassment, Text Anxiety | Kungpo Liberal Arts Library 1F |
| Cry Wolf (Sexual Harassment) | Kungpo Liberal Arts Library 1F |
| Character Education Series | Kungpo Liberal Arts Library 1F |
| v.1 : Leadership | |
| v.2 : Self-acceptance | |
| v.3 : Accountability | |
| v.4 : Work Ethic | |

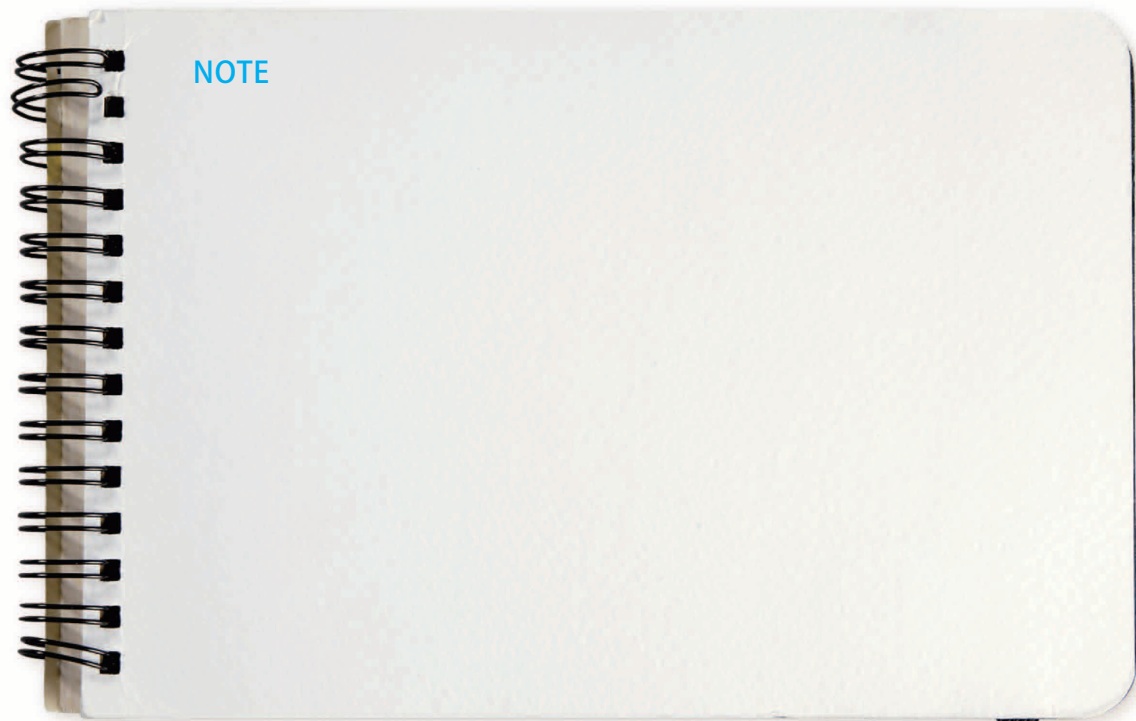
| TITLE | LOCATION |
|---|--------------------------------|
| Sex Education for both genders v.1 : From Boy to Man v.2 : From Girl to Woman v.3 : Sex and Responsibility v.4 : Puberty for Boys : Amazing Changes Inside & Out v.5 : Puberty for Girls : Amazing Changes Inside & Out | Kungpo Liberal Arts Library 1F |
| Sex Education for both genders You, Your Body, and Puberty Homosexuality on Campus Feeling Good about Growing up | Kungpo Liberal Arts Library 1F |
| Sexual Harassment and Rape Prevention In Real Life: Sexual Harassment in Schools Having Baby Too Soon AIDS: Everything You Should Know AIDS : The Teen Guide To Living Crime Check: Responding to Rape | Kungpo Liberal Arts Library 1F |
| Sexual Harassment and Rape Prevention No Excuse: Sexual Harassment | Kungpo Liberal Arts Library 1F |

(Source: <http://www.hec.fju.edu.tw/>)

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RESPECT
HARMONY

NOTE

PREVENTING
SEXUAL
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References

<http://www.womenweb.org.tw/>

<http://dspc.moi.gov.tw>

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