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| **Judicial System**  This may be your first involvement with law enforcement or the judicial system. It is very common for people to expect what they have seen on television or movies to apply to their current circumstances. Unfortunately, these expectations are often unrealistic or a distorted snapshot of how things truly operate.  There are laws and regulations in place aimed at protecting victims. For cases involving prosecution, court advocates may be available to provide information, education, and support that will help reduce your fears and uncertainties (e.g., discussing what to expect when you go to court).  Education and information about how the judicial system works, your rights, and your role can help you navigate these processes.  **Benefits of Counseling**   Some benefits to seeking counseling:   * Coping skills and strategies can help you to continue daily activities and relationships. * Establishing a support network can help to decrease the negative physical, psychological, and emotional effects that often result from traumatic experiences. * In a confidential setting, you can discuss topics such as:   + Safety planning and options for the future.   + The event and how it made you feel.   + Legal and judicial decisions. | |  | | --- | | **Who Can help?**  [*Agency*] Victim Services can assist you with information regarding victims’ rights, Crime Victim Compensation, case status, navigation of the criminal justice system, and referrals to the appropriate community resources or helping professionals or organizations according to your specific needs.  **Resources**  Local Resources  [*Insert state Crime Victims’ Compensation information*]  [*Insert other relevant local resources*]  National Resources  **Victim Information and Notification Everyday (VINE)**  1-877-894-8463  [www.vinelink.com](http://www.vinelink.com)  **Stalking Prevention, Awareness, and Resource Center (SPARC)**  [www.stalkingawareness.org](http://www.stalkingawareness.org)  **Stop Bullying**  [www.stopbullying.gov/resources/get-help-now](http://www.stopbullying.gov/resources/get-help-now)  **National Domestic Violence Hotline**  1 (800) 799-SAFE (7233)  [www.thehotline.org](http://www.thehotline.org)  **Women’s Law**  [www.womenslaw.org](http://www.womenslaw.org)  This publication was produced under [*Grant Number*] awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this draft publication are those of the contributors and do not necessarily represent the official position of the U.S. Department of Justice.  [*Revision Date*] | | |  | | --- | | **Harassment**  **[*Agency*] Victim**  **Adult Grief and Loss**  **Adult Grief and Loss**  **Services**  **[*address*]**  **[*phone number*]**  **[*Insert Agency logo*]**  **[insert Agency logo]**  **[insert Agency logo]**  **[insert Agency logo]**  Name/ID Number:  Direct Number: | |
| **What Is Harassment?**  There are several types of harassment including sexual, workplace, and teen peer harassment, among others. A person can be harassed by an acquaintance, an unknown person, a family member, or a former intimate partner. When a person is harassed by a family member or intimate partner, it is considered a family violence crime.1  Harassment can be a risk factor for further violence and should be taken very seriously.  **If You Are Being Harassed**  If possible and when it is safe to do so, consider:   * Making a police report– especially if the contact is obscene or threatening. * Report the harassment to your employer if it is occurring at work. * Instructing the offender to stop contacting you, and documenting when you do. * Documenting each occurrence of the harassment, including the method (e.g., verbal, text message, social media), date, and time. * Not engaging the offender– the offender may see this as encouragement. * If you are unsure who the person is, not extending contact by trying to identify them. * If you receive a phone call, hanging up if the caller does not respond to your greeting or at the first inappropriate comment. * Changing your cell phone number, email address, and/or social media accounts or blocking contact from the offender.   1 [*All agencies are encouraged to review state statutes and update this definition accordingly.*] | **Harassment Prevention**  You are not responsible for the behavior of someone who is harassing you. There are, however, action steps you can take to reduce your chances of being harassed in the future.   * Try to limit personal information that is available in public, including on the internet. * Do not list your cell phone number or email address on your social media pages. * Adjust privacy settings on your social media pages and consider who you allow access. * Be careful when giving personal information over the phone, by email or text message, internet, or social media. * Do not reply to messages from people you do not know. * Know who you are interacting with and if you are in doubt, verify their identity first. * If you are called by a businessperson, look up the business, contact them, and confirm the person is a staff member. * Encourage your children and family members to follow the above practices. | **Harassment and Children**  Children are often susceptible to harassment from their peers. Parents/guardians play a vital role in helping children to identify, report, and appropriately respond to harassment. Consider:   * Checking in with your child frequently. Instead of general requests such as “Tell me about your day,” it may be more effective to ask specific yet open-ended questions like “what are 3 things you did today?” or “what’s one thing that made you happy today and one thing that made you sad or upset?” * Staying involved with your children’s friends, activities, and teachers. * Role playing possible scenarios with children, so they are prepared to respond appropriately. * Demonstrating positive, clear communication regarding expected behavior. * Documenting and reporting harassing behavior to school officials and law enforcement.   **Common Responses**  If you are or have been harassed, you may be affected in different ways. It is common to experience reactions such as anger, fear, frustration, sadness, and guilt. Children often experience feelings of isolation.  Everyone reacts to stressful situations differently, so know that whatever you are feeling or experiencing is normal. If your reactions last longer than a few weeks or are having an impact on your daily life, you might want to seek professional assistance. |