

5 Immediate Steps Depending on Severity

01

Trusted peers and adults

Tell close friends or trusted adults (teachers, coaches, advisors).



02

School support staff

Talk with a counselor, psychologist, nurse, or social worker.



03

Specialized hotlines/professional help

Reach out to crisis hotlines, advocates, therapists, or doctors.



04

Official school/reporting channels

Report to the Title IX coordinator, dean, or administrator.



05

Law enforcement/legal help

If in danger or choosing to report, contact police and legal aid.



How Do I Know What Level I'm At?

You can think of it like building blocks: the more immediate danger or impact, the higher the step you use first.

Ignored warnings

- The person ignores your "stop," or behavior continues after you tell an adult.
- It happens on school property, at activities, or involves staff.
- You want the team to step in (no-contact orders, schedule changes, discipline).

Repeated and Affecting you

- You're anxious to go to school or practice.
- You're confused about your options or scared of retaliation.



Serious danger or a crime

- Physical assault or forced sexual contact.
- Threats, stalking, or blackmail (for example, "send photos or I'll share these").
- You fear for your immediate safety or someone else's.

Outside opinion

- You're not ready to report but need emotional support.
- You want to understand your rights, medical options, or how others handled this.

Uncomfortable but not in immediate danger

- Comments, jokes, or messages that are sexual or creepy.
- Repeated staring, unwanted compliments, or rumors.