



KNOW WHAT TO DO

知道需要做什么

IF YOU ARE SEXUALLY HARASSED OR ASSAULTED BY A STUDENT, TEACHER, OR SCHOOL EMPLOYEE

如果你被学校学生，老师和员工性骚扰或者性侵犯

You have a right to attend school in an environment free from sexual harassment or assault. The school must protect you from a hostile environment, whether the harassment occurred on or off campus, or online. Learn about your rights under Title IX, how to protect your privacy, the school's responsibilities, how to get emotional support, and more on the Victim Rights Law Center [K-12 Resources page](#). Read Equal Rights Advocates guide [Sexual Assault and Sexual Harassment](#). 你有权利在一个没有性骚扰和性侵犯的环境中上学。学校必须保护你在校内、校外甚至网上都不受性骚扰的伤害。你需要了解《教育法修正案第九条》下你的权利，其中包括如何保护你的隐私，如何获取情感支持，以及学校为保障性别平等所承担的责任。同时，你还可以通过[受害者权益法律中心（Victim Rights Law Center）](#)的基本指南《我如何谈论我所经历的暴力》和[平等权利倡导者（Equal Rights Advocates）](#)官方网站了解性骚扰和性侵犯的相关信息。

Preserve Evidence 保留证据

If assaulted, you may want to collect evidence before bathing or discarding clothing. Only you will decide if you want to use this information or not. Learn how to collect evidence at RAINN's website page [What is A Sexual Assault Forensic exam?](#) Preserve electronic evidence too. 如果遭遇性侵，你可以选择在洗澡或者丢弃衣服前收集相关证据。当然，这一类的证据只有你能决定是否使用。你可以通过RAINN网站了解如何收集性侵证据以及[性侵犯法医检查](#)的相关信息。如果有电子证据也建议保存。

Contact RAINN 24/7 for a confidential referral to a local sexual assault service provider or victim advocate 拨打RAINN 24小时电话寻找当地受害者权益倡导者或性侵受害者援助部门。

Call 800 656-HOPE or use RAINN's [Find Help Near You](#) webpage and enter your zip code. 您也可以拨打800 656-HOPE或者在RAINN's网站输入您的邮政编码寻找帮助。

Learn how a sexual assault service provider can help

了解性侵受害者援助部门如何提供帮助

Providers can help with medical or emotional needs, and advocate for you at school. Watch [High School Rape Victim Gets Help](#) on YouTube. 援助者可以帮助你解决医疗或情感上的需求，并在学校为你辩护。在YouTube观看[高中性侵受害者如何获得帮助](#)以获得更多信息。

Learn how to protect your privacy 了解如何保护你的隐私

A victim advocate can help you go back to school without being harassed by your perpetrator or other students. [Watch Sexual Harassment: Not in Our School! Part 2 Teen Rape Victim Gets Confidential Help](#) on YouTube. 受害者维权人士可以帮助你安全的回到学校，而且不会再次受到其他学生、老师或工作人员的骚扰。你可以通过Youtube观看 [《性侵：不在我们学校：性侵受害者获得信任帮助》](#) 获得更多的信息。

Essential Resources 必要的资源

[Stop Sexual Assault in Schools](#), a nonprofit devoted to K-12 students' right to an education free from sexual harassment.

[停止校园性侵](#)：一个致力于K-12学生免受性骚扰的非营利组织。

[1in6](#), a national Helpline for Men Who Were Sexually Abused or Assaulted. Visit [1in6.org](#) for free online chat support 24/7.

[1in6](#)：为遭受性侵犯或袭击的男性提供的国家求助热线。有需要的男性可以通过[1in6.org](#)进行24小时全天候的咨询。

National Teen Dating Abuse Helpline call 1-866-331-9474 or 1-866-331-8453 (TTY)

国家青少年约会暴力求助热线： 1-866-331-9474 1-866-331-8453

The Trevor Project Crisis & Suicide Prevention Lifeline for LGBTQ Youth call 1-866- 488-7386

The Trevor Project: 男同性恋，女同性恋，双性恋，跨性别者，酷儿青少年预防危机和自杀热线
1-866-488-7386

National Suicide Prevention Lifeline call 1-800-273-TALK, 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)

美国预防自杀热线： 1-800-273-TALK, 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)