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**Definition:**

Sexual Harassment is defined as unwelcomed verbal, visual, or physical conduct of a sexual nature that is severe or pervasive and affects learning conditions or creates a hostile environment.

**Examples:**

* Verbal or Written - Comments about clothing, personal behavior, or a person's body; sexual or sex­ based jokes; requesting sexual favors or repeatedly asking a person out; sexual innuendoes; telling rumors about a person's personal or sexual life; threatening a person.
* Physical - Assault; impeding or blocking movement; inappropriate touching of a person or a person's clothing; kissing, hugging, patting, stroking*.*
* Non-verbal - Looking up and down a person's body; derogatory gestures or facial expressions of a sexual nature; following a person.
* Visual - Posters, drawings, pictures, screensavers or emails of a sexual nature.

**Procedure:**

Any student who feels s/he has been subject to sexual harassment should take the following actions:

* Speak directly to the source of the discrimination.
* If this is not a reasonable option, or if such an option does not remedy the situation, speak with the immediate supervisor.
* If this is not a reasonable option, or if such an option does not remedy the situation, speak with the Director.
* If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to:

[PSAP@pilatesmethodalliance.org](mailto:PSAP@pilatesmethodalliance.org)

☐ I have read and understood the above procedures, and commit to following the steps delineated.

Student Name (print):

Student signature:

Date: