

VICTIM RESPONSE STRATEGIES



INTERNALLY FOCUSED STRATEGIES

<i>Detachment</i>	minimizing the situation, treating it like a joke or deciding it was not really important
<i>Denial</i>	pretending nothing is happening, trying not to notice, hoping it will stop, trying to forget about it
<i>Re-labeling</i>	offering excuses for the harasser or interpreting the behavior as flattering
<i>Illusory Control</i>	attributing harassment to one's behavior or attire
<i>Endurance</i>	suffering in silence, either through fear of retaliation, blame or embarrassment, or in the belief that no one will help

EXTERNALLY FOCUSED STRATEGIES

<i>Avoidance</i>	quitting a job, dropping a class
<i>Assertion/Confrontation</i>	confronting the harasser, making it clear the behavior is unwelcome
<i>Seeing Institutional Help</i>	reporting the incident
<i>Social Support</i>	seeking support and acknowledgment of the reality of the occurrence
<i>Appeasement</i>	attempting to placate the harasser