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Please enjoy this complimentary excerpt from Girls Without Limits, Second Edition by Lisa Hinkelman.

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Unchecked disrespect toward girls and women can escalate to verbal and physical harassment and even sexual assault. Common behaviors reported by girls are depicted along the continuum below.

Gender-Based Disrespect
- Gender-based disrespect includes rude, sexist, or negative comments based on gender.

Sexual Harassment
- Sexual harassment is unwelcome, sex- or gender-based verbal or physical conduct

Sexual Assault
- Sexual assault is any non-consensual sexual contact and non-consensual sexual intercourse.

**Verbal**
- "I need three strong boys to carry these boxes"
- "Are you moody because you have your monthly visitor?"
- "She is so smart … and she’s actually pretty too, can you believe it?"

**Verbal or Physical**
- Making sexual comments about someone’s body
- Making sexual gestures with objects or body parts
- Repeatedly requesting nude photos or sexual favors
- Sending unsolicited nude photos
- Snapping a girl’s bra strap
- Smacking a butt while passing in the hallway
- Cupping a girl’s breast and commenting on its size
- Giving back massage that is unwanted

**Physical**
- Any unwanted sexual touching
- Forced to kiss or perform any sexual act
- Made to watch another person perform a sexual act
- Any sexual intercourse (oral, vaginal, anal) performed under pressure or force