

Impact of a Planned Sexual Harassment Protective Program on Feeling of Safety and Self Confidence among Adolescent Girls

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Abstract: Background: Sexual harassment is a widespread phenomenon among adolescents. Its emergence is correlated to biological development; this behavior is neither normative nor socially appropriate given the negative impact on victims and its association with other aggressive and violent behavior. Enhancing adolescents' self-confidence is helpful in empowering them to feel safe and protected against this antisocial phenomenon. Aim: is to assess the impact of a planned sexual harassment protective program on feeling of safety and self confidence among adolescent girls. Design: A quasi experimental research design was utilized. Setting: The study was conducted in two secondary schools at Menoufia Governorate: (1) El-Sanawia banat old secondary school. (2) El-Sanawia banat new secondary school. Sample: a number of 100 secondary school adolescent girls were selected randomly from the previously mentioned settings. Tools: Two tools were used for data collection. *Tool one:* Students' knowledge questionnaire: it consisted of two parts. *Part one:* a structured: socio-demographic questionnaire to obtain demographic data about the studied sample. *Part two:* - sexual harassment structured questionnaire. *Tool two:* Five points Likert- scale structured questionnaire regarding degree of self confidence and feeling of safety of adolescent girls. Results: The results of the current study showed that, there were highly statistically significant differences between pre and after implementation of planned sexual harassment protective program of studied group regarding their level of confidence in their abilities and their actions for facing sexual harassment. Also, highly statistically significant differences were found between pre and after implementation of planned sexual harassment protective program of studied group concerning levels of self confidence and feeling of safety where $p < 0.001$. Conclusion: it was concluded that, adolescent girls had significant improvement in their feeling of safety and self confidence after utilization of a planned sexual harassment protective program. Recommendation: the study recommended to urgently utilize a planned sexual harassment protective programs for all adolescent girls as a mean to protect themselves and enhance their feeling of safety and self confidence regarding this negative phenomenon.

Keywords: Sexual Harassment, Safety, Self Confidence

1. Introduction

Sexual harassment has become an overwhelming and very real problem experienced by all women in Egyptian society. Often it occurs daily, in public places such as markets, public transportation and the streets, as well as in private places such as educational institutions, sports clubs, and the workplace. It's called as a social cancer in Egypt [1]. Sexual harassment is defined as unwanted and unwelcome behavior of a sexual nature that interferes with the right to receive an

equal educational opportunity. It includes different behaviors, such as verbal or written comments, making gestures, displaying pictures or images, using physical coercion, or any combination of these actions [2].

It was estimated that Egyptian women get harassed 7 times every 200 meters [3]. Also, two-thirds of Egyptian women (83%) are harassed on daily basis. In the same context [4] found that 80.1% of her studied subjects had been sexually

harassed during their adolescence period. She estimated that, the highest frequent places of sexual harassment were in the street (77.3%), and the highest percentage was that of verbal hazing (55%). Victims who sexually harassed is more liable to develop severe psychological problems such as depression, anxiety, fear and low self esteem [1].

Sexual harassment is a widespread phenomenon among adolescents, well documented by studies in different countries [5]. Its emergence is correlated to biological development; this behavior is neither normative nor socially appropriate given the negative impact on victims and its association with other aggressive and violent behavior [6]. Many researchers ignored the psychological effects of sexual harassment on adolescents especially for girls and its effect on all aspects of their life. So, they argue that sexual harassment prevention should receive equal attention. Schools can continue to provide a healthy environment for students through collaboration with school nurses to maintain and improve the psychological wellbeing of the adolescence by providing them with the necessary information about sexual harassment and how to protect themselves to feel safe and psychological stable [7]. [8] Indicated that, one of the most important qualities for adolescent students to protect themselves against sexual harassment is the sense of self confidence. [9] Reported that, self confidence is an important factor required by anybody to succeed in life, adolescents are normally faced with many problems and issues render them have low self esteem. One of the required developmental tasks for adolescents is consisted of learning them to express their own desires and intentions to others; consequently, it is important to offer individualized responses toward sexual harassment that result in a satisfactory solution [10].

Additionally, there is an intense need for a protective intervention against sexual harassment for adolescent girls to support them, decrease their fears and anxiety, alleviate depression and enhance their self confidence. The way ahead is to encourage dialogue about facing this danger problem and to try to search for urgent solutions [11]. Therefore, this study aims to assess the impact of a planned sexual harassment protective program on feeling of safety and self confidence among adolescent girls.

2. Significance of the Study

Nowadays, sexual harassment is a widespread antisocial phenomenon. It has become an overwhelming and very real problem experienced by all women in Egyptian society. Often it occurs daily, in public places as well as in private places such as educational institutions, and the workplace. In Egypt it's called as a social cancer [1]. A 2008 report by the Egyptian Center for Women Rights found that well over two-thirds (83%) of Egyptian women are harassed on daily basis [21]. Sexual harassment affects women by undermining their job satisfaction and affective commitment and by undermining their well-being, increasing their psychological distress, causing greater physical illness, and causing greater disordered eating [22].

Many researchers ignored the psychological effects and caused by sexual harassment in adolescent especially for girls and its effect on all aspects of her life. So, they argue that sexual harassment prevention should receive equal attention, among teens to provide a safe healthy environment for them [22]. It is important for school nurses to collaborate with all members in the schools and universities to maintain and improve the psychological wellbeing of the adolescent students through increasing students' awareness by providing them with the necessary information about sexual harassment (definition, forms, places, causes, etc.). Also, they should provide appropriate techniques for adolescent students to increase their self confidence in facing this negative behavior. In addition enhance their ability to protect themselves and to feel more safe and secure.

3. Subjects and Methods

3.1. The Aim of the Study

The study aims to assess impact of a planned sexual harassment protective program on feeling of safety and self confidence among adolescent girls.

3.2. Research Hypothesis

Adolescent girls who utilize a planned sexual harassment protective program will experience better feeling of safety and self confidence.

3.3. Research Design

A quasi experimental research design was utilized.

3.4. Research Setting

The study was conducted in two secondary schools at Menoufia Governorate:

- 1- El-Sanawia banat old secondary school
- 2- El-Sanawia banat new secondary school

3.5. Subjects

A simple random sample of 100 secondary school adolescent girls were selected with a number of 50 student girls from each school.

Sample Size

From population size 8000 (number of students at secondary schools of Menoufia Governorate), a sample size was calculated by using Epi Info™ 7 technique rendered 100 participants as a sample for this study at two sided confidence level 95%, power 80%, margin of error accepted 5% and 20% response distribution rate for planned program on self confidence and safety among adolescent girls regarding sexual harassment according to [12].

In terms of the numbers you selected above, the sample size n and margin of error E are given by

$$x = Z_{(c/100)}^2 r(100-r)$$

$$n = \frac{N x}{((N-1)E^2 + x)}$$

$$E = \text{Sqrt}[(N - n) \times r / n(N - 1)]$$

Where N is the population size, r is the fraction of responses that you are interested in, and $Z(c/100)$ is the critical value for the confidence level c

3.6. Instruments of the Study

Two tools were used for data collection:-

Tool one: Students' knowledge questionnaire: it consisted of two parts.

Part one: a structured: socio-demographic questionnaire to obtain demographic data of the studied sample including age, religion, educational degree, place of residence, previous exposure to sexual harassment, degree of self confidence to fight sexual harassment, and attending training courses regarding sexual harassment.

Part two: - sexual harassment structured questionnaire.

Tool two: - five points Likert- scale structured questionnaire regarding degree of self confidence and felling of safety of adolescent girls.

3.6.1. Reliability of the Tools

Reliability was applied by the researcher for testing the internal consistency of the tool, by administration of the same tools to the same subjects under similar conditions on one or more occasions. Answers from repeated testing were compared (Test-re-test reliability).

3.6.2. Validity of the Tools

They were tested for content validity by jury of five experts in the field of psychiatric Health Nursing and Pediatric nursing specialty to ascertain relevance and completeness.

3.7. Procedure

Data was collected at the first of March 2014 to the end of may 2014. *An official letters* were issued from the Faculty of Nursing Menofia University, and send to the directors of all the selected schools after explanation of the aim of the study to get their permission. *Ethical Consideration:* An oral consent was obtained from student girls to participate in the study. During the initial interview the purpose of the study was explained. The subjects were assured that all information would be confidential and their participation in the study was voluntary without any costs. *Pilot Study.* The pilot study was conducted on 20 secondary school adolescent girls. Students who participated in the pilot study were excluded from the total sample size. *Procedure of Data Collection:* A number of 50 students were selected randomly from each school and divided into two equal groups to receive the planned program concerning self confidence and feeling of safety against sexual harassment as a training sessions. Primarily, the students' girls were asked to fill the pre test structured questionnaire to assess the level of self confidence and feeling of safety regarding sexual harassment. Number of two sessions per week was conducted for each subgroup (25students) with a total number of 10 sessions within one

month and half to assume 3 months for completion of data collection for the total sample. At the last 10th session the participants asked to re-demonstrate the previously learned protective skills against sexual harassment in 10 minutes for each student's o assess the level of improvement in their self confidence and felling of safety in fighting this antisocial phenomena. After completion of the course the participants asked to fill the planned post test assessment questionnaire in 30 minutes. *Implementation of the program:* It divided into three phases (pre assessment phase, implementation phase and post assessment phase).

3.7.1. Pre Assessment Phase

A comfortable, private class was chosen for the interviewers. Orientation was done about the researcher's name, purpose, significance, content of the study. Subjects were asked to fill the pre- assessment sexual harassment structured questionnaire and Likert- scale structured questionnaire regarding degree of self confidence and felling of safety.

3.7.2. Implementation Phase

This study hypothesized that adolescent girls who utilized a planned sexual harassment protective program will experience better felling of safety and self confidence. This was achieved through 10 specific sessions. The training program was utilized several teaching methods such as: brain storming, lectures, discussion, providing examples. Data show, videos, role play, pictures and evidence based booklets .At the end of each session summary, feedback and further clarification were done for the vague items.

The content of the training program sessions was as follows:

1. Introduction about definition of adolescence period, stages of adolescence period and developmental changes during adolescence period (psychological changes).
2. Concept of sexual harassment, definition of harasser and victim, types of the harasser.
3. Types or forms of sexual harassment, places of sexual harassment that can occur in it.
4. Causes of sexual harassment and factors that may lead to sexual harassment.
5. Effects of sexual harassment (physical & psychological effects) on the girl.
6. Techniques that can use to protect themselves from sexual harassment.
7. Methods to face the phenomena of sexual harassment.
8. Techniques that can use to protect themselves from sexual harassment.
9. Strategies that help adolescent students to become more assertive.
10. Methods and strategies for teens to develop better self esteem. .

3.7.3. Post Assessment Phase

The post assessment test was done using the same sexual harassment structured questionnaire, and Likert- scale

structured questionnaire regarding degree of self confidence and feeling of safety among adolescent girls.

3.8. Statistical Analysis

The data was collected and entered into the personal computer. Statistical analysis was done using Statistical Package for Social Science (SPSS/version 20) Quantitative data were expressed as mean & standard deviation ($X \pm SD$) and analyzed by applying student t test for comparison of two groups of normally distributed variables and two groups of not normally distributed variables by applying Mann-Whitney Test. Qualitative data were expressed as number and percentage. *P-value at 0.05 was used to determine level of significance.*

4. Results

Table (1):- Socio-demographic Characteristics of Studied Sample (n=100). This table showed that 54.0% of studied sample were in age group ($16 \leq 18$) years old. Regarding religion 94.0% of the studied sample were Muslims, 60.0% of them were from urban areas, and 46.0% were in third educational grade respectively.

Table (2):- Distribution of studied sample knowledge concerns sexual harassment by their pre and post test. This table showed that, there was highly statistically significant difference between pre and post educational program regarding having enough knowledge to increase their self – confidence and to feel safe in facing sexual harassment at any time.

Table (3) Distribution of studied sample' self confidence in dealing with sexual harassment by their pre and post test. This table estimated that there were highly statistical significant differences between pre and post implementation of sexual harassment protective program regarding their self confidence.

Table (4) Distribution of studied sample' feeling of safety in dealing with sexual harassment by their pre and post test. As noticed from the table, 50.0% of the studied sample strongly felt safe and secured whereas 58.0% strongly able to protect themselves against this phenomenon after implementation of sexual harassment protective program. Also, there were highly statistical significant differences between pre and post test regarding studied sample' feeling of safety in all related items respectively.

Table (5) Relation of studied sample self confidence and feeling of safety concerning dealing with sexual harassment with their place of residence. This table showed that highly percentage of the studied sample who were from urban places 53.30% able to give tips and protect themselves regarding enhancing self confidence and feeling of safety in facing sexual harassment compared to (70.0 %) from rural areas. The table also indicated that, There were highly statistical significant differences between studied sample' self confidence and feeling of safety according to their place of residence.

Figure (1): distribution of studied sample knowledge concerning increasing self confidence and feeling of safety against sexual harassment by their pre and post test. This figure showed that, (90.0 %) of the studied sample had enough information to feel safe and more confident after implementation of sexual harassment protective program compared to (70.0 %) pre implementation.

Figure (2): distribution of studied sample knowledge concerning extent of sexual harassment phenomenon in society by their pre and post test. This figure estimated that, (88.0 %) of the studied sample give correct answer after implementation of the program compared to (90.0 %) of them implementation of the program give incomplete and in correct answer respectively.

Figure (3): distribution of studied sample knowledge concerning their actions when someone harasses them verbally or physically by their pre and post test. This figure estimated that, (88.0 %) of the studied sample give correct answer after implementation of the program compared to (54.0 %) pre implementation of the program respectively.

Figure (4): Distribution of studied sample confidence in their abilities in dealing with sexual harassment by their pre and post test. This figure indicated that (58, 0%) of the studied subjects were strongly able to protect her selves after implementation of the program compared to (88.0 %) unable to protect her selves pre implementation of the program respectively.

Figure (5): distribution of studied sample feeling of safety in facing sexual harassment according to their place of residence. As noticed from this figure (86, 7%) of the studied subjects who felt more safe in facing sexual harassment were from urban areas compared to (60.0 %) from rural places.

Table (1). Socio-demographic Characteristics of Studied Sample (n=100).

Socio-demographic characteristics	No	%
Age:		
16≤18	54	54.0
18≥20	46	46.0
Religion:		
Muslim	94	94.0
Christian	6	6.0
Residence:		
Urban	60	60.0
Rural	40	40.0
Educational stage:		
First grade	26	26.0
Second grade	28	28.0
Third grade	46	46.0

Table (2). Distribution of studied sample' knowledge concerning sexual harassment by their pre and post test.

studied sample' knowledge concerning sexual harassment:	Pre		Post		χ^2	P value
	No.	%	No.	%		
Ever exposure to SH:						
Yes	50	50.0	56	56.0	0.36	>0.05
No	50	50.0	44	44.0		
Ever attend training session on sexual harassment:						
Yes:	0	0.0	0	0.0	---	----
No:	100	100.0	100	100.0		
Do you have knowledge to increase your self- confidence and feeling of safety to cope with this phenomenon at any time						
Yes:	30	30.0	90	90.0	75.00	<0.001
No:	70	70.0	10	10.0		

Table (3). Distribution of studied sample' self confidence in dealing with sexual harassment by their pre and post test.

studied sample' confidence in their actions in facing sexual harassment	Pre		Post		χ^2	P value
	No.	%	No.	%		
I always confident I will express any dangerous action to my parents:						
Strongly agree:	0	0.0	58	58.0	169.20	<0.001
Agree:	0	0.0	28	28.0		
Somewhat agree:	18	18.0	12	12.0		
Disagree:	44	44.0	0	0.0		
Strongly disagree:	38	38.0	2	2.0		
I walk confidently:						
Strongly agree:	0	0.0	66	66.0	167.34	<0.001
Agree:	0	0.0	18	18.0		
Somewhat agree:	10	10.0	16	16.0		
Disagree:	44	44.0	0	0.0		
Strongly disagree	46	46.0	0	0.0		
Make sure to have special tool for self defense:						
Strongly agree:	0	0.0	78	78.0	163.39	<0.001
Agree:	0	0.0	10	10.0		
Somewhat agree:	16	16.0	8	8.0		
Disagree:	42	42.0	2	2.0		
Strongly disagree:	42	42.0	2	2.0		
I don't wait the harasser but I push him with a violent conduct:						
Strongly agree:	0	0.0	64	64.0	160.32	<0.001
Agree:	0	0.0	24	24.0		
Somewhat agree:	16	16.0	4	4.0		
Disagree:	42	42.0	0	0.0		
Strongly disagree:	42	42.0	8	8.0		
Strongly confident to deal with all kinds of sexual harassment:						
Strongly agree:	0	0.0	56	56.0	152.66	<0.001
Agree:	0	0.0	20	20.0		
Somewhat agree:	14	14.0	20	20.0		
Disagree:	50	50.0	0	0.0		
Strongly disagree:	36	36.0	4	4.0		

Table (4). Distribution of studied sample' feeling of safety in dealing with sexual harassment by their pre and post test.

studied sample' feeling of safety	Pre		Post		χ^2	P value
	No.	%	No.	%		
I feel safe and secure:						
Strongly agree:	0	0.0	50	50.0	159.81	<0.001
Agree:	0	0.0	28	28.0		
Somewhat agree:	10	10.0	18	18.0		
Disagree:	52	52.0	0	0.0		
Strongly disagree:	38	38.0	4	4.0		
Now able to give tips to deal with SH:						
Strongly agree:	0	0.0	40	40.0	106.64	<0.001
Agree:	2	2.0	12	12.0		
Somewhat agree:	16	16.0	34	34.0		
Disagree:	36	36.0	6	6.0		
Strongly disagree:	46	46.0	8	8.0		
Now able to protect myself:						
Strongly agree:	0	0.0	58	58.0	162.36	<0.001
Agree:	0	0.0	20	20.0		

studied sample' feeling of safety	Pre		Post		χ^2	P value
	No.	%	No.	%		
Somewhat agree:	12	12.0	20	20.0		
Disagree:	46	46.0	0	0.0		
Strongly disagree	42	42.0	2	2.0		

Table (5). Relation of studied sample' self confidence and feeling of safety concerning dealing with sexual harassment with their place of residence.

of studied sample' self confidence and feeling of safety	Urban (n=60)		Rural (n=40)		χ^2	P value
	No.	%	No.	%		
I feel safe and secure:						
Strongly agree:	28	46.7	22	55.0		
Agree:	24	40.0	4	10.0	15.86	<0.01
Somewhat agree:	8	13.3	10	25.0		
Strongly disagree:	0	0.0	4	10.0		
Now able to give tips to deal with SH:						
Strongly agree:	32	53.3	8	20.0		
Agree:	6	10.0	6	15.0	12.63	<0.05
Somewhat agree:	14	23.3	20	50.0		
Strongly disagree::	4	6.7	2	5.0		
Strongly disagree::	4	6.7	4	10.0		
Now able to protect myself:						
Strongly agree:	42	70.0	16	40.0		
Agree:	4	6.7	16	40.0	18.39	<0.001
Somewhat agree:	12	20.0	8	20.0		
Strongly disagree::	2	3.3	0	0.0		

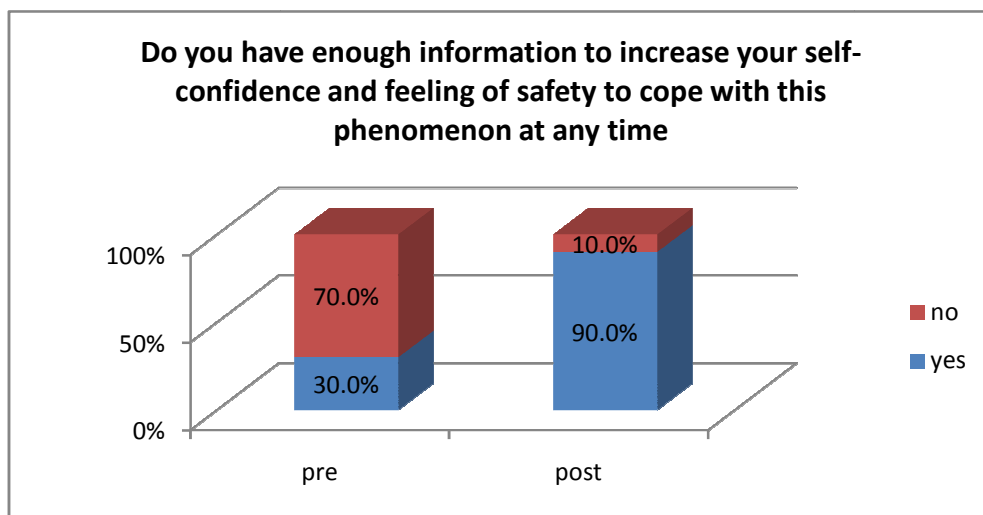


Figure (1). Distribution of studied sample knowledge concerning increasing self confidence and feeling of safety against sexual harassment by their pre and post test.

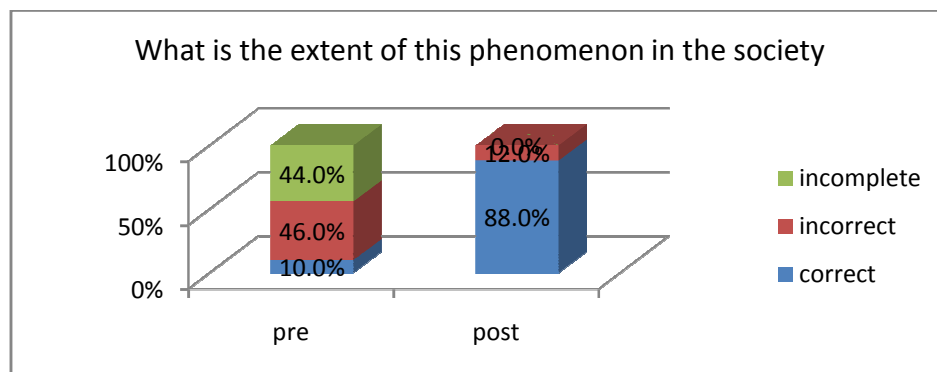


Figure (2). Distribution of studied sample knowledge concerning extent of sexual harassment phenomenon in society by their pre and post test.

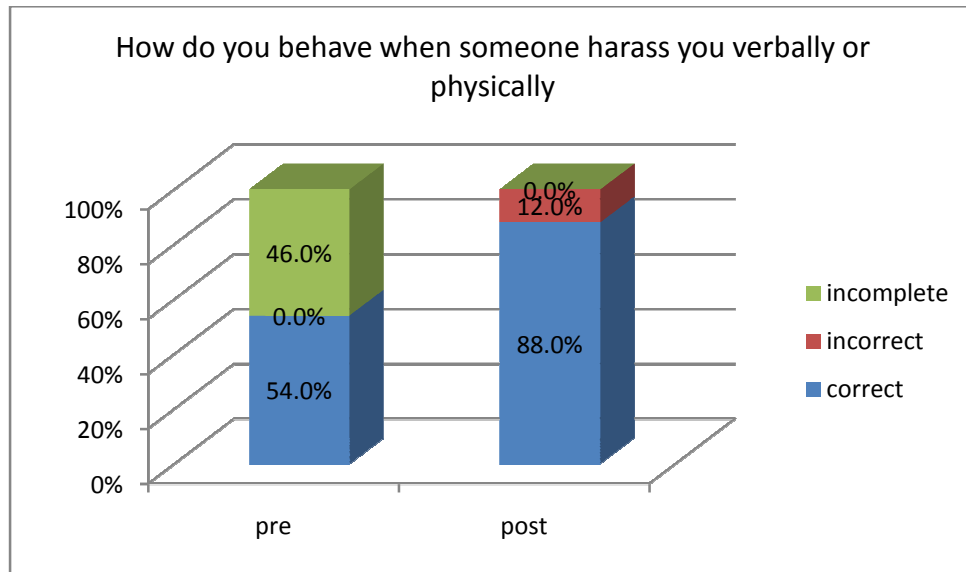


Figure (3). Distribution of studied sample knowledge concerning their actions when someone harasses them verbally or physically by their pre and post test.

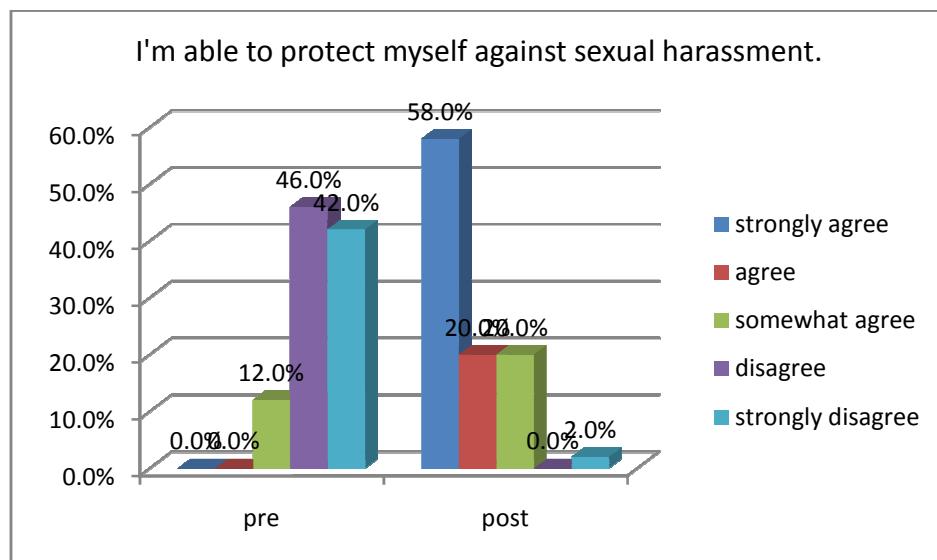


Figure (4). Distribution of studied sample confidence in their abilities in dealing with sexual harassment by their pre and post test.

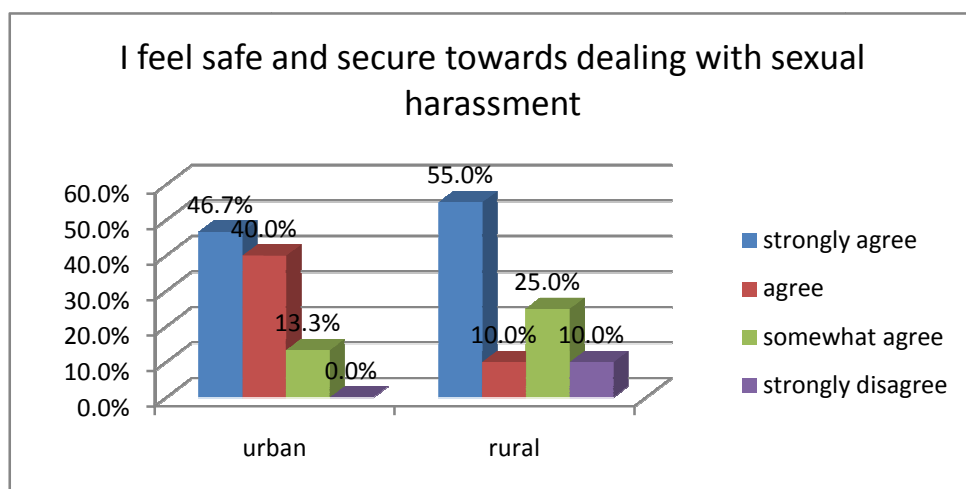


Figure (5). Distribution of studied sample feeling of safety in facing sexual harassment.

5. Discussion

Sexual harassment is typically defined as a form of unwanted or unwelcome sexual attention, and is considered a form of gender-based violence. Many researches support the Prevention of Violence against Women and Girls. Additionally, [13] Indicated that, each school should develop a policy to address sexual harassment, this policy should give a clear definition on sexual harassment principals, and methods of teaching adolescent student girls how to increase their self confidence to be safe in facing this violent anti social phenomenon. For these reasons, the present study aims to assess the impact of a planned sexual harassment protective program on feeling of safety and self confidence among adolescent girls. The result of the present study covered four main areas as follows; firstly; socio-demographic characteristic of the studied subjects. Secondly, Students' knowledge questionnaire concerning sexual harassment. Thirdly, structured questionnaire regarding degree of self confidence and feeling of safety of adolescent girls

Concerning distribution of studied sample knowledge regarding sexual harassment by their pre and post test table (2). The present study showed that, there was highly statistically significant difference between pre and post educational program regarding having enough information to increase their self confidence and feeling of safety to cope with sexual harassment phenomenon at any time. This result matched with [14] who revealed through his study: A comparison between girls' and boys' experiences of unwanted sexual behavior in secondary schools that, although the students are at different stages of schooling, they have a basic understanding of sexual harassment which also comprises sexually implicit words or behaviors. Also, girls were more confident in themselves and felt safe after utilization of a sexual harassment protective guide lines.

Regarding distribution of studied sample' self confidence in dealing with sexual harassment by their pre and post test table (3). The result of the current study estimated that there were highly statistical significant differences between pre and post implementation of sexual harassment protective program regarding their self confidence. This result supported by [15] who conducted a study about The impact of bullying and sexual harassment protective program on middle and high school girls. They found that, students' self confidence increased ad they appeared to walk confidently and in a strength way to make the harassers hesitate in annoying them after exposure to sexual harassment protective program.

Distribution of studied sample' feeling of safety in dealing with sexual harassment by their pre and post test table (4).As noticed from the table, 50.0% of the studied sample strongly felt safe and secured whereas 58.0% strongly able to protect themselves against this phenomenon after implementation of sexual harassment protective program. Also, there were highly statistical significant differences between pre and post

test regarding studied sample' feeling of safety in all related items respectively. The results are consistent with [16] who studied, Issues on students' safety in secondary schools. The researcher indicated that, (87%) reported that they agreed or strongly agreed with the statement "I feel better about myself than I did before first coming to the group."Also, they felt more safe and protected. The results of the present study reflect the effectiveness of teaching students appropriate methods to protect themselves based on scientific protective training.

Regarding relation of studied sample' self confidence and feeling of safety concerning dealing with sexual harassment with their place of residence table (5). This table showed that highly percentage of the studied sample (53.30%, 70,0%) respectively who were from urban places were strongly agreed and agreed concerning give tips to others, able to protect themselves and felt safe and more confident against sexual harassment compared to (20.0 %, 40.0 %,) were from rural areas. There were highly statistical significant differences between studied sample' self confidence and feeling of safety according to their place of residence. This may be due to the girls in the rural areas have limited chances to deal with boys these render them to be ashamed to deal with this violent phenomena. Also, in the urban places girls accustomed to gain cultures and skills to deal with any hazards due to open society. So they were benefit from the program faster than girls in rural areas.

Regarding distribution of studied sample knowledge concerning increase self confidence and feeling of safety against sexual harassment by their pre and post test figure (1). This present study showed that, (90.0 %) of the studied sample had enough information to feel safe and more confident after implementation of sexual harassment protective program compared to (70.0 %) pre implementation. These results are consistent with [17] who conducted a study to determine the Gender differences in experiences feeling of safety against sexual harassment. The results showed that, Ninety-seven percent (97%) were able to identify the types and prevalence of violence affecting adolescent girls and experiencing better feeling of safety after participating in the program. This result is expected because the majority indicated that the program was positively impact their competence, performance, and applicability for the subjects.

Concerning distribution of studied sample knowledge concerning extent of sexual harassment phenomenon in society and their actions when someone harasses them verbally or physically by their pre and post test figure (2.3): The current study showed that, (88.0 %) of the studied sample give correct answer after implementation of the program compared to (90.0 %) of them implementation of the program give incomplete and in correct answer respectively. Also, there was statistical significant difference between pre and post implementation of educational program regarding studied sample knowledge about the meaning of sexual harassment, extent of this phenomenon in the society and about how behaving when someone harass them verbally

or physically;

The present study comes in agreement with [18] who studied sexual harassment: An abuse of power and revealed that, Prior to participating in the program, the majority of teens did not know how to recognize abusive behaviors, did not know that they had the right to escape the abusive situation, how to escape an abusive situation, could not identify steps to keep themselves safe, and did not know where to get help in the community. Based on the post test evaluations 100% of the teens knew that they had the right to escape the abusive situation, and 97% were able to identify steps to keep themselves safe, and knew where to get help in the community

The results of the current study Contradict with this result of [19] which revealed that education on prevention of sexual harassment is primarily carried out in the form of seminars. A portion of students express that they show no interests in the talks, whereas some others indicate that they have fallen asleep during the seminars. The majority think that daily life examples are lacking in these seminars and it may explain why the students cannot apply what they have learnt to prevent the occurrence of sexual harassment, and do not know how to face and deal with the incident once it has happened. Therefore, the problem is related to the ways how the students are educated. So, the actual result is expected due to the effect of the educational program which expected to increase awareness, understanding and knowledge of the subjects.

In relation to distribution of studied sample confidence in their abilities in dealing with sexual harassment by their pre and post test Figure (4). This figure indicated that (58, 0%) of the studied subjects were strongly able to protect her selves after implementation of the program compared to (88.0 %) unable to protect themselves pre- implementation of the program respectively. This result supported by [20] who conducted a study of experiencing violence in schools: This Study reveals that about a half of the interviewed students have experienced better forms self confidence to face sexual harassment than in the past year after utilization of a designed program.

6. Conclusion

The current study concluded that:-

- The majority of studied sample became more knowledgeable, felt safe and more confident in themselves in the post test after implementation of sexual harassment protective program compared to studied subjects in pre test.
- Adolescent girls had significant improvement in their feeling of safety and self confidence after utilization of a planned sexual harassment protective program.

Recommendation

The study recommended to urgently utilizing planned sexual harassment protective programs for all adolescent girls as a mean to protect themselves and enhance their

feeling of safety and self confidence regarding this violent antisocial phenomenon.

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