

Important Phone Numbers & Resources

Campus Emergency

9-1-1 or "Blue Emergency Poles" on campus

Law Enforcement:

El Camino College Police Department	310-660-3100
Gardena Police Department	310-323-7911
Long Beach Police Department	562-435-6711
Los Angeles County Sheriff	323-820-6700
Torrance Police Department	310-328-3456

Campus Resources:

AIMS Team (behavioral intervention and campus threat assessment)	aimsteam@elcamino.edu
Student Health Center	310-660-3643
Title IX Coordinator	310-660-3813

If the incident involves El Camino College faculty or staff, you can file a complaint with the El Camino Title IX Coordinator (310-660-3813).

Sexual Assault Hotlines:

East Los Angeles Women's Center Rape & Battering Hotline*^	800-585-6231
National Sexual Assault Online Hotline^	https://ohl.rainn.org/online/
Peace Over Violence* Los Angeles	213-626-3393
Peace Over Violence* West Los Angeles	310-392-8381
Rape Treatment Center	310-319-4503
Violence Intervention Program (Sexual Assault)	323-226-3961
YWCA Sexual Assault Crisis Services*^	877-943-5778

* available in Spanish

^ available 24 hours a day

The Clery Act

The Jeanne Clery Act is a federal law that requires colleges and universities to disclose certain timely and annual information about crimes on and around campus.

Psychologists in the Student Health Center are "confidential resources" and are not mandated to report any detailed information you disclose to them. All personal information will remain confidential.

However, "non-confidential resources" such as faculty and staff are required to report to the Title IX Coordinator any information you disclose. Only statistical information will be reported for Clery Act compliance.



Student Resources and Reporting Options for Sexual and/or Gender-Based Misconduct (including Sexual Assault and Relationship Violence)

If you have been sexually assaulted, do the following:

Get to a Safe Place
If you are in fear of your safety call 9-1-1

Get Medical Attention

To assess and treat physical injuries and to collect evidence of the assault

Seek Emotional Care and Support
Do not try to deal with the situation alone

Tell Someone

Consider reporting the incident to the Police (9-1-1) or to the El Camino College Title IX Coordinator (310-660-3813)

Reach out for support.

Additional information and guidance can be found online:

www.elcamino.edu/administration/hr/diversity.asp

Sexual and Gender-Based Misconduct & Consent

Sexual and Gender-Based Misconduct

Sexual and gender-based misconduct (including sexual assault and dating violence) is unacceptable and will not be tolerated at the El Camino College District. These acts include a range of sexual offenses that have been initiated without obtaining consent or with the purpose or effect of threatening or coercing someone into sexual activity.

Sexual and gender-based misconduct is any unwelcome, gender or sex-based verbal or physical conduct that may or may not be sexual in nature.

Dating violence is committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim and may include the use of physical violence, coercion, threats, intimidation, isolation, or stalking.

Sexual assault is any actual, attempted or threatened unwanted sexual acts or contact, whether by an acquaintance or by a stranger, against a person without his or her consent.

Consent

Consent is **informed**. Consent is affirmative, unambiguous, and conscious decision by each participant to engage in mutually agreed-upon sexual activity.

Consent is **voluntary**. It must be given without coercion, force, threats, or intimidation. Consent means positive cooperation in the act or expression of intent to engage in the act pursuant to an exercise of free will.

Consent is **revocable**. Consent to some form of sexual activity does not imply consent to other forms of sexual activity. Consent to sexual activity on one occasion is not consent to engage in sexual activity on another occasion. A current or previous dating or sexual relationship, by itself, is not sufficient to constitute consent. Even in the context of the relationship, there must be mutual consent to engage in sexual activity. Consent must be ongoing throughout a sexual encounter and can be revoked at any time. Once consent is withdrawn, the sexual activity must stop immediately.

Consent cannot be given when a person is incapacitated. Consent cannot be given when a person is coming in and out of consciousness. Consent cannot be given under the express or implied threat of violence, bodily injury, fear or fraud, or other forms of coercion. Consent cannot be given when one's understanding of the act is affected by a physical or mental impairment.

Reporting

Making a report means telling someone in authority what happened – in person, by telephone, in writing or by email. At the time a report is made, a victim does not have to decide whether or not to request any particular course of action, nor does a victim need to know how to label what happened. Choosing to make a report, and deciding how to proceed after making the report, can be a process that unfolds over time. El Camino College provides support that can assist in making these important decisions, and to the extent legally possible will respect an individual's anonymity in deciding how to proceed. In this process, El Camino College will balance the individual's interest with its obligation to provide a safe and non-discriminatory environment for all members of the campus community.

If you would like to speak to someone on campus confidentially, please go to the Student Health Center (Pool Building) and ask to speak to a staff psychologist.

What to do if you are a victim

What to do if you've been sexually assaulted:

- **Go to a safe place.** If you are in fear of your safety, call the police (9-1-1) immediately, especially if the assailant is still nearby.
- **Get medical attention** as soon as possible to assess and treat physical injuries you may have sustained and to collect evidence of the assault. Help preserve evidence. You do not have to decide immediately whether or not you want to pursue a criminal complaint. Collecting evidence immediately following an assault will be helpful if you decide to press charges later.
- **Seek emotional care and support.** Reach out to someone you trust. Do not try to deal with this situation alone. Whether you are seeking support immediately after an assault or sometime later, there are several services available to you. Crisis intervention services are available 24 hours a day (refer to back cover for resources). On campus, the Student Health Center provides mental health care via short-term counseling. The Student Health Center can also assist students with medical care.
- **Consider reporting the assault** to the Title IX Coordinator (310-660-3813), and/or to the police. Reporting the incident does not commit you to further legal action.
- For additional resources, please contact the Title IX Coordinator (310-660-3813 or titleixcoordinator@elcamino.edu) or visit www.elcamino.edu/administration/hr/diversity.asp

Reporting the Incident

If you are a victim of sexual or gender-based misconduct, you can report the crime to local law enforcement, Campus Police, and/or the District's Title IX Coordinator.

Reporting to the local police department: This option allows students to report the assault and, possibly, initiate a criminal investigation.

Reporting on Campus: This option allows the District to investigate and take action to protect your safety. Interim actions, if necessary, may include issuing an administrative no-contact order and/or providing an escort while on campus. You can report the incident to the Title IX Coordinator (310-660-3813), Director of Student Development (310-660-3593 ext. 3500), and/or Campus Police (310-660-3100). For confidential resources, please contact the Student Health Center (310-660-3643) or one of the crisis intervention resources listed on the back cover.

Medical Exams

You are strongly encouraged to seek immediate medical attention and support, regardless of when the incident occurred. A medical exam has two goals: first, to diagnose and treat any injuries (including prevention of sexually transmitted illnesses and pregnancy); and second, to properly collect and preserve evidence.

Physical evidence from a sexual assault must be collected within 96 hours of the incident. It is important that you do not wash yourself or your clothing before an examination.

You do not have to press charges to have a sexual assault examination completed. However, medical providers (but not psychologists) are mandated by state law to notify law enforcement if you tell personnel you have experienced sexual assault. You have the right to request that a survivor advocate be present when you speak with law enforcement.

You are not alone. Reach out for support.



Sexual and Gender-Based Misconduct: A Guide for College Employees

All college employees are ***strongly encouraged*** to report incidents of sexual and gender-based misconduct to the Title IX Coordinator. All faculty and administrators are ***required*** to do so.

Exception:
Psychologists at the Student Health Center

Step-by-step guide of what to do if a student discloses to you an incident of:

- Sexual harassment
- Sexual assault
- Domestic violence
- Dating violence
- Stalking
- Any other sexual misconduct

Prior to a Disclosure: If you believe a student or employee is about to tell you about an incident of sexual or gender-based misconduct, explain your reporting duties **before** they make the disclosure. You must tell them that if you become aware that sexual or gender-based misconduct has occurred, you are required to inform the Title IX Coordinator so that steps can be taken to ensure everyone's safety. If the student or employee wants to talk to someone **WITHOUT** any information being reported, refer them to the Student Health Center where they can speak confidentially to a psychologist.

Following a Disclosure take these THREE important steps:

Step 1

Care for the Student/Employee

Provide the student/employee with non-judgmental support and ensure the individual is safe.

Step 2

Connect the Student/Employee and Resources

Explain your reporting duties and provide the student/employee with resources: Student Health Center (310-660-3643), Campus Police (310-660-3100), and/or Title IX Coordinator (310-660-3813).

Step 3

Contact the Title IX Coordinator

Report the incident to the Title IX Coordinator (310-660-3813).

Additional information and guidance can be found online at:

www.elcamino.edu/administration/hr/diversity.asp

Information and Guidance for College Employees:

How to respond to a disclosure by a student or employee of sexual or gender-based misconduct

El Camino Community College District is committed to providing a safe and nondiscriminatory campus. The District takes all allegations of sexual and gender-based misconduct seriously and encourages all individuals to report misconduct to any District employee who the Complainant trusts and feels comfortable. Under Title IX, the District is required to take immediate and corrective action if a “responsible employee” knew, or in the exercise of reasonable care, should have known, about sexual or gender-based misconduct that creates a hostile environment. These actions include:

- Stopping the conduct
- Preventing its re-occurrence
- Remedying its effects
- Providing care and support for the reporting person
- Taking steps to ensure the safety and security of our community

**The District considers all faculty and administrators
(with the exception of Psychologists at the Student Health Center)
to be “responsible employees.”**

**As “responsible employees,” you are required to report sexual and gender-based misconduct
to the Title IX Coordinator or a member of the Title IX team.**

The Title IX Coordinator or designee, will conduct an initial assessment of the conduct, the individual’s expressed preferences, if any, as to course of action, and the necessity for any interim remedies or accommodations to protect the safety of the Complainant or the community.

TYPES OF INCIDENTS COVERED: Any incident of sexual or gender-based misconduct, which may include, but is not limited to, sexual harassment, sexual assault, domestic violence, dating violence, or stalking experienced by a student or employee, regardless of where or when it occurs, or by whom, whether between people of different sexes or the same sex, and regardless of the student’s gender identity. If you are unsure if an incident falls into any of these categories, contact the Title IX Coordinator, who can assist with making the determination.

EXPLAINING YOUR REPORTING DUTIES: If you believe a student/employee is about to disclose to you her/his experience of sexual misconduct, explain your reporting duties *before* they make the disclosure. If this is not possible, do it as soon as possible after the disclosure. You can explain that even though you are obligated to share the information with District officials specially trained to respond, the individual’s privacy will be respected. Identities and details will be shared only with those who need to know to support the student and to address the situation through the District’s processes. You can tell the individual that the Title IX Coordinator will explain these processes in detail and that the student will be involved in decisions about what happens as a result of the disclosure. If the individual does not wish to disclose the incident or provide further details to you, refer the person to the Student Health Center for guidance and mental health support.

Example: “I need to tell you that if I become aware that sexual or gender-based misconduct has occurred, I must inform the Title IX Coordinator, so that steps can be taken to ensure your safety and the safety of our community. Your privacy will be respected, but if you prefer to talk to someone who does not have an obligation to report, there are other options. On campus, you can talk to a psychologist at the Student Health Center.”

PROVIDING NON-JUDGMENTAL SUPPORT: One of the most important ways to provide support is to listen without judging or blaming. Remember that no matter what the circumstances, no one deserves to be subjected to sexual misconduct. Allow the individual to talk about their experience. The person may not know how to label what happened. Be careful not to define the experience for them. Follow the person’s lead. Do not take control of the situation or try and do something to “fix” it. Experiencing sexual misconduct can cause a person to feel a loss of control. Let the individual make their own decisions and support them. Also understand that everyone responds uniquely to sexual and gender-based misconduct. Some common reactions may include shock, fear, embarrassment, guilt, anger, depression, and/or feeling overwhelmed.

ENSURING THE STUDENT/EMPLOYEE IS SAFE: If there is immediate danger, call 9-1-1 or Campus Police (310-660-3100).

CONNECTING THE STUDENT/EMPLOYEE WITH RESOURCES: You can refer the individual to Campus Police (310-660-3100), the Student Health Center (310-660-3643), the Title IX Coordinator (310-660-3813 or titleixcoordinator@elcamino.edu) or the El Camino College website where a list of resources and guidance is available: www.elcamino.edu/administration/hr/diversity.asp

CONTACTING THE TITLE IX COORDINATOR: At the earliest possible time after you receive information that a student/employee has experienced sexual or gender-based misconduct, you must report it to the Title IX Coordinator (310-660-3813). You will need to report all relevant details about the incident disclosed by the student. Once you have reported to the Title IX Coordinator, you do not need to take further action unless instructed to do so. You may be contacted for follow-up information as the District proceeds to respond to the report. If the individual chooses not to disclose information to you, you are not required to report the incident.

SPRING BREAK SAFETY

Personal Safety

- Provide someone with details about your trip including where you are staying, room numbers, local phone numbers, who's with you, your flight plans, arrival times and when you will return home. Set regular check-in times and follow through with them.
- Bring emergency contact information, medical cards listing any conditions and/or allergies as well as health insurance information and keep these items with you.
- Trust your intuition; it is your best defense. If something doesn't feel right or sound like a good idea, it probably isn't. Listening to your inner voice can save your life.
- Have at least three friends with you when you hit the town. If one of you has a problem, the second one can stay while the third seeks out help.
- Never leave with someone you just met, no matter how gorgeous they are. If your friends refuse to adhere to this, find out where they're going and when they will return and use your cell phone to program the person's number and to take a picture of the new couple.
- Always have a plan for how you will return to your hotel room. Never wander off alone.
- If you are robbed, don't resist. Call 911 or the country's emergency phone number as soon as you can.
- Always carry emergency cash and keep phone numbers for local cab companies programmed.

Alcohol

- Make sure that at all times someone in your group is the designated sober person.
- Decide in advance how much you plan to drink and make a pact with your posse. If you are concerned for your friend's safety or you or a member of the group drinks more than planned, intervene.
- Protect yourself from date rape drugs. Only accept drinks that you see a bartender pour and unopened beverages. Whether your beverage is alcoholic or not don't ever leave your drink unattended even in the restroom.
- If a friend feels sick, do not leave them alone. If you feel sick ask someone to look after you. If someone passes out, turn them on their side to prevent choking and call 911 or the country's emergency phone number immediately.

Communicate and Regulate

- If you're hitting on someone, respect them if they say "No." Even if they say it quietly, or while laughing.
- If they shy away from you, move away on the dance floor or don't make eye contact, this is not a signal for you to try harder. This is a signal for you to back off.
- If a person is drunk, they can't consent to sex or any sexual activity. So even if they're all over you, you have to stop.
- If you see someone being harassed step in and ask if they're okay.
- If you see someone in a potentially dangerous situation intervene or find someone who can.

Sex... Safety and Prevention

- Avoid being alone or isolated with someone you don't know or just met.
- If you choose to have sex, make sure it's safe sex, use protection. Regardless of gender, protecting yourself is your own responsibility. Keep protection with you.
- Before you go decide what your sexual boundaries are and discuss them with your friends so they can help you honor them. Someone you just met may not have your best interests at heart.
- Do not have sex while you or your partner(s) are under the influence. Having sex with someone who cannot resist or say "no" because the person is drugged, drunk, passed out, unconscious, or asleep may be sexual assault.

Hotel, Motel, Holiday Inn!

- Always keep your door locked and use the peep hole. Never open the door for a stranger.
- Don't leave valuables in your hotel room; it's best if you don't even bring them on vacation.
- Don't overcrowd elevators it can cause malfunction which will cause you to get stuck.
- Do not climb balconies or sit on balcony rails. Not only is this stupid it can be fatal.

Soaking up the Sun

- Avoid over exposure. Use sunscreen (SPF of at least 15), wear sunglasses, and/or a hat.
- You can get sunburned even if it is cloudy. Re-apply sunscreen often and after swimming and sweating.
- Stay hydrated! Drink plenty of water, non-carbonated, and non-alcoholic drinks



For more information or to report sexual misconduct, sexual assault or domestic violence, please contact the District Title IX Coordinator at 310-660-3813 or Campus Police at 310-660-3100.

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SUPPORTING SURVIVORS: HOW TO HELP A FRIEND

People who have been sexually assaulted often experience a range of emotions and reactions, and no two survivors of assault will feel exactly the same. As a friend, family member or partner, your help during this process is essential. Survivors need a great deal of support and caring as they begin to address and work through surviving this very frightening experience. Remember that your primary role is to be a friend. You are not a counselor, or a lawyer, or a doctor; your friend should turn to professionals for the best information on emotional, legal and medical issues.

Steps you can take to help:

Believe them

Believe your friend unconditionally. Expect a friend in crisis to be confused and don't criticize. It's not your role to question whether or not they were sexually assaulted.

Never blame them

Say clearly and with care, "It was not your fault."

Help them explore their options

Don't pressure them to do what you want to do. Empower your friend. Let them know he or she is not alone and remind them of available resources (campus counselor, campus or community crisis center, women's center, hospital, police, peer educators, etc) .

Allow them to react

Remember, there are many ways for a survivor to respond after being raped. Don't ask a lot of probing questions.

No more violence

How would you react? It's important to remain calm and as hard as it may be, it's important to refrain from offering to "hurt the person who did this to them." Although it's natural to want to protect your friend, an aggressive reaction is not a good response.

Listen to them

Offer your support and offer your time. Let your friend know that they can talk to you about their experience when they are ready.

Let the survivor be in control

Encourage them, but let them be in control. They decide if they want to talk with someone, press charges, etc

Encourage them to seek help

Talk about the kind of support he or she needs and keep talking about it because their needs will change as they work through the crisis. If they suspect they have been drugged encourage them to go to the hospital within 72 hours to have a rape kit done and to be tested for drugs in their system.

Seek professional help

Insist that your friend seek help if the crisis escalates to the point of being worried about their safety or long-term well being.

Get help for yourself

Don't blame yourself for the feelings you may have after learning someone close to you has been sexually assaulted. It's important to pay attention to your own needs and express them to your friend and others.

If you are a survivor of sexual assault seeking assistance, please contact your Campus or Community Rape Crisis Center, Campus Advocate or Counseling Center or contact one of these national resources:

Rape, Abuse, and Incest National Network (RAINN)
1-800-656-HOPE (4673)

National Sexual Violence Resource Center (NSVRC)
1-877-739-3895



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PROTECTING YOUR POSSE FROM DRUG-FACILITATED ASSAULTS

Having sex with someone who cannot resist or say "no" because the person is drugged, drunk, passed out, unconscious, or asleep may be sexual assault. The fact that a person has been drinking does not imply consent. When there is any uncertainty about a person's ability to give consent, it is best to wait for another time. Simply put, when in doubt, don't.

In a perfect world violence would not exist and neither would drug facilitated sexual assaults but until that day comes we've got to look out for ourselves and each other.

Protect Yourself and Your Posse

- Be aware of your surroundings, particularly at parties, bars and clubs and trust your instincts.
- Don't accept opened drinks, including nonalcoholic ones, (no matter how hot they are).
- If someone offers you a drink from the bar at a club or party, accompany the person to the bar to order your drink, watch the drink being poured, then carry the drink yourself.
- Don't drink from bottles or containers being passed around or share or exchange drinks with anyone (even if it's a friend, you don't know if there drink has been altered).
- No matter how appealing it looks or delicious it may taste, don't drink home-made vats of mixed drinks from a bath tub, community cooler, etc.
- If possible, bring your own drinks to parties (alcoholic and non-alcoholic).
- Don't leave your drink unattended while talking, dancing, using the restroom, etc. Take it with you everywhere.
- If you realize your drink has been left unattended set it free.
- Don't drink anything that has an unusual taste or appearance (e.g., salty taste, excessive foam, unexplained residue).
- In advance of going out, make plans with your friends to check on each other (especially the designated sober person).
- If you start to feel strange or unusually intoxicated, seek help from a friend or someone you trust.
- Go home with the same group of people you went out with.
- Don't mix sex and alcohol. Alcohol impairs inhibitions, judgment and decision-making.

- Experience memory lapse or "loss of time."
- Unable to recall what happened for a period of time after you consumed a drink.
- Feeling as though someone had sex with you, but unable to remember parts of or the entire incident.

Not everyone is affected by these drugs the same way. The effects may vary depending upon the drug, the dosage, and whether the drug is mixed with alcohol or other drugs. Other factors that influence how a particular drug will affect you are your weight, gender and metabolism

If you or a person you know might have been drugged and/or assaulted under the influence of any drug

- Go to a safe place and get help immediately, call 911 or the campus emergency number.
- Ask a trusted friend to stay with you and assist you in getting the services you need.
- Get medical care immediately. Go to a hospital emergency department as soon as possible for an examination and evidence collection.
- Try not to urinate prior to providing urine samples. If possible, find cups or glasses from which you drank and/or a sample of the suspect beverage, and submit these to the police for laboratory tests.
- If you think you may have been sexually assaulted, you should have a specialized sexual assault examination. Preserve all physical evidence of the assault. If possible, do not shower, bathe, douche, eat, drink, wash your hands, or brush your teeth before you have a medical evaluation. Save the clothing you were wearing at the time of the assault. Try not to disturb anything in the area where the assault may have occurred.
- Call a rape crisis center for support and information. You can contact RAINN at 1-800-656-HOPE and they will connect you to a rape crisis center in your area.

Signs You May Have Been Drugged

- Feeling much more intoxicated than your usual response to the amount of alcohol you consumed.
- Waking up very hung over, feeling "fuzzy."



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MYTH

If the assailant, victim, or both are drunk, the assailant cannot be charged with rape.

If the survivor was not physically harmed, it will be easy to get over a sexual assault without any long-term effects.

Most rapes are committed by strangers in a dark place at night.

Individuals provoke rape by how they behave, dress, or where they choose to go. Rape is the victim's fault.

Many reports of rape are false.

In a dating situation, when a woman says "no" she really means "yes". All men want to have sex with any woman any time.

An individual who agrees to go to their date's house should know that sex is usually part of the deal.

If a woman agrees to allow a man to pay for dinner, drinks, etc., then it means she owes him sex.

Men can't be raped

A person who doesn't fight back has not been raped.

Intimate kissing or certain kinds of touching mean that intercourse is expected.

Once a man reaches a certain point of arousal, sex is inevitable and they can't help forcing themselves upon a woman.

Most survivors lie about acquaintance rape because they have regrets after consensual sex.

Rape is a crime of passion.

It's not really rape if the victim isn't a virgin.

FACT

Forcing sex on someone who is too drunk to give consent is second degree rape in most states. Rape is a crime. People who commit crimes while under the influence of alcohol or drugs are not considered free from guilt.

Even if there is no evidence of a sexual assault, trauma can be caused by threats, verbal abuse and fear. These can often have serious effects on a person's emotional health. The reactions can appear immediately, or days, weeks and sometimes months after the assault.

More than 80% of all rapes are committed by someone the victim knows. Rape can take place anywhere, at any time.

Rape is never the survivor's fault.

False reports of rape are rare.

This notion is based on outdated sexual stereotypes and no matter what, "no" means NO. Communicate with your partners.

Going to a date's house does not mean that you agree to have sex with them.

No one "owes" sex for anything, no matter how much money has been spent.

Men can be raped. It is estimated that males make up 10% of all victims (RAINN 2006).

Rape occurs when an individual is forced to have sex against their will, whether they have decided to fight back or not.

Everyone's right to say "no" should be honored, regardless of the activity which preceded it.

Men are capable of exercising restraint in acting upon sexual urges.

Acquaintance rape really happens - to people you know, by people you know.

Rape is an act of violence, not passion. It is an attempt to hurt and humiliate, using sex as the weapon.

Rape is rape. Regardless of whether or not the victim is a virgin, or whether they have consented to sexual acts with the perpetrator before.



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