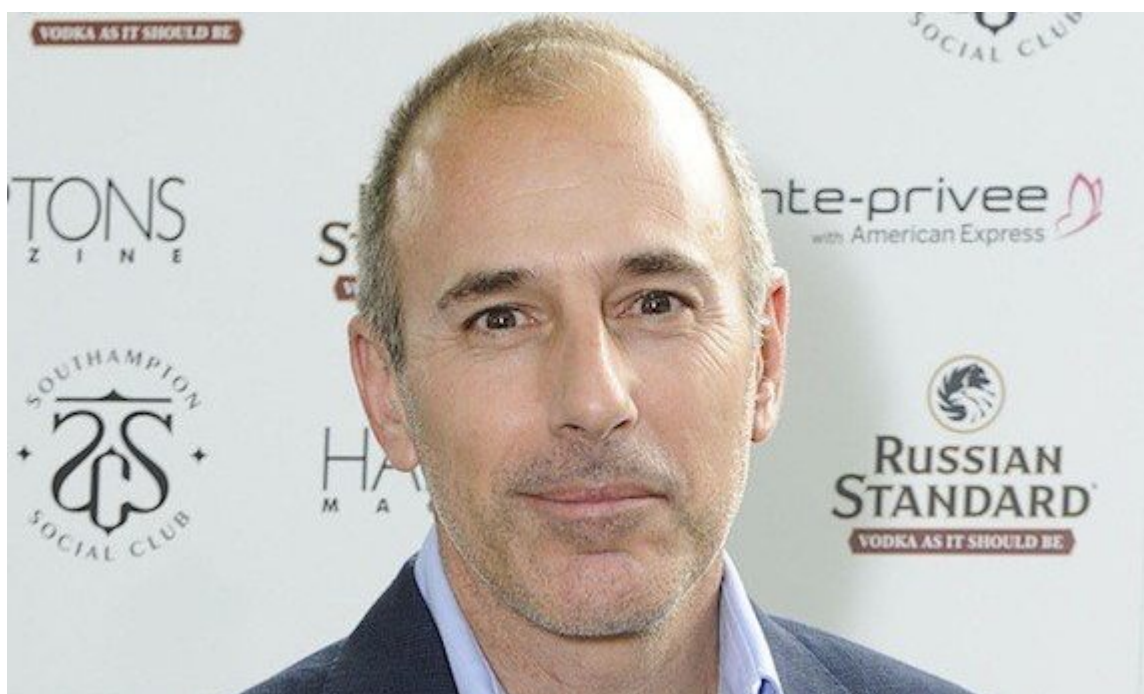


Celebrity News: Matt Lauer Fired from NBC News for 'Inappropriate Sexual Behavior'



By

[Rachel Sparks](#)

The [latest celebrity news](#) is another sex scandal, and it breaks our hearts. After Harvey Weinstein, Hollywood has been under scrutiny for its sexual misconduct. Matt Lauer of NBC was fired overnight Wednesday, November 29 for “inappropriate sexual behavior.” [UsMagazine.com](#) reported the many celebrities who reacted to this news. Andy Cohen reacted to President Donald Trump’s tweets, calling him a hypocrite. Both Rose McGowan and Kathy Griffin, who spoke out against Weinstein, stated they had been keeping an eye on Lauer.

This celebrity news seems to be more of the same lately, unfortunately. What are some ways to get up the courage to speak out when you feel sexually harassed or have been assaulted?

Cupid's Advice:

Speaking out when you feel victimized is terrifying, but being stuck in a situation you feel like you can't get out of is worse. Finding the courage to speak up and protect yourself will feel near impossible. Cupid has [relationship advice](#) to help a friend, or yourself, make it through this situation:

1. Indirect confrontation: A lot of times you want to take action, but you're terrified of the repercussions of a direct confrontation. Oftentimes a direct approach isn't the best answer. If you don't feel like you have support, fighting a situation alone could backfire. Instead, if you're being sexually harassed, find a way to distract from the sexual intentions. Spill a drink, take a phone call, fake an emergency. Find a way to get out of the situation and divert attention.

Related Link: [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

2. Have a partner: The buddy system from grade school is still relevant, especially in today's world where we are finding out more and more stories of sexual harassment. If you're going to be with someone you don't trust, find a way to have a partner. It's not always possible, but if you can avoid being alone the likelihood of being targeted goes down.

Related Link: [Parenting Tips: Ways to Talk to Your Kids About Sexual Abuse](#)

3. #MeToo: [Reese Witherspoon](#) used the hashtag to share her own stories of Hollywood harassment. You don't have to use a hashtag or social media, but the idea behind it is important. Find a way to connect with others who have been through similar situations. Build a community where you feel safe and supported.

Have you or someone you care about been sexually harassed? How did you make it through it? Share your advice below to help someone else survive this all too common tough situation.