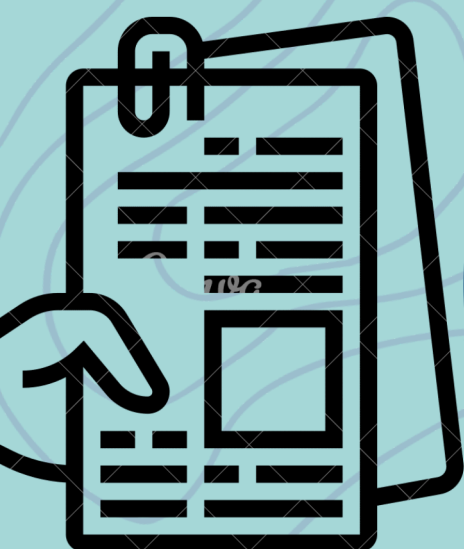
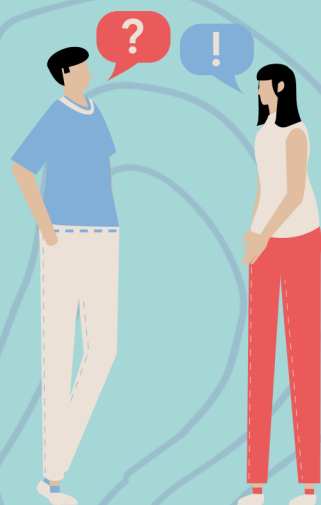


What to do if you are **SEXUALLY HARASSED** at work

TELL OFF THE HARASSER

Clearly and firmly that you object his/her behaviour and you do not like it. Set your boundaries

1



RECORD EACH INCIDENT IN WRITING

Describe it in full detail, including date, time, place, witnesses, and evidence if there are any.

2

These are important for taking action later

GET EMOTIONAL SUPPORT

Talk to sympathetic friends or colleagues. Alternatively, reach out to a woman's organization to explore your options.

3



MAKE A FORMAL COMPLAINT

Follow company procedures for resolving sexual harassment cases, use the right channels. You can also make a police report or seek help from the Ministry of Human Resources.

4

It starts with you !

