

WHAT TO DO IF YOU ARE HARASSED

Write down:

- Date and time and location
- What happened and who was involved
- Who (if anyone) witnessed the actions
- How it impacted your mood and ability to work

Confide in another person. Let them advocate for you. If there is no one to tell, **send us your story** and we will keep it in an archive. Even if the details feel like they fall in a gray area, write them down, they matter.

If you have been raped or molested: **don't shower** and keep your clothes in a clean plastic bag. Go to the gynecologist or doctor. Get checked for STIs and HIV. Go to the police.

whistlewhileyouwork.art

USEFUL PHRASES TO SHUT DOWN HARASSMENT

STOP

"I don't like what you're doing. Stop it."

"When you say _____, it makes me feel intimidated/ _____ humiliated/ _____ offended/ degraded."

"When you do _____, it makes me feel _____. Please stop."

Example:

"When you touch me like that, it makes me feel uncomfortable. Please stop."

No

It is **shocking** to be harassed or discriminated against. Practice these phrases and other phrases to be prepared. It's the responsibility of the abuser to change their behavior, but you have the right to be treated professionally and appropriately.

Demand the treatment you deserve.