

# SEXUAL HARASSMENT AT THE WORKPLACE: HOW CAN WE PREVENT IT?

Hi - I am Hoa! I have something really important to talk about - 'Sexual Harassment' at the Workplace.



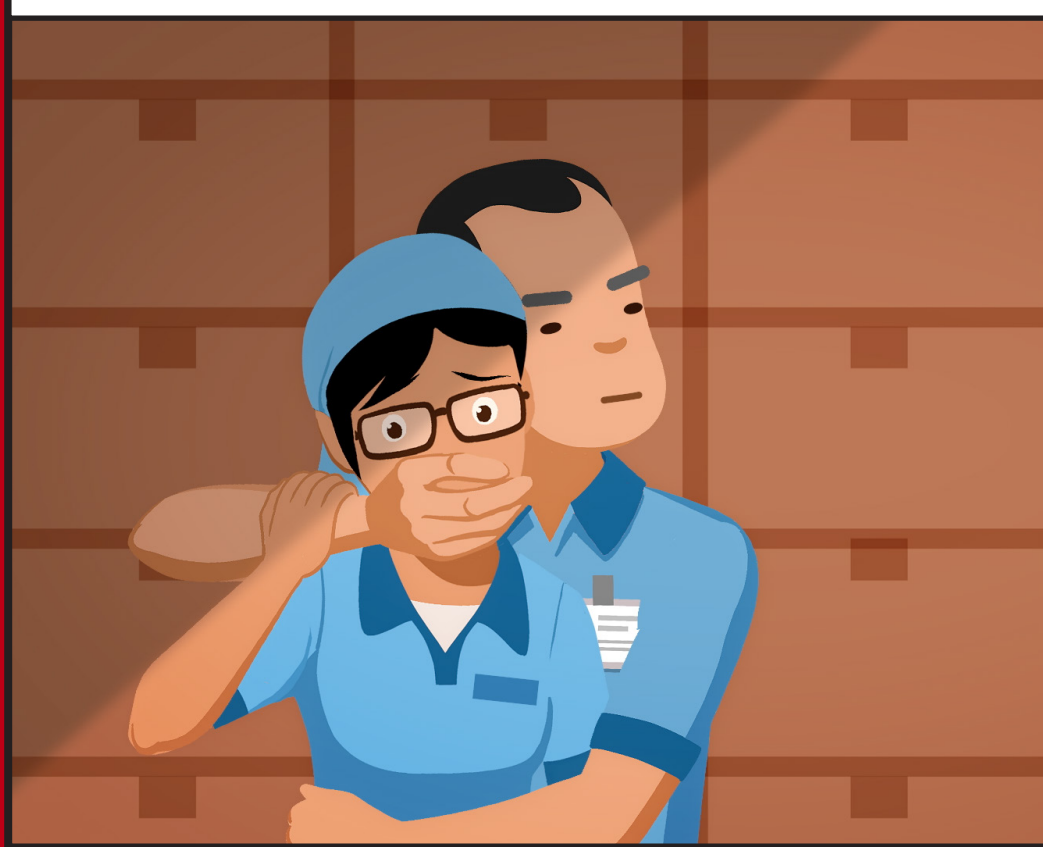
Sexual harassment includes both physical contact and verbal and non-verbal acts.



It can be as simple as an inappropriate suggestion, comment, gesture or even a text message that's sexual in tone...



...or, as serious as a sexual assault.



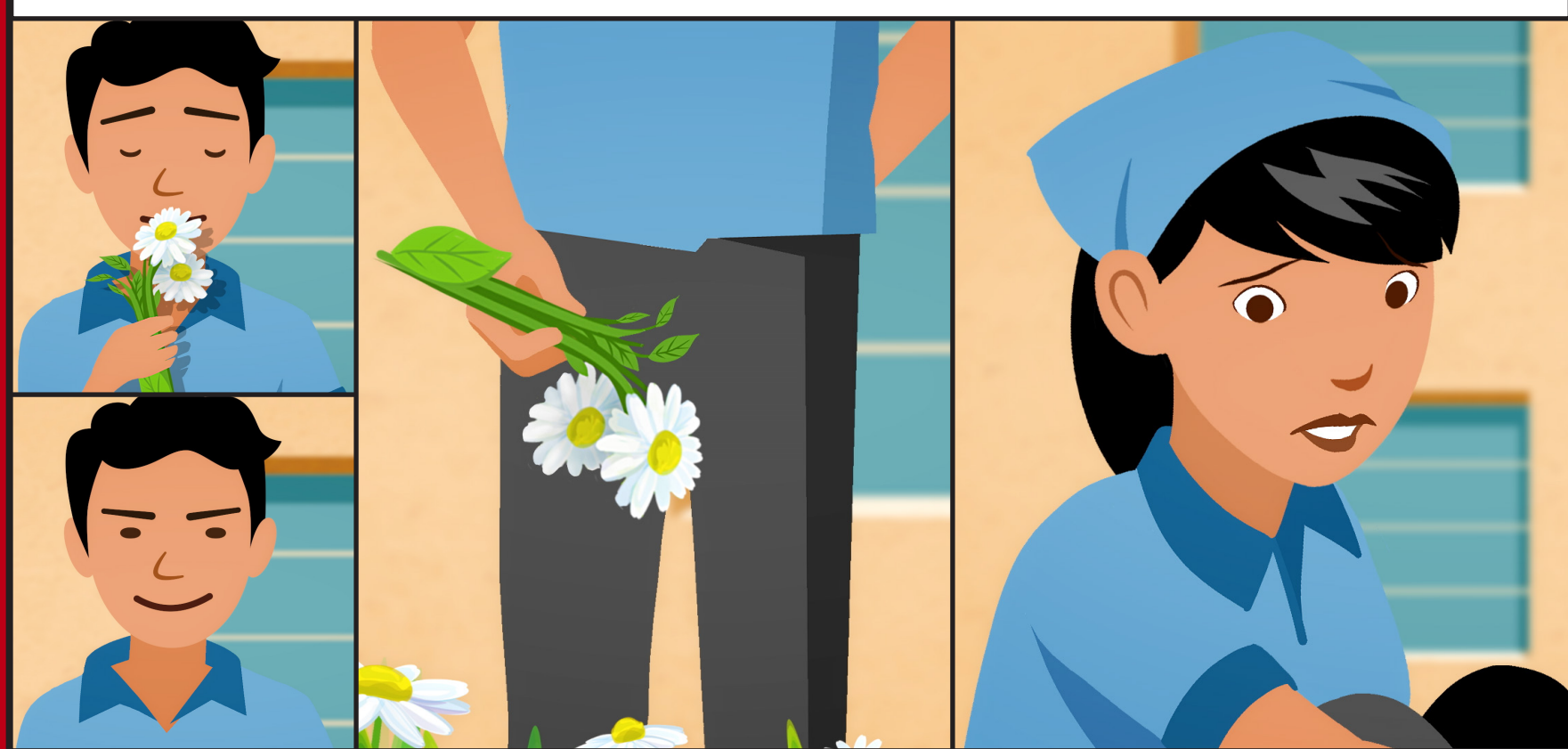
It's unacceptable behaviour which is prohibited by law and factories usually have a written policy to prevent it.



I was a victim of sexual harassment myself. At first I avoided the issue and didn't know who to ask for help.



I also felt ashamed and worried I'd lose my job if I reported a problem.



The problems didn't go away and soon I was so depressed I didn't want to go to work.



But, eventually I decided I didn't want to suffer in silence, or let others face the same experience.



I first confronted the person harassing me and let him know what he was doing was upsetting me.



When it didn't stop I took notes on what happened, where and when.



Then, I spoke to my supervisor, whom I trust, and she knew exactly what to do.



She went to speak to the human resource manager - then things really began to change for the better.



So - if you ever experience sexual harassment in the workplace make sure you speak to someone who can solve the problem - they will listen and they know how to help you!

