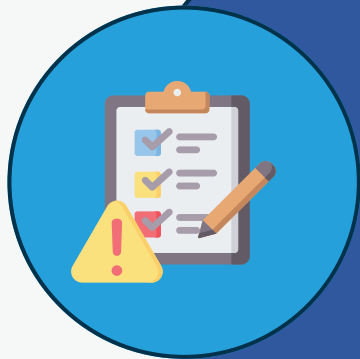


5 Ways To --- Handle Harassment

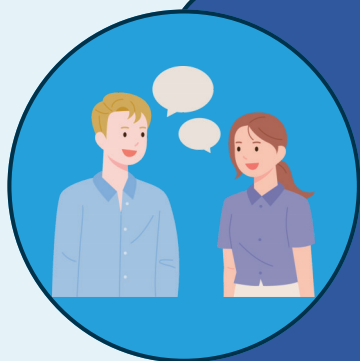
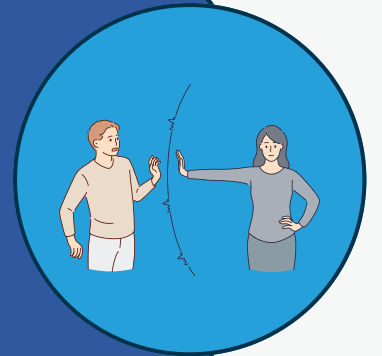


1. Document Incidents

Keep a detailed record of each harassment incident, including dates, times, locations, individuals involved, and what was said or done. This documentation can be crucial if you decide to report the harassment.

2. Set Boundaries

Politely, but firmly, let the harasser know that their behaviour is unwelcome and inappropriate. Clearly communicate your boundaries and ask them to stop.

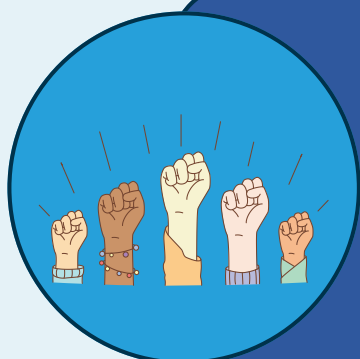


3. Speak to a Supervisor or HR

If the harassment continues or escalates, report it to your immediate supervisor or the HR department, following your company's established procedures for reporting such incidents. Provide them with the documentation you have gathered.

4. Seek Support

Talk to a trusted colleague, friend, or family member about the situation. Sharing your experience with someone you trust can provide emotional support and guidance.



5. Know Your Rights

Familiarise yourself with your legal rights and protections against harassment in your state or territory. Understanding the law can empower you to advocate for yourself and make informed decisions about how to proceed.