

# What to do in case of sexual harassment?

From the Institute for Women's and Men's Health / Project NEDA.

You feel uncomfortable in a situation, someone says or does things that make you uncomfortable, touches you without your consent, or won't leave you alone?

Sexual harassment can take many different forms: verbal, non-verbal, and physical. Some forms are more obvious, others hidden.

Sexual harassment can happen anywhere: at home, at work, or in public.

Unfortunately, sexual harassment often catches you off guard.



The following tips can help you in a situation where you feel uncomfortable and harassed

## Pay attention to your posture

Stand up straight, put your arms on your hips and lift your chin. Make sure you are standing securely and firmly. Show your disapproval by shaking your head or frowning

A confident attitude makes an impression on others and feels strong.



## Say "NO" out loud!

NO

If possible, act while still in the situation and say out loud "No, I don't want that!" or speak out what you are thinking, e.g. "I think that's disgusting!", "Don't attack me!", "I don't want to hear that kind of talk!". Saying "no" can be very difficult. Practice this in your thoughts and also out loud in your everyday life.

## Do take your feelings seriously!

Take your perceptions and needs seriously.

If something doesn't feel good, it isn't good!

The most important thing is always that you feel comfortable and safe.



## Communicate your boundaries

All people have the right to say "no" and be accepted in it. No one else gets to determine who you have sex with, who you are touched by, or who you spend time with.

No means no. Otherwise it is sexualized violence or harassment.



It is important to make your own boundaries visible and audible and to explain them in case of dispute. Setting boundaries is not always easy, but you can practice it.

## Trust in others

Do not be hard on yourself, if you have not said or done anything after a boundary violation. You can always report the incident later or confront the person yourself.

Rehearse such situations in your mind or with others and build up your self-confidence bit by bit



## Document the incident!

Sexual harassment and violence are prohibited. If legal action is to be taken, it is a good idea to document the incident promptly.

You can go directly to the police, Counseling and support by social workers social workers is also useful.



## Psychological counseling

It is not a sign of weakness to get help and support.

If it seems difficult to recognize one's own limits and to say "no," one can seek professional help. Counseling can also help you process sexual harassment or sexualized violence you have already experienced.

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