

**Sexual harassment at work is
ILLEGAL.**

What are some examples of sexual harassment?

Verbal Harassment

- Catcalls
- Rude comments
- Sexual jokes
- Sexual comments about one's clothes or body
- Rude sounds
- Suggestive questions

Physical Harassment

- Block or obstruct movement
- Inappropriate touching
- Pinch
- Rape
- Assault

Visual Harassment

- Sexual picture or posters
- Inappropriate drawings or cartoons
- Calendars with sexual images



**A victim of sexual harassment is
NEVER at fault.**

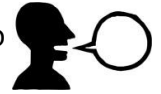
It is normal for victims to experience emotional and physical symptoms, such as:

- Fear, anxiety, anger, sadness
- Change in sleep or appetite
- Embarrassment, shame
- Depression
- Changes in relationships with partner, family, and friends

It is important to talk to someone you trust and to take care of yourself.

Every person heals differently. Here are some tips you can try:

♥ Talk with someone who is trustworthy



♥ Exercise and eat healthy



♥ Make sure to sleep 7-8 hours per day



♥ Pray or seek help with your faith



♥ Start an art project, dance, or sing



♥ Spend time in nature



♥ Listen to music



♥ Relax with a warm bath or shower



Sexual harassment can happen to anyone, regardless of gender, age, race, or job title!

What should you do if you are a victim of sexual harassment?



REFUSE



WRITE



SAY SOMETHING

It is UNLAWFUL to fire someone who complains about sexual harassment!

If you are a victim of sexual harassment at work and you want to speak to a profesional, call us:



**LA PUERTA ABIERTA/
THE OPEN DOOR**

Corinne Guest
(215) 839-9271
corinne.lpa@gmail.com

La Puerta Abierta/The Open Door offers mental health services to support people in understanding their emotions, improve relationships, and heal.



FRIENDS OF FARMWORKERS

Alicia Anguiano
(215) 733-0878 ext. 221
aanguiano@friendsfw.org

Friends of Farmworkers offers legal services to Pennsylvania workers for employment-related issues.

All of our services are FREE, can be offered IN SPANISH, and COMPLETELY CONFIDENTIAL

Voices of Women at Work

Supporting latina workers in exercising their rights



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