



# What is Harassment?

When one person or a group of people hurt or harm another person, that would reasonably be unwelcomed by the recipient.

**01**

## **Physical**

Intentionally causing harm or injury to another person through physical force.

**02**

## **Verbal**

The use of words to harm, intimidate, or humiliate someone.



**03**

## **Psychological**

The use of verbal (teasing, inappropriate remarks) and non-verbal (belittling, dismissing someone when they speak) behavior to harm an individual.

**04**

## **Sexual**

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.

**05**

## **Discrimination**

Harassment based on race, gender, religion, disability, or other protected characteristics.

**06**

## **Cyberbullying**

The use of technology such as social media apps to send hurtful messages.



**If you or someone you know is experiencing harassment, report it to your Supervisor, Manager or Human Resources.**