

How to Prevent Sexual Harassment

Prevention is the best tool to eliminate sexual harassment in the work place. Federal agencies are required to take necessary steps to prevent sexual harassment from occurring.

Effects of Sexual Harassment

In order to prevent sexual harassment in the work place, it is important to first understand WHY you would want to prevent sexual harassment. It is also essential to know the possible negative effects of sexual harassment.

Sexual Harassment affects the individual, the individual's work place and the entire agency.

Below are lists of possible effects sexual harassment may have on the individual, the work place and the agency:

Effects on the Individual

- ! Feelings of alienation and guilt
- ! Feelings of humiliation, embarrassment and intimidation
- ! Deteriorating family relationships
- ! Loss of wages from frequent absences
- ! Loss of income if fired or decision is made to resign
- ! Physical symptoms, e.g., chronic fatigue, headaches, nausea
- ! Psychological symptoms, e.g., depression, nervousness, sleeplessness
- ! Decrease in self-esteem and motivation
- ! Medical bills

Effects on the Work Place

- ! Loss in productivity
- ! Low morale
- ! Forming of cliques
- ! Poor management and supervision
- ! Absenteeism
- ! Job turnover
- ! Reputation as a poor place to work