



How to Handle Sexual Harassment

Thangamani R^{1*} and Govindarajan B²

¹Assistant Professor of Zoology, SBK College, Aruppukottai, India

²Dr. BGR Re-search Services, Tuticorin, India

*Corresponding Author e-mail iD: thangamnatarajan0209@gmail.com

Introduction

If someone is being sexual harassed then they have to take action against the harasser. Many girls will not take any action against the harasser because they feel discomfort to tell others. First, they have to tell the harasser to stop. After that they have to inform to the police officers. Sexual harassment is defined as an unwelcome behaviour of sexual nature. For example: A man tries to touch women intentionally. Harassment may occur in any of the places like schools, colleges, public, malls, theatre, workplace, or can be while travelling also. The victims of harassment can be of any sex either a boy or it can be a girl too. According to the law sexual harassment is illegal. If it's happening the police will take a strict action.

Types

The three types of sexual harassment are

Physical harassment

Telling something around someone's neck or shoulders. Touching someone's hand, clothing, hair or hugging or kissing them without one's permission. This is physical harassment. Nowadays in work places and while travelling this can be seen a lot. Men's try to physically touch women and exploit them. For example: giving massage around the neck, kissing, hugging, patting, these are some examples of physical harassment.

Written/verbal harassment

Sending any inappropriate messages or images which is crude in nature. Telling or commenting others which is inappropriate. As Insulting, criticizing, slurs and humiliation that are mostly intended towards sexual motive.

Visual harassment

This is mainly occurring in a working environment like offices or companies. This may involve leering, gestures, and any kind of sexual image. It can consist of photo, videos or posters. Pornographic material are usually downloaded through internet using a computer. For example: Improper dress at home, flashing, sexting, or any kind of sexual behaviour.

Sexual harassment includes

- Touching, grabbing or making any physical contact without his/her permission
- Asking them for a physical relationship
- Staring continuously or leering
- Commenting or cracking sexual jokes to others that have a sexual meaning
- Exposing them self in front of others
- Asking others about their sexual life
- Someone being closed enough that makes others feel discomfort
- Sending the visual images or video which contains pornographic content.

Ways to avoid sexual harassment while travelling:

To know self-defence

Now a days in this kind of environment everybody should know to protect themselves. There are been many cases about sexual harassment to girls and it has become a common thing. Every girl should know the self-defence as of now there is very much danger for girls while walking on roads, returning home from work, or any other reason.

Be bold to say “No”

While traveling men or women should be bold. Many people will offer them a seat next to them, or an outing, or can also offer a room in their house but we should always remember that there is a risk in that and we should always say then no directly. Saying NO directly will reduce the risk of sexual harassment.

Read the safety measure

Many times, while we travel in buses there will be some instructions written. We should read it carefully that whether sexual harassment is legal or illegal there. In many buses it will be written as the emergency number that we can contact when we feel like sexual harassment.

Maintain safe distance

We should always maintain distance with others. Social distance will have less risk of harassment. When there is no closeness between the persons there will be no possibility of sexual harassment.

Laws

Sexual harassment with women is seen everywhere as it can be industries or an office. Women has to endure sexual harassment with their bosses or their supervisors. In order to provide security to women at their work place in the year 1997 the supreme court passed a judgement in Rajasthan where the rules and regulations regarding sexual harassment was mentioned. Under section 354A sexual harassment is considered as particular offence. If there is something sexual harassment is taking place one can file a complaint in the police station regarding the issue and a severe action will be taken place.

In a big survey it was reported as in the teenagers who work are in girls out of 3 two girls are being sexually harassed and in boys out of 3 one boy is sexually harassed. Now a days it's been common that teenagers tolerate this and doesn't take any action regarding it as they think this may affect their respect. They think that if they complain about it the society will come to know and degrade them. In middle class families where young boys and girls go to work, they face many issues like this but never complains this to their families. Sexual harassment while in office, work place, or travelling can have a negative impact on one's respect and dignity. The mostly common type of harassment we can see is sexual harassment.

Victims of sexual harassment suffer from the following psychological disorders:

Anxiety

It is the major effect that our youngsters are facing today. It is majorly effected due to childhood or adulthood problems. We can overcome anxiety by performing yoga, meditation, and to be connected with others. A proper sleep is also required to overcome anxiety.

Depression

It is a common mental disorder. It is faced by every teenager and adults. It is a state in which a person is not satisfied or happy with anything. He only thinks of a particular thing that has happened before. Depression causes many Brain disorders. Depression to a very long period can cause mental disorders. We can overcome depression by doing exercise regularly, eating a

balanced and a healthy diet food, getting an adequate sleep, and challenging the negative thoughts.

Lowered self-esteem

self-esteem is the values and confidence on one's personality. The confidence in one person is very important to achieve their goal. Without confidence the goals will be harder to achieve. When there is sexual harassment taking place on a person their self-confidence will get reduced and due to this they cannot focus on their goals.

Sleep disorders

Due to the issues an individual is facing because of the harassment, they will be having lack of sleep. Due to this sleeping disorders will be taking place. When there is no sleep there will be many disorders taking place. For example, migraine is a severe headache that is caused due to lack of sleep, depression, and mental illness.

Conclusion

Sexual harassment is a very common thing that is happening right now. It can be verbal, written. Usually, it can be seen in working places or while travelling also. In teenage the students tease other students by nick names. This is also known as harassment. Due to harassment many people commit suicide and many will gain mental disorders like depression and anxiety. The government has implemented many laws as proving it illegal. The harasser will be taken a strict action against them. women who travel to work place should take care of them as there will be a risk of harassment in work place as well as while travelling. They should be aware of the laws that impact harassment. They should be bold enough to say no to harassment. Instead of tolerating it they should file a complaint again it as a strict action will be taken. It is very important for us to take preventions to stop sexual harassment as it will damage and affect the victim's life severely. Street harassment is an illegal offence that has become an overtime issue and needs a management. We should take a primary prevention by these steps: we should keep our social media account private so that only our friends and relatives can be able to see our posts and pictures, we should check our data information setting that it's up to privacy limits. By following all these important guidelines, we can prevent sexual harassment.

Reference

Hussin Jose Hejase 2015 Sexual Harassment in the workplace: An exploratory study from Lebanon. *J. of Management Res.* 7(1): 107-121.