



Women's empowerment against sexist harassment in public space
Project N° 2022-1-LT01-KA220-ADU-000086398






Psychological Validation Process for Women Exposed to Sexual Harassment in Public Spaces




Exercises, Tips, and Reporting Strategies





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Let's
meet!



Table of contents

01 Introduction

02 Presentation

03 Conclusions





Sexual harassment is not just a violation of someone's personal space and dignity, but a profound breach of trust and respect that no one should ever have to endure.



01

Introduction

Importance of understanding and addressing sexual harassment.



Understanding Sexual Harassment

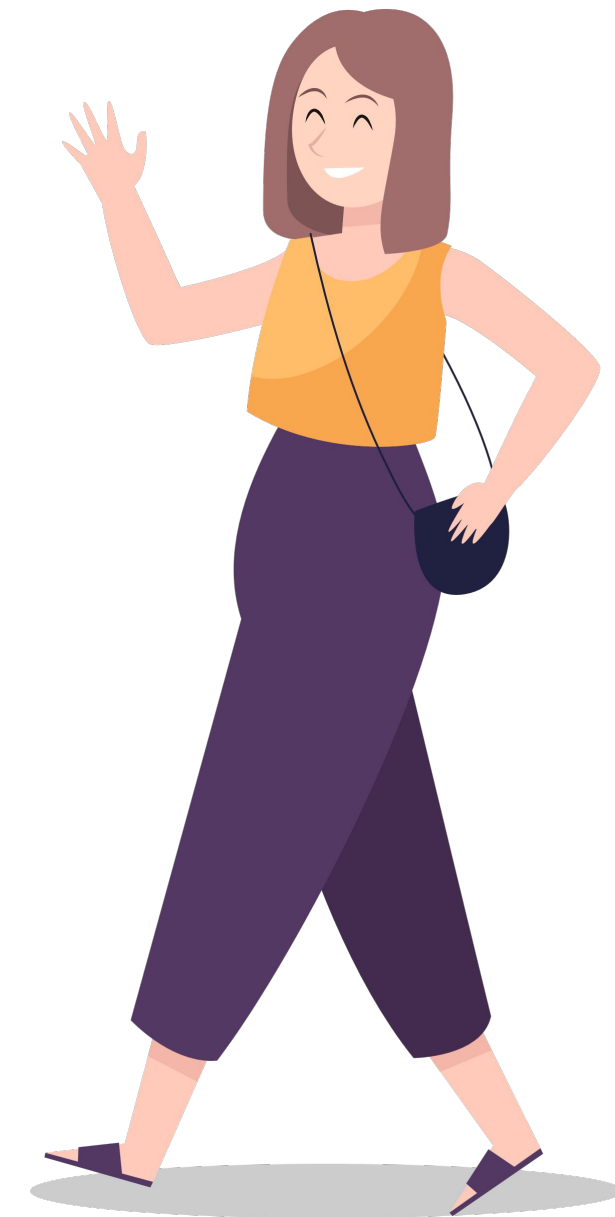
Definition and Types:

- What is sexual harassment?

Any unwelcome behavior of a sexual nature that creates a hostile or offensive environment.

- Examples of sexual harassment in public spaces:

- Verbal harassment;
- Non-verbal harassment;
- Physical harassment;
- “Quid pro quo” (“*this for that*”) harassment.



Types of sexual harassment



Visual



Verbal



Non-verbal



Physical



Impact of Sexual Harassment on the victim



Psychological impact

Impact on health

Impact on career





Psychological Validation

is crucial in building trust,
fostering communication, and
providing emotional support.



Practical Exercises

Grounding Techniques

Objective: Reduce anxiety and stress.

Activity: Practice grounding techniques (e.g., 5-4-3-2-1 method).

Discussion: Share experiences and effectiveness.

Affirmations

Objective: Reinforce self-worth and confidence.

Activity: Create and repeat positive affirmations.

Discussion: Impact of affirmations on mental state.

Safe Space Visualization

Objective: Create a mental safe space for relaxation.

Activity: Guided visualization to imagine a safe place.

Discussion: Feelings and reflections after the exercise.





02

Coping and Reporting strategies



Steps to Handle Sexual Harassment



Ensure Safety and Support

Listen and Validate

Investigation and Action

Follow Company Policies

Confidentiality

Gather Evidence

Seek help from bystanders or authorities.



By taking these steps, you can support the victim, hold the perpetrator accountable, and prevent future incidents.



Reporting Sexual Harassment



Hotlines, support groups, and counseling services. Talk to a trusted colleague or manager. Report to local authorities or organizations.

4. Seek help

2. Report to immediate Supervisor or contact human resources (HR)



3. Know your rights

Try to familiarize with your rights regarding harassment under local or federal laws.



1. Document the Incident

Collect evidence (if it is possible).
Importance of documenting the incident



Practical Exercises

Role-Playing Reporting

- **Objective:** Practice reporting in a safe environment.
- **Activity:** Role-play scenarios of reporting to authorities.
- **Discussion:** Comfort levels and feedback.

Self-Care and Recovery Strategies

Tips for Self-Care:

- Engage in activities that bring joy and relaxation.
- Connect with supportive friends and family.
- Seek professional help if needed.



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03

Conclusion

Summarize and Q&A session

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The power of Psychological Validation Process for Women Exposed to Sexual Harassment

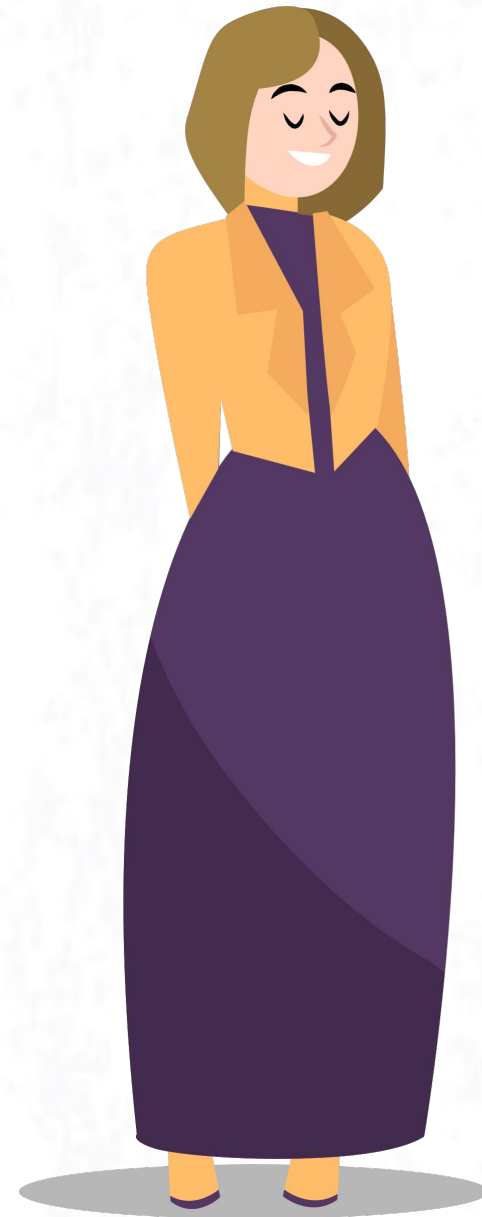


- 01** Recap of key points: validation, handling harassment, and reporting.
- 02** Emphasis on the importance of support and self-care.
- 03** Prompt for Questions: Open the floor for any question or further discussion.



Bibliographical references

- Books, articles, and websites on sexual harassment and psychological support.
- Additional Resources:
 - Hotlines, counseling services, and support groups.





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Thank you!



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