



TIP OF THE WEEK

Harassment

What is harassment?

Harassment is described as conduct or comments which are intimidating, threatening, demeaning, and may be accompanied by direct or implied threats to a person's grades, status or job. The most common form is sexual harassment and can include:

- Sexist or racist jokes.
- Display of offensive material.
- Derogatory name-calling.
- Persistent and unwelcome requests for "dates".
- Unwanted touching, patting or pinching.
- Verbal threats or abuse.

How do you deal with harassment?

Most people involved with this behavior only want the activity to stop. This requires action and may create some discomfort as most times the people work or have classes together. Some methods known to work are:

- Tell the harasser what the negative impact of their action is and ask them to stop. This can be done verbally or by a written letter. An example is "When you make suggestive comments, I feel so uncomfortable that I can't concentrate on my work. I don't like these comments. Stop saying these things to me."
- Keep a written, chronological account of all incidents of harassing behavior. Note what occurred, when, and names of any others that may have witnessed the incident. Keep any inappropriate letters, jokes, pictures or objects that the harasser gives you.
- Many people who experience harassment feel uncertain or embarrassed; however, ignoring or minimizing the problem won't make it go away. Ask for help. Talk to someone. Seek the assistance of a Counselor. NAIT students can call Student Counselling at 780-378-6135. NAIT staff members can call the Employee Assistance provider, Wilson Banwell at 1-800-663-1142. In extreme cases call the Sexual Assault Center of at 780-423-4121.

How about abusive or obscene telephone calls? If you should receive an abusive/obscene phone call:

- DON'T REACT. Most often the caller is looking for a reaction to the call.
- Don't ask questions to the caller, (i.e. Who is this?), as this is what they want you to do.
- Hang up the receiver promptly and gently.
- Never blow a whistle or yell into the phone. The caller will know you are angry and will probably call back. As well, you may face possible lawsuits.
- Never talk to anyone you don't know or are uncomfortable with.
- Consider subscribing to call display so you can see the number of the caller.
- Notify police of any calls you received. If the calls are regular make a log of dates, times, and what was said.

If you are being harassed or are receiving abusive or obscene telephone calls, contact Protective Services at 780-471-7477 to file a report. We can also provide assistance by offering a Safe Walk. Visit our website for more information on the Safe Walk program and personal safety tips at www.nait.ca/security.

If you feel your personal safety is threatened, contact the Edmonton Police Service at 780-432-4567 or call 911.

If you have information about a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could be eligible for a reward of up to \$2000.00.

Everybody benefits, except the criminal.