

LET'S CREATE A SAFE SPACE:

NO VERBAL SEXUAL HARASSMENT
ALLOWED!



WHAT IS VERBAL SEXUAL HARASSMENT OR CATCALLING?

Verbal sexual harassment affects many women in sports and outdoor activities, ranging from annoying comments to serious advances.



WHAT TO DO IF YOU EXPERIENCE IT YOURSELF?

- 1 SPEAK TO A SUPERIOR - YOUR TESTIMONY CAN HELP OTHERS.
- 2 COLLECT EVIDENCE - TEXTS OR VIDEOS IF SAFE.
- 3 CONTACT THE POLICE OR WOMEN'S HELPLINE IF IN DANGER.
- 4 EXPRESS DISCOMFORT WITHOUT ARGUING.



WHAT TO DO IF YOU WITNESS HARASSMENT?

- OFFER HELP TO THE VICTIM
- COLLECT EVIDENCE DISCREETLY
- INFORM A SUPERIOR AND PROVIDE YOUR TESTIMONY
- CALMLY VOICE YOUR DISAPPROVAL TO THE HARASSER WITHOUT ESCALATING.

If you feel in danger you can call the European Union's helpline for victims of violence against women:

116 016

 **WHISTLEPROJECT.EU**



Co-funded by
the European Union