

# WHAT CAN I DO IF I AM BEING HARASSED?

## **What you do is up to you. Here are some ideas.**

1. Tell the person to stop if you can. Tell them they are harassing you. When you talk to the person harassing you, have a witness with you that you trust.
2. Write a letter to the person harassing you, telling them to stop. Keep a copy of the letter.
3. Check to see if you have a harassment policy in your work place or ask the person's boss or manager if they have a harassment policy. If there is one, get a copy, and follow it.
4. Find a third person to help both of you solve the problem. It could be your supervisor, your employer, someone from your union, someone from the Human Rights Commission, or anyone else you both trust.
5. Tell the person who hires people in your workplace about the harassment if the person harassing you is your supervisor or manager.
6. Keep notes on what you say, what you did, and what the person who is harassing you says and does. Write the dates of when the harassment happened and when you did something about it. Write the name of anyone who was a witness.
7. Talk to the police if you are being hurt or if you are being followed ("stalked") or if someone makes harassing phone calls, e-mails or letters to you.

## **WHAT ARE MY RIGHTS?**

If you go to the Human Rights Commission, or some other place to get help, you have some rights:

- You can file a complaint without being embarrassed
- No one will know about it except the person you make the complaint about and any witnesses
- No one is allowed to get even with you for making a complaint

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- You can have anyone you want with you to help you
- It will not go on to your work file
- You will be told what is happening with your case
- Your complaint will be investigated, but you can ask to have the investigation stop

The Human Rights Commission can give you advice or you can make a formal complaint under the Yukon Human Rights Act. It is free. The harassment must have happened in the last eighteen months for the Commission to take a complaint.

For information contact:

Yukon Human Rights Commission  
101-9010 Quartz Road  
Whitehorse, Yukon, Y1A 2Z5  
Phone (867) 667-6226 or 1-800-661-0535  
E-mail: [humanrights@yhrc.yk.ca](mailto:humanrights@yhrc.yk.ca)

**SHOWING RESPECT AND MAKING EVERYONE FEEL INCLUDED IS  
EVERYONE'S BUSINESS. DO YOUR PART TO BUILD A HEALTHY AND  
RESPECTFUL COMMUNITY.**

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