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“THANK YOU FOR EVERYTHING!! I TRULY APPRECIATE ALL YOU  
HAVE DONE FOR ME AND THE SUPPORT YOU HAVE BEEN  
THROUGH THIS ENTIRE PROCESS. I COULDN'T HAVE PICKED A  
BETTER FIRM TO WORK WITH. THANK YOU AGAIN.” - C.D.

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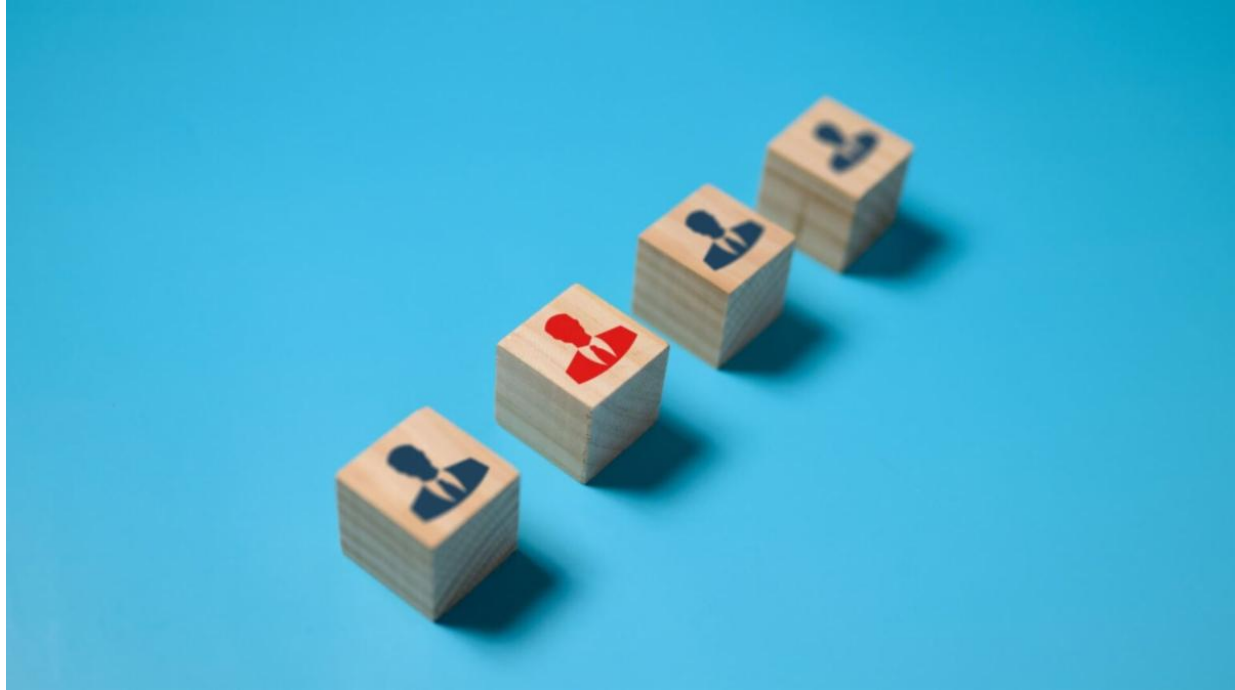
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## TYPES OF SEXUAL HARASSMENT

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Sexual harassment is a topic that demands open discussion and full awareness in every work environment. Employees at all levels need to understand what constitutes workplace harassment, recognize its many forms, and know the steps available to address and prevent it. The sexual harassment attorneys at Barrett & Farahany offer an in-depth look at the types of sexual harassment, the subtle signs to watch for, and practical strategies for prevention and recourse.

Whether you're an employee, employer, or HR professional, familiarizing yourself with the types of sexual harassment can help foster a culture of respect and equality at work.



## Recognizing Sexual Harassment

Sexual harassment isn't always obvious or dramatic. Many incidents start with behavior that might seem minor or even accidental, but escalate over time. Knowing what to look for is the first line of defense.

### Subtle Signs to Watch Out For

A coworker invades your personal space more than anyone else.

- You frequently receive unwanted comments about your appearance or clothing.
- You notice that someone shares inappropriate jokes in private or group settings.
- You feel uncomfortable with someone's stares or physical proximity.
- Your gut instinct feels off, and you start avoiding certain people, places, or meetings.

Shock, disbelief, or uncertainty are normal reactions. Many victims initially hesitate to report inappropriate conduct, worrying that it may not "really count," or that they'll face retaliation. However, if behavior makes you feel uncomfortable or threatened, it is worth addressing.

### The Emotional and Psychological Impact

The effects of workplace harassment can be profound. Victims may experience:

- Anxiety or depression
- Loss of confidence
- Trouble concentrating at work
- Difficulty sleeping or chronic stress
- Fear of coming to work or interacting with certain colleagues

Employers should be aware of these impacts, as they contribute to decreased morale, productivity, and employee retention.

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Our ability to offer a comprehensive array of legal services across numerous states is made possible by our strategically positioned network of attorneys. Our attorneys are situated in states across America, and proudly extend our renowned brand of resources to its respective region. Led by seasoned and highly connected legal teams, our offices deliver invaluable legal representation tailored to the unique needs of each state they serve.



**Meet the Team at Barret & Farahany**

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