

Violentometer



Safe and healthy workplace

Comments or criticism are always accepted

Equal promotions

Clear policies to prevent violence and harassment

Mutual trust, respect and autonomy (online and offline)

Extra-professional relations or meetings can be refused without a problem

Subtle gender bias (for example in tasks given to you)

Your speech is constantly interrupted

Sexist and hostile workplace

Unsolicited comments about your appearance

Sexist jokes and comments, passed off as 'banter'

Persistent personal questions, 'blurring the lines'

Sexual references

If you speak up, you are not taken seriously or called a 'killjoy'. Gaslighting.

Discomfort if you refuse an advance. You fear for reprisal.

Escalation of sexual harassment

You receive sexual messages or images

Persistent staring at your body

Attempts to be alone with you, stalking (online & offline)

Requests for sexual acts

Threats if you refuse

Threats or retaliation if you report, silencing

Sexual assault

Sexual verbal aggression

Unwanted physical contact, touching

Forced kisses

Rape

Rape