

How to Report Sexual Harassment

Supporting Safety and Dignity in the Yoga Industry



Report

- ◆ Call the police via 999 in emergencies; 101 for non-emergencies; or via crime-stoppers if you wish to remain anonymous/don't feel safe contacting the police directly
- ◆ Call local Victim Support Services. They act as intermediaries and will ensure you are aware of your rights and are directed towards the necessary support
- ◆ Report to venue manager or owner if it feels safe. They have a duty of care to protect you against discrimination and harassment in the workplace



Record

- ◆ Email yourself and/or a trusted friend as soon after the incident has happened as possible.
- ◆ Include the details of the experience AND how it made you feel.
- ◆ This is a reliable, time-stamped record of the event and will support your claim if at any point you choose to take action.



Support

- ◆ Talk to a trusted friend, peer and/or family member.
- ◆ Seek support from professional support services. National and local helplines are available to all survivors of SH and SA
- ◆ Professional support services are also available to those who are supporting survivors and taking disclosures



Organise

- ◆ Share, amplify, ask questions, take action!
- ◆ If you're eligible to be a member of the YTU - join the movement!

www.yogateacherunion.co.uk

