

# How to Draw the Line Between You and Your Boss: A Guide to Preventing Sexual Harassment



## Boundaries: How to Draw the Line between You and your Boss to Prevent Sexual Harassment, Increase Productivity, and Have a Safe Work Environment

by Kathy Lee

★★★★★ 5 out of 5

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Sexual harassment is a serious problem that can have a devastating impact on the lives of victims. It can lead to feelings of shame, guilt, anger, and depression. It can also damage relationships, careers, and even physical health.

Sexual harassment is illegal, but it is still a common problem. In fact, one in four women and one in ten men report experiencing sexual harassment at work.

If you are experiencing sexual harassment, it is important to know that you are not alone. There are resources available to help you, and you can take steps to protect yourself.

One of the most important things you can do is to draw the line between you and your boss. This means making it clear that you are not interested in any type of sexual relationship and that you will not tolerate any sexual harassment.

Drawing the line can be difficult, but it is essential for preventing sexual harassment. Here are some tips:

- **Be clear and direct.** Tell your boss that you are not interested in any type of sexual relationship. Do not be afraid to say no to sexual advances.
- **Set boundaries.** Let your boss know what behavior is acceptable and what behavior is not. For example, you can tell your boss that you are not comfortable with being touched or hugged.
- **Document everything.** Keep a record of any sexual advances or harassment that you experience. This documentation can be used to support your case if you need to file a complaint.
- **Report the harassment.** If you are experiencing sexual harassment, report it to your supervisor, HR department, or another trusted individual. You can also file a complaint with the Equal Employment Opportunity Commission (EEOC).

Drawing the line between you and your boss can be difficult, but it is essential for preventing sexual harassment. By taking these steps, you can

protect yourself from this harmful behavior.

## Additional Resources

- Equal Employment Opportunity Commission (EEOC)
- Rape, Abuse & Incest National Network (RAINN)
- National Women's Law Center



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