

## **HARASSMENT**

Information from  
Victim Support

### **What is Harassment?**

Harassment is unwanted conduct that violates a person's dignity or creates an intimidating, hostile, degrading, humiliating or offensive environment having regards to all the circumstances and perception of the victim.

This includes conduct which makes the recipient feel threatened or humiliated as a result of his or her gender, skin colour, race, ethnic or national origin, religious belief, sexual orientation, disability or other personal characteristic. Harassment generally occurs on more than one occasion but may be a single serious incident and may undermine the position of an individual or group.

### **Examples of Harassment include**

- Embarrassing, abusive or insulting words or behaviour, jokes or innuendo
- Focusing only on weaknesses
- Blaming others
- Name calling, insults and or mimicry
- Referring to someone's private life inappropriately
- Unwelcome remarks about clothes or appearance
- Unwanted physical contact
- Demands for sexual favours
- Electronic messages or electronic displays of sexually suggestive pictures and literature
- Aggressive behaviour, physical and verbal

- Persistently demeaning and downgrading through words and actions
- Inappropriate and derogatory remarks in connection with performance

### **Some Practical Ideas**

One of the things that can make it difficult for police and others to deal with harassment and stalking is the 'drip, drip, drip' nature of the incidents. Helping the police and courts to see the bigger picture can make it much easier to deal with the offender's behaviour.

Things you can do, straightaway, if you think you are suffering harassment or stalking include:

- Keeping a diary of events. Write down the date, time, location and details of what happened. It's also a good idea to include information about any other witnesses who can confirm what happened.
- Keeping copies of letters, text messages, emails and take screen prints of other online messages (eg on Facebook).
- Trying to get 'evidence' of any events that happen at your home – but be careful to do this discreetly. Waving a camera at someone who is harassing you is unlikely to help and could make things worse.

The Isle of Man also has the PROTECTION FROM HARASSMENT ACT 2000 (Isle of Man)

## How can we help?

As well as giving you emotional support to deal with the upset and trauma of being a victim of this kind of crime, we can also give you practical help. This can include helping you to deal with the Police if you decide to report incidents. We can also help with security measures in some cases.

The most important thing is to recognise that you are being targeted in this way and to take steps to deal with it as quickly as you can.

The Witness Service can also support you at Court if the offender goes to trial.

## About our Service

Victim Support Isle of Man is an independent charity that supports Victims or Witnesses of any crime in the Isle of Man

Our services are free and confidential and although we work closely with other agencies, both voluntary and statutory, we are totally independent of them.

We provide support to anyone affected by crime regardless of when the crime occurred and whether it has been reported or not.

It can be difficult for some people to talk about what has happened but most of them will come to terms with their experience in time, especially if they receive support and understanding.

Friends and family can be very helpful but some people find it easier to speak to someone they don't know and who is specially trained to listen and understand. Some people may need extra support, which we can help to arrange.

Our volunteers are trained to provide non-judgemental emotional support, practical help and information to people who have been affected by any type of crime and to support witnesses, their family and friends before, during and after attending court.

*Isle of Man Police telephone number 631212*



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