If you are being exposed to:
» disrespectful comments,
» unwanted text messages or images,
» degrading jokes,
» rude gestures,
» unwanted touching, or
» if you are generally feeling bullied, harassed or discriminated against — SEEK HELP!

If you experience or witness this behavior you can contact:

» Conflict Management & Human Rights Office
   Jeremy de Boer, MC 4048, ext. 39526
   jdeboer@uwaterloo.ca

» Counselling Services — ext. 32655

» Safety Office — ext. 33587

» Human Resources — ext. 35935

Harassment can happen anywhere
... in the classroom, in the hallway, via email or texts
... anywhere.

If you are feeling threatened, call
Campus Police ext. 22222 or 519-888-4911