

## Body Shaming

Body shaming refers to the act of criticizing, humiliating, or mocking someone's physical appearance, body shape, size, or weight.

Body shaming can be:

1. Verbal (comments, jokes, or insults)
2. Non-verbal (gestures, facial expressions, or body language)
3. Written (online comments, messages/ posts)

When body shaming becomes sexual harassment, it often involves:

1. Sexualized comments or gestures related to body shape or size
2. Objectification to sexual body parts
4. Creating a hostile or intimidating environment based on body shaming.



Ensure A Respectful & Safe Workplace. In such case,  
Zero Tolerance means anything

**Less than Zero**

**HR Vidyalaya - The POSH Specialist**

