

# Objectification

Objectification is the act of treating a person as an object or a thing, rather than as a human being with thoughts, feelings, and autonomy.

It involves reducing a person to their physical appearance, body parts, or sexual attributes, and denying their individuality, agency, and humanity.

## Examples:

1. Referring to someone as "a piece of meat" or "a sexy body" reduces them to their physical appearance.
2. Focusing solely on someone's body parts, without considering their personality, skills, or accomplishments.
3. Using language that implies ownership or control, such as "my woman" or "my body".
4. Displaying or sharing intimate images or videos without consent, reducing the person to a sexual object.
5. Catcalling or making sexual comments about someone's appearance, reducing them to a sexual object.



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

**Less than Zero**

**HR Vidyalaya - The POSH Specialist**

