



"Act like a lady."
"You need to man up."
"You're not like other girls."
"You're pretty funny for a girl."
"Don't be so emotional."
"It's prob her time of the month."
"You're prettier when you smile."
"Stop playing like a girl."
"You should take it as a compliment."

Types of Sexism

1. **Casual Sexism:** Casual sexism in the workplace refers to everyday behaviors, comments, and attitudes - “women belong in the kitchen”, “woman is better suited for administrative tasks”, “Placing a hand on a coworker’s shoulder or back without consent.”
2. **Hostile Sexism:** Hostile sexism is a form of overt gender-based prejudice and discrimination characterized by openly negative attitudes, beliefs, and behaviors towards individuals based on their gender - “Calling a woman derogatory names like “bitch” or “slut”, “ Asserting that women are inherently less competent in leadership roles”, “purposely exclude women from meetings, important projects”, etc.
3. **Benevolent Sexism** - Telling a woman who is a manager that she keeps her team together like a mother is an example of benevolent sexism “Insisting on paying for a woman’s meal or opening doors for her, not out of common courtesy but because of the belief that women should be treated differently”, “Offering unsolicited emotional support to female colleagues” etc.

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

HR Vidyalaya - The POSH Specialist

