

# Can you spot the sexism? Snapshots from real life



## Sexism is everywhere.

*Daily life can be full of sexist interactions. The good news is that with some work, it can be stopped. Don't stay silent, speak up and play a role in ending sexism and violence against women and girls.*

- **Sexist jokes** are not funny, they are hurtful and degrading. Be sure to speak up, don't stay quiet.
- **Challenge your own assumptions** about gender. Question your own attitudes and behaviours.
- **Get active** in your community, challenge local leaders when they don't measure up on commitments to women's equality.
- **If you're a Unifor member**, urge your bargaining committee to negotiate the Women's Advocate Program to support women leaving abusive relationships.
- **Get active**, join your local women's or human rights committee.