

# (Everyday) Sexism

## See it. Name it. Stop it.

### Often underestimated and everywhere

Sexism is a form of violence we face every day. It hides in comments, stereotypes, looks, gestures or actions. People are treated badly, excluded or put into boxes – just because of their gender. Sexism is not a small problem.

It is a major reason for inequality and sexualised violence.

### What is sexism?

Sexism means treating people badly or unfairly because of their gender. This can look like:

- Hurtful jokes
- Catcalling, whistling or staring
- Comments about someone's clothes, looks or behaviour
- Sexual remarks
- Prejudices like: "Women aren't good at technology" or "Men must always be strong"
- Not taking someone seriously, interrupting them, or explaining things in a condescending way
- Different treatment in money, jobs and opportunities – called "gender gaps"
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These differences are not accidents.

They happen because society still has many rules that treat men and women differently – and that creates injustice.

### Bullshit Bingo Sexismus



### What does the research say?

Sexism happens everywhere: At work, in families, at school, during free time, online, and in public spaces. Sexism harms people. It lowers their confidence, hurts their mental health, and makes it harder to succeed at work. Sexism creates a bad environment.

In these places, people are more likely to cross boundaries or act in a sexually violent way. This is because sexism keeps power differences in place. Not only women experience sexism. Men and people who don't identify as male or female also face sexism – but often in different or less visible ways.

### Sexism affects all of us.

Wer Alltagssexismus ignoriert oder verharmlost, macht Diskriminierung und Gewalt gesellschaftsfähig. Sexismus schafft Räume, in denen Übergriffe leichter passieren können.

Die Folgen für Betroffene sind real: Stress, Angst, Rückzug, geringeres Selbstwertgefühl. Deshalb gilt: Sexismus ist kein persönliches Problem – es ist ein gesellschaftliches.

### What you can do as

- Trust your gut feeling and your boundaries.
- Speak up about your boundaries — either directly or in a safe space with colleagues or friends.
- Say, "Stop, I feel uncomfortable, please stop." or "No, I don't want that."
- Ask for a perspective change: "How would you feel if..."
- Ask revealing questions: "Can you please explain why you say/do/mean that?"
- Confide in someone you trust, use counseling services, or connect with others.
- Document incidents so you can address or prove them later.



### What you can do as a bystander

- Werde aktiv, wenn du Sexismus siehst oder hörst: Schweigen schützt Täter\*innen, nicht Betroffene
- Unterstütze Betroffene, ohne sie zu drängen, zu bevormunden, zu beschämen oder zu beschuldigen
- Setze klare Zeichen gegen sexistische Witze oder Kommentare – auch im Freundeskreis und am Arbeitsplatz
- Hole Hilfe

### Hilfe findest du hier

[www.hilfetelefon.de](http://www.hilfetelefon.de)

[www.maennerhilfetelefon.de](http://www.maennerhilfetelefon.de)

[www.antidiskriminierungsstelle.de](http://www.antidiskriminierungsstelle.de)