

## **Protect Yourself and Stop Sexual Harassment from Happening to You**

*By EVDense Corporation*

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*EVDense interviews Dr. Bernice Sandler, expert on sexual harassment issues, about what people can do to protect themselves from sexual harassment.*

Seattle, WA – EVDense Corporation ([www.evdense.com](http://www.evdense.com)), maker of the EVDense Digital Diary, releases its third in a series of podcasts providing valuable information from experts on important issues that matter most in people's lives. In the newest release, EVDense speaks with Dr. Bernice Sandler, "the godmother of Title IX." Dr. Sandler has been the frontrunner in the fight against sexual harassment and is the nation's leading expert on the subject.

Sexual harassment is a serious problem for girls and women, and even boys and men. "Sexual harassment is common in schools at all levels from even as early as kindergarten and of course it is very present in the workplace," says Dr. Sandler. People often face these issues on their own, without access to the information they need. But EVDense is helping make resources available, such as Dr. Sandler and her expert advice, to help you understand what to do if you are being harassed and how to fight the harassment.

If you are being victimized by sexually harassing behavior, you are not alone. There are things you can do to protect yourself and stop the harassment. Keep track of any harassing event in a journal or online diary. "It's really important when bad things are happening to you that you write it down, the day it happened, what happened, what you felt, who saw it, what anybody said, what the other person said or did and how you responded. When you write things down it really makes a difference," says Dr. Sandler.

To listen to Dr. Sandler's podcast click [here](#):

[http://www.evdense.com/podcast\\_player/bernice\\_sandler](http://www.evdense.com/podcast_player/bernice_sandler)

EVDense Digital Diary gives you a safe and secure way to keep an online diary of the things that are happening in your life. Keep a daily account of any event as it happens with 24/7 online access. And if you have an iPhone, the EVDense Digital Diary iPhone application helps you log and collect your evidence and capture each event as it happens so you won't miss any of the details when you need to tell your story. EVDense Digital Diary helps people like no other service on the Web to collect the information that matters most in their every day life.

### About EVDense

"Facts Count." The EVDense Digital Diary (DD) is a secure, time stamped document storage service for collecting credible evidence. EVDense DD gives you the most effective way to provide court presentable facts in chronological documentation. You can store any type of electronic files such as Word, PDF, Email, Voicemail, etc. EVDense Corporation, a legal technology company and maker of the EVDense DD, also provides software services and legal consulting for Fortune 500 companies, and with its legal expertise advises trial court judges in the admission of electronically stored information as evidence.

Media Contact:

[Info@evdense.com](mailto:Info@evdense.com)

206-653-0200

<http://www.evdense.com>

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