



# Magazine Workers' voice



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The "Workers' voice" Newsletter is issued by The General Trade Union of Workers in Textile, Garment and Clothing Industries in Jordan every three months in Arabic, English, Bengali, Hindi and Sri Lankan languages quarterly.

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## blackmailing at work site.

### How to get rid of it? And ways of self-protection



## The Mental Health at work



## Dealing with work pressures





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### Editorial

A framework of a signed MOU by the General Union of Textile, Garment and Cloths workers with ILO / Better Work Jordan Project, as a part of its media and educative strategy, and their efforts to maintain communication with workers at their work sites . the Union decided to publish a quarterly newsletter under the title of " Workers, voice". The newsletter is a tool to hear voices of workers at work sites. It aims to highlight the issues that concern female and male workers at textile sector.

Further, The union considered that the newsletter is going to be published in several languages in order to be easy to access and read by all foreign workers in the sector .

#### In this Edition:

- o Electronic blackmailing at work. How to get rid of it? And ways of self-protection.
- o Mental Health at work .
- o Contact us.
- o Mrs. Falaha Oqlah Al-Hajaya at Al-Hesa Clothes Manufacturing Factory «A real success story ».
- o Gift of the 1st edition

#### call us

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# blackmailing at work site.

## How to get rid of it? And ways of self-protection



Technology world is a huge, this may lead to various forms of cybercrimes, such as cyber extortion and blackmailing: It means requesting individuals and companies to transfer money, disclose information or provide other benefits through direct threatening to use the social media to publish specific matters or images or disclose confidential data.

In this article, we'll provide you with basic information on this crime along with ways of protection and the proper way to deal in such situations if you or any person you know had become a victim.

Cybercrimes are committed against individuals or groups through use of modern technology to cause direct or indirect harm. Types of harm are physically, morally or financially. The victim may suffer long-term consequences. Ways of commitment are usually via social media such as: Facebook, WhatsApp, Imo App

or others. Criminals tend to steal data and images through hacking personal accounts or retrieving data of mobile phones after being sold or stolen.

Similar cases may occur when the victim either voluntarily or by force send their own personal images and videos to others including friends and close partners, who later tend to misuse the content and threaten the victim to collect something in return. Consequently, victims become under threat and afraid of disgrace and scandal if such data is disclosed.

Usually, criminals target vulnerable groups of victims such as youth and workers. Women and girls are often targeted for the purpose of publicizing their images and videos or even personal chats. Thus, they become victims of this type of money squeezing. Men might fall victim to this type of extortion but in less degree than women.



# Why criminals commit blackmailing?



There are several factors that may constitute the motivation for such crime; financial, physical, psychological or emotional. The criminal may not necessarily know the targeted victim, or know the consequences and impacts on the life of the victim. The purpose of crime is mostly to collect financial benefit, but it may entail psychological damage or sexual manipulation. In cases when the criminal knows the victim, collecting financial advantages and creating harm on the victim may be the motivation to revenge if the victim refuses response to specific requests or stopped relations with the criminal.

In enforcing the law, each case shall be dealt with separately. The common matter in all cyber squeezing cases is the negative impact on the victims that might be long term. Such impact might last long and cause severe damages; even to committing suicide or killing. In addition, it will affect negatively on education, career development and financial stability of the victim.

## What should be done if you become a victim of cybercrime?

First: Do not respond to the blackmailer or try to convince him/her not to publish your images. This may reflect that you are weak, aggressive or responsive to other's request. This may force to ask more or verify correctness.

Second: Do not provide details of your bank account or pay them any amount. This will urge the offender to ask for more money or images or videos. If you are

threatened, contact the police.

Third: keep the content of blackmailed item or any personal or sensitive content at a safe and secure place that cannot be accessed or hacked. Do not delete the content or threat messages. «Deletion of evidences that may be used to convict criminals shall make the opponent stronger and the only owner of content».

Fourth: You need to prevent the blackmailer from following your social media accounts. Change all passwords and email address immediately. Never use the same password for various accounts. Use different passwords that contain letters, numbers and symbols to increase protection against cyber hacking.

Fifth: If you feel safe to any person close to you, inform a credible person of what you encountered to help provide you with psychological support and present favorable evidences at court, If you are capable, ask for psychological support by trained and professional specialists or through union representatives to help contact concerned agencies. Such cyber blackmailing might have a huge impact on mental health.

Sixth: Contact the police or cybercrimes department immediately. This will help start an official case against the blackmailer.

If you are or any other person you know in danger, contact the police immediately.

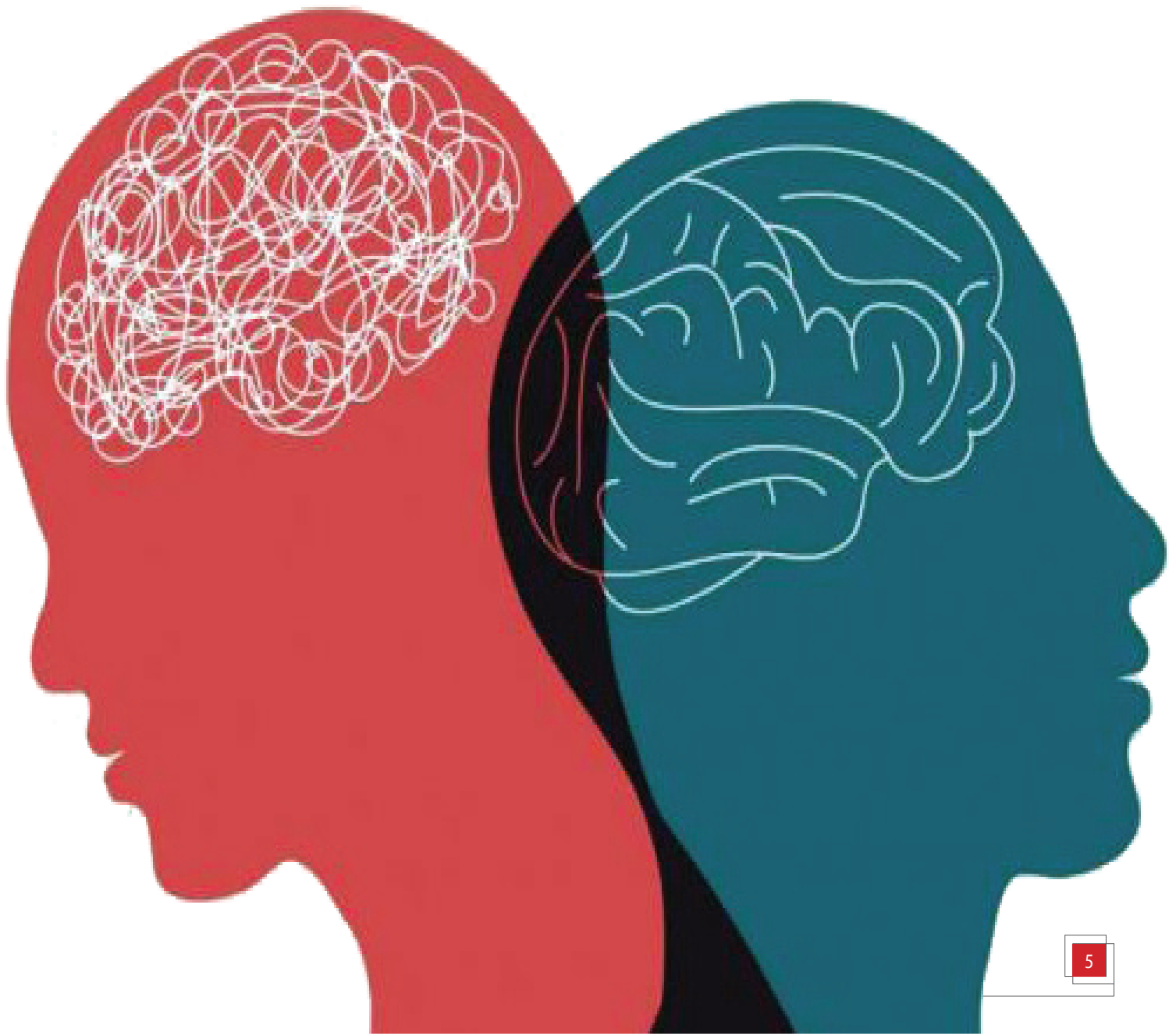
# The Mental Health at work

Work environment is a key factor that affects psychological aspect of the worker whether positively or negatively. As the worker spends most of the time at work with colleagues, work environment affects greatly in mental health of the worker. What is the mental health and its relationship with work? What is the worker's role in promoting his mental health? How can he deal with work pressures?

## **What is mental health?**

Mental health is an integral part of health.

Health is not completed without a mental health. The Constitution of World Health Organization states that "Health is a state of complete physical, mental and social well-being". Mental health is a state of good health that enables the individual devotes all capabilities, adapts with normal cases of stress, and works effectively. Further, mental health is connected with other factors such as social, vocational and economic which need to be considered.





## Mental health at work

Recently, there has been a huge attention on mental health due to its importance on the individual and his / her impact on community. Work is closely connected to the psychological effect with the individual. Therefore, attention should be given to maintain mental health of everybody. Many work sites seek to create a positive work environment for workers to help enforce their mental health enhancing : productivity, improving the capabilities of workers, appreciating the capabilities and creativity of workers, establishing procedures, policies, and communication channels that let the worker to work within the framework of a comfortable system that helps him achieve its goals. The motivation and encouragement methods also improve the productivity and support the mental health of the worker.

Other factors that assist in achieving positive environment and well-being of workers are: confidence, respect, justness and credibility. All those factors contribute positively enhancing the mental health of the worker.

### **The role of the worker in enhancing his / her mental health?**

Work requires two parties: the first party is the establishments and workplace, and the second party is the worker himself. As establishments and workplace are required to provide a positive work environment to enhance worker's health, the worker is encouraged to establish such environment.

The worker is urged to perform positively, commit to work hours, achieve required job, enjoy work ethics when dealing with supervisors and colleagues, set goals to improve work environment and increase productivity, and upgrade work quality.

There are many daily practices that help improvement of healthy lifestyle that affect mental health such as: healthy and balanced nutrition, as it is necessary and important, because proper nutrition and the quality of food affect the mood associated with mental health , and practice sport and physical exercise to reduce work tension and stress. In addition, sufficient sleep hours are needed to improve mental health of the worker.

Each worker is encouraged to be cautious to have all those factors at workplace procedures , inside of all supports which are provided by the employer , in order to create a work environment that enhances the mental health.





## Dealing with work pressures

There are several factors that affect the psychological health of the employee. Depression and tension are most common at work environment.

There are ways to solve these disorders and provide protection for mental health such as:

- Expressing feelings , It is important to talk about negative feelings, This will reduce tension of workers and help them mentally and psychologically.
- Build positive relationships, It is the key to sound mental health, Working among a cooperative team shall motivate works to achieve the best.
- Take a break during work, It will reduce the stress. A break, even if it is short, is effective to reduce tension, return to normal situation and maintain mental health.



SCAN ME

### *Gift of the 1<sup>st</sup> edition*

On the occasion of publication of this first edition, it is our pleasure to present you a small gift. Please scan the below QR Code to collect your gift.



## Mrs. Falaha Oqlah Al-Hajaya at Al-Hesa Clothes Manufacturing Factory.... «A real success story»

Mrs. Falaha Oqlah Al-Hajaya, «Om Taleb» is married, she has 7 daughters, 3 sons and 25 grandchildren.

: "I joined the factory since its establishment in 2019. I worked as a training supervisor for the new workers. I have almost 30 years of experience in textiles work. I volunteered at a charity society, and I was mandated to manage the charity association for six years."

Due to her passion for sewing work, she continued to work at the factory along with pursue of voluntary work.

Currently, Mrs. Falaha offers training to new female workers to help acquire proficiency and expertise

to join production lines. Further, she provides advice and counseling to female workers whether for their social or practical life.

Greetings to «Om Taleb» and all ambitious female at the Sector.

Umm Talib advises every woman in her society to take the initiative and work in order to be an effective element in society. She also wishes all female workers at the factor to maintain their work by working sincerely, efficiently and seriously at work to maintain the sustainability of this factory which provides many services and job vacancies in Al -Hesa .

### Contact Us

To increase communication with textile sector workers, the Union had appointed a group of new union representatives to cover all industrial zones across the Kingdom to include Aqaba, Tafilah, Alkarak, northern governorates, Sahab industrial zone, Ad-Dulail industrial zone and Irbid industrial city.

If you wish to contact any of the new union representatives, please access the Union's website:

[www.jtgcu.org](http://www.jtgcu.org)

Furthermore, please follow us to learn recent news of the Union and the Sector on the Facebook page:

[www.facebook.com/jtgcu](http://www.facebook.com/jtgcu)