Some Types of Harm

- **Physical:** Injury, illness, pain, disability, death, bodily safety
- **Psychological / emotional:** Stress, anxiety, trauma, humiliation, loss of well-being
- **Economic / financial:** Loss of income, property, employment, financial security
- **Social / relational:** Damage to relationships, reputation, community, social standing
- **Privacy:** Exposure or misuse of personal information, surveillance, loss of confidentiality
- **Autonomy:** Manipulation, coercion, deception, or interference with someone's ability to make informed choices
- **Opportunity:** Missed current opportunities, delayed, lost or hidden future opportunities, lost time
- **Rights / legal:** Violation of legal rights, civil liberties, or other recognized protections
- **Distributive / fairness:** Unequal allocation of benefits, burdens, risks, or opportunities
- **Professional / institutional:** Damage to professional integrity, institutional trust, or organizational functioning
- **Environmental:** Harm to ecosystems, animals, natural resources, or future generations
- **Cultural:** Damage to cultural practices, identity, heritage, or community values
- **Long-term / indirect:** Delayed, cumulative, second-order, or unintended consequences