

Anti-Bullying Week 2011

Bullying can be as devastating to an adult in the workplace as it is to a child in the playground.

Bullying takes many forms such as:

- Aggressive behaviour or threats
- Constant criticism in front of others or in private
- Malicious rumours
- Being ignored/victimised/overlooked
- Having responsibilities taken away without good reason
- Blocking promotion or progress

The feeling of being bullied can take its toll on your well-being. If you feel under duress:

- Keep a diary and log all events
- Visit your GP and get support
- Confide in a member of the HR department or a trusted colleague
- Get advice from a trade union rep if you have one

Don't keep it to yourself. No one deserves to be bullied. For guidance and advice go to www.acas.org.uk

For more information on how we can help click on Bullying and Aggression in the Workplace in the 'Our Services' section.