

Bullying - Beyond the Schoolyard

Workplace bullying is when someone repeatedly and intentionally acts in an aggressive, hostile, and disrespectful manner to another person. It can happen between a supervisor and worker or between co-workers.

Examples of workplace bullying are:

- offensive language
- insults
- belittling nicknames
- giving deliberately impossible tasks
- spreading rumors
- willfully excluding a worker
- withholding information necessary to perform work

79.3

million people in
the US are affected by
workplace bullying

... and research shows it is
becoming more common

Workplace bullying can be a significant source of stress and can cause:

- insomnia
- high blood pressure
- headaches
- anxiety
- symptoms of PTSD
- depression
- pain

Victims of bullying often stay silent for fear of losing their job, missing out on a promotion, or receiving a bad performance review.



Recognize It

Look out for common signs of bullying



Talk About It

Connect with someone you trust to share your concerns



Try It

Be part of the solution by being aware of your own words and actions



Get Help

If needed, seek help from survivors

“

I've had people make racist and homosexual jokes towards me, and I've heard it towards other minorities too – almost always in lighthearted ways. More often than not, what I find more offensive is someone staring at you, making eye contact but not greeting you or saying anything, which happens quite a bit. Otherwise it's just the normal apprentice/new guy stuff most people have probably heard. My ironworker friend has told me he was whipped with rebar during his apprenticeship.

”

How to be a part of the solution, not the problem:

- Call them out – if you see someone behaving inappropriately, bring attention to it and stand up for the co-worker being mistreated; let your foreman know what is going on
- Don't participate in any worksite hazing, aggressive or belittling behavior, or spread hurtful rumors
- Don't exclude workers from work-related events – let everyone participate
- Don't set unreasonable work expectations – be realistic about what can be accomplished

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suicidepreventionlifeline.org



SIGN IN

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