



FREEDOM

FROM WORKPLACE BULLIES

WEEK OCT 18 - 24, 2015

THE WORKPLACE BULLYING INSTITUTE
WORKPLACEBULLYING.ORG

A WEEK FOR SUPPORT, INSPIRATION, PEACE AND HOPE

Workplace bullying is a form of **workplace violence** similar to domestic violence. It fosters an abusive environment, toxic to all those who are affected -- targets, coworkers & families.

It is a '**silent epidemic**' sustained by personal shame and corporate hubris.

It is preventable, not inevitable. It violates best business practices. Bullies are too expensive to keep on payroll.

Break the silence! Hold perpetrators and their sponsors **accountable**.

It robs us all of our humanity. **Speak up.**

WORKPLACE
BULLYING
INSTITUTE™

Here are some daring & bold ways to celebrate personal freedom

Bullied Targets

- Get a health check up
- Reclaim your dignity, remember you
- Tell coworkers what the bully did
- Spend time surrounded by loved ones

Spouses, Partners

- Give unconditional support
- Be empathic, see & feel the experience
- Make home time a distraction
- Reinforce the target's identity

Co-workers

- Offer support, don't wait to be asked
- Share your experience with bullying
- Do not side with the bully
- Remain a friend to the target

Unions

- Support abused, bullied members
- Stand against all workplace bullying
- Train members to lead an initiative
- If leaders like bullying, vote them out

Employers

- You can end bullying now. Do it.
- Save money, let go of abusive managers.
- Make employee health a priority
- Recruit with abuse-free workplace

State Lawmakers

- Learn facts about workplace bullying
- Listen to, and represent, people
- Detect lies of business lobbyists
- Sponsor the WBI Healthy Workplace Bill

Mental Health Professionals

- Believe bullied target-clients
- Do not blame client as provocateur
- Recognize power of work environments
- Treat the trauma

workplacebullying.org