A Week for Support, Inspiration, Peace & Health

Freedom from Bullies Week is a chance to break through the shame and silence that shrouds it. No one asks to be targeted. The unwanted assaults harm both physical and psychological health. Families suffer, too.

FREEDOM
From Workplace Bullies
Week Oct 18-24, 2015
WORKPLACEBULLYING.ORG

Bullying at work is most like the phenomenon of domestic violence. It is abuse where the abuser is on the payroll. Coworkers and managers notoriously ignore or support it. Employers sustain it because it is not yet illegal in America.

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

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

School Administrators
- Abusive adults teach abuse to students
- Implement adult anti-bullying program
- Save money. Prevent lawsuits.

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 Healthy Workplace Bill

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