

Workplace Bullying

WORKPLACE TRAINING & SUPPORT SERVICE

What is Bullying?

Examples of bullying

What is not bullying

What should I do if I am being bullied?

What is Bullying?

Bullying behaviour adversely affects the health and safety of workers and should NOT be tolerated in any form. Apart from the physical and psychological effects on individuals and their families, bullying is also damaging to organisations.

Bullying is a form of harassment. It occurs when the words or actions of a person or people are designed to – demean, humiliate, intimidate, devalue, and/or generally harm you personally and/or professionally. The behaviour needs to be ‘repeated’ and ‘persistent’ and is generally not a ‘one-off’ occurrence.

Examples of Bullying

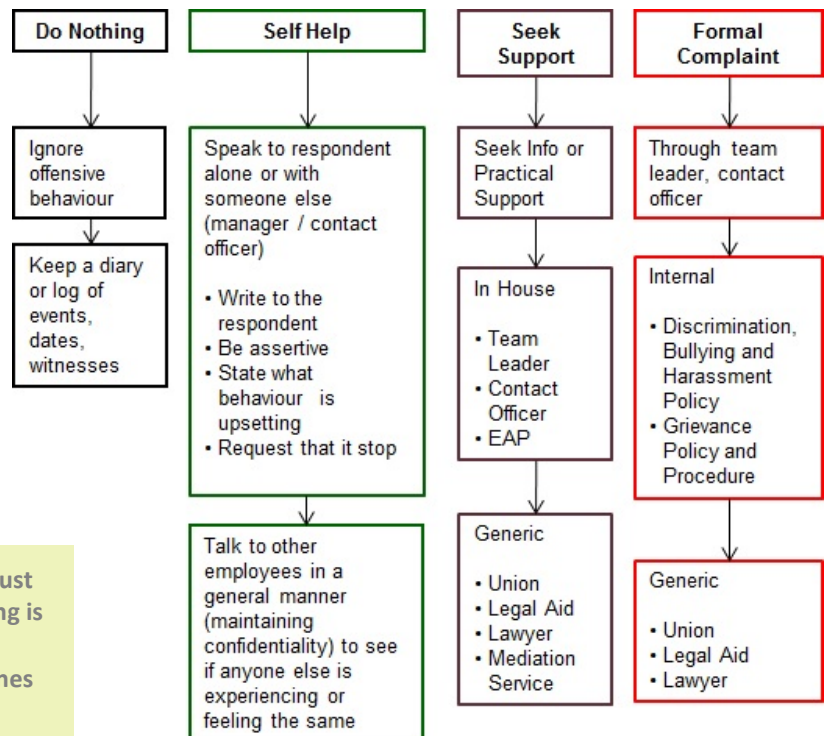


What is NOT Bullying

If reasonable work demands are carried out in a fair and just way, they do not constitute bullying. For example, bullying is not:

- Setting performance goals, standards and deadlines
- Constructive feedback
- Performance management process
- Implementing organizational or systemic changes

What should I do if I am being bullied?



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“ Supporting Workplace Mental Health and Wellbeing ”