

Workplace Bullying

Workplace bullying is a repeated pattern of negative behaviour aimed at a specific person or group.
It can be hard to recognize, as it is often psychological.

Bullying behaviour can include:

- Spreading rumours and gossip
- Making offensive jokes or comments
- Using insults or put downs
- Blaming, scolding, criticizing and belittling
- Excluding or isolating
- Intimidating by standing too close or making inappropriate gestures
- Spying, stalking or tampering with personal belongings
- Blocking requests for training
- Discounting achievements and taking credit for ideas or work
- Disciplining or threatening job loss without reason
- Making unreasonable demands
- Withholding information or giving wrong information
- Taking away work or responsibility without cause
- Using offensive language or yelling
- Physically abusing or threatening abuse