

Taking Action Against Bullying and Harassment



A Training By




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If you are the target of bullying or harassment

- Seek support from someone you trust.
- Report the situation to the appropriate resources.
- Seek therapeutic support.
- Express your emotions to the person who is bullying you. Ideally, do it with the help of someone you trust or with appropriate resources.

If you are a witness to bullying or harassment

- Offer assistance and listen to the victim.
- Intervene during the bullying situation if you feel comfortable doing so.
- Report the situation to a resource that is qualified to intervene.
- Work with your manager to identify the resources your organization has in place to report bullying situations.

If you are the instigator of bullying or harassment

- Question your behavior and acknowledge your fault.
- Apologize to the victim.
- Reframe your attitude and exchange with one or more groups of people.
- Use the internal support resources to help you improve.

Additional resources

<https://www.ditchthelabel.org/bullying-101/>

<https://fondationjasminroy.com/en/initiative/united-against-violence-at-work/>

<https://www.ditchthelabel.org/speak-anyone-anything-conflict-resolution/>