

5 Ways To Handle Bullying

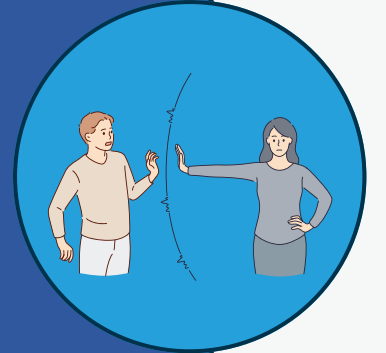


1. Document Incidents

Keep a detailed record of each bullying incident, including dates, times, locations, and descriptions of what happened. This documentation can serve as evidence if you need to escalate the issue later.

2. Set Boundaries

Politely, but firmly, communicate your boundaries to the bully. Let them know that their behaviour is unacceptable and request that they stop. Sometimes, assertiveness can deter further bullying.

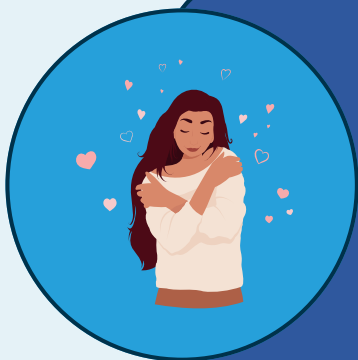
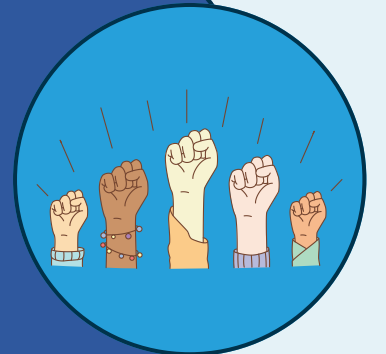


3. Seek Support

Talk to a trusted coworker, supervisor, or human resources representative about the issue. They can offer guidance, support, and potentially intervene on your behalf. Do not suffer in silence; seek help.

4. Know Your Rights

Familiarize yourself with your organization's policies on bullying and harassment. Understand your rights as an employee and the procedures for reporting such incidents.



5. Self-Care

Focus on your well-being by practicing self-care. Engage in stress-reducing activities, seek support from friends and family, and consider counselling or therapy to cope with the emotional toll of bullying.