



BULLYING



FACT SHEET



WHAT IS BULLYING?

- Bullying is a persistent and harmful mistreatment, intimidation, or harassment of an individual or group by coworkers, supervisors, or other colleagues.
- This behaviour can take various forms, including verbal abuse, humiliation, exclusion, spreading false rumours, or undermining someone's work or reputation.
- Bullying in the workplace creates a hostile and unhealthy atmosphere, adversely affecting the victim's well-being, job performance, and overall job satisfaction.



WHY IS IT HARMFUL?



- Bullying is harmful to an individual due to its detrimental impact on their mental, emotional, and physical well-being.
- It erodes self-esteem and self-confidence, causing stress, anxiety, and depression, often resulting in decreased productivity and increased absenteeism.
- Victims may withdraw socially, isolating themselves to avoid further harassment, and their career progression can be hindered, potentially leading to job loss.
- Bullying can have severe long-term consequences on an individual's mental and physical health, and it can perpetuate a cycle of negative workplace dynamics.



Poor Mental and Emotional Health



Decreased Physical Health



Loss of Self-Esteem



Decreased Productivity



Absenteeism



High Staff Turnover



Isolation



Toxic Work Environment

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