



Freedom

From Workplace Bullies

Week October 16-22, 2011

A Week for Support, Inspiration, Peace & Health

Freedom from Bullies Week is a chance to break through the shame and silence surrounding bullying. It is a week to be daring and bold. The following are tips for how you can celebrate Freedom from Workplace Bullies Week.

For more information about Workplace Bullying please visit

www.workplacebullying.org

WORKPLACE
BULLYING
INSTITUTE

Bullied Targets

Make this the time to break your silence. Tell co-workers, friends, and family. Ask for help. Commit to either finding a new job or planning a fight-back strategy to reclaim your dignity. Call your state senator and representative to ask them to sponsor the Healthy Workplace Bill.

Spouses, Partners & Friends

Give unconditional positive support to the targets. Believe them. Provide needed respite from the toxic, stressful world of work targets endure. Remind them of who they were before bullying injured them.

Employers

Learn how bullying is an unsustainable cost. Look beyond personalities as causes to see how the workplace culture and environment make your organization prone to bullying. Commit to correcting and preventing the problem.

Mental Health Professionals

Learn about bullying at work. Trust what abuse victims tell you. Stop holding targeted clients responsible for the unsolicited psychological violence they endure. Understand how work environments, not personal flaws, explain health-harming mistreatment.

Unions

Help bullied members. Adopt the prevention of workplace bullying as an organizing tool. Make a bullying-free, safe workplace a goal for members.

School Administrators

Learn about the WBI and Work Doctor © Workplace Bullying in Schools Project, begun in Iowa, to address bullying among adults. Complement your student bullying with the program that reduces your risk exposure while creating a healthy work environment to optimize student success.

Legislators

Sponsor the WBI Healthy Workplace Bill in your state. 183 state lawmakers already have in 18 states. Listen to your constituents' tales of workplace abuse. Add this bill to your populist - for the people - agenda.