

WHO DO I CONTACT?



Australian Government

Comcare

1300 366 979
COMCARE.GOV.AU/BULLYING



1300 366 979
COMCARE.GOV.AU/BULLYING

1

BULLYING IS—repeated unreasonable behaviour that is humiliating, intimidating, threatening or demeaning to a person, or group of persons at a workplace, which creates a risk to health and safety.

BULLYING IS NOT—performance management or any other legitimate management action conducted appropriately.

2

RESPONDING TO WORKPLACE BULLYING

What should I do?

You should:

- > record exactly what has happened
- > talk to someone you trust
- > read your organisations bullying policies and procedures.

Above all:

- > remain calm
- > keep an ongoing record of events
- > don't be a silent witness to workplace bullying.

3

Understand your options, you may choose to:

- > confront your bully—if you feel able to do so
- > report the incident
- > seek advice from your:
 - manager
 - human resources area
 - worker contact officer
 - health and safety representative
 - worker representative
 - employee assistance program.