

# Are you being bullied?

A bully can be a supervisor, administrator or co-worker.

**Bullying behavior at work includes:**

- Repeated behavior that intimidates, degrades, humiliates
- Singling out a worker(s) for constant criticism with no concrete or positive guidance and support
- Excessive monitoring
- Giving assignments with unrealistic or impossible deadlines
- Sabotaging and undermining work such as withholding information and resources needed for the job

If not addressed, bullied workers can experience serious health consequences such as:

- Post-traumatic stress disorder
- Depression
- Sleep disturbance
- Digestive problems



**If you are a victim or a witness, contact your union for help.  
Your local union contact:**



NYSUT's workplace anti-bullying toolkit has sample policies, contract language, a training module, online resources and more. You can find it at [www.nysut.org/healthandsafety](http://www.nysut.org/healthandsafety).

