

# Are you being bullied?



**A bully can be a supervisor,  
administrator or coworker.**

**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 you regularly feel intimidated or dread being around a coworker or supervisor who constantly yells

**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:**