WHO DO I CONTACT?
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.

RESPONDING TO WORKPLACE BULLYING

What should I do?

You should:
> record exactly what has happened
> talk to someone you trust
> read your organisation's bullying policies and procedures.

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

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.