



Key Points - How to Cope with Bullying

Victims of bullying can experience many serious and long-lasting negative effects.

If you are bullied or harassed, here are some things you should do:

1. No matter what, it is important for you to talk to someone who you trust within 24 hours of the bullying or harassment incident. Tell them what happened.
2. Make friends and build "alliances" at work.
3. There is safety in numbers.
4. Make friends outside of work. There are many ways to meet new people.
5. Practice and learn specific coping strategies to help you stay calm, relaxed, and in control.