



KEY POINTS - How to Respond to Workplace Bullying

1. If you think that you are being bullied or harassed, the first thing you need to do is talk to an adult who you trust.
2. Be prepared! Create a response plan ahead of time to help you know what you will do if you are ever bullied or harassed.
3. Create your response plan with someone who you trust.
4. Your response plan should contain 3 main parts - the 3 W's:
 1. What to do and say when you are bullied.
 2. Where to go.
 3. Who to tell.
5. Discuss and role-play your response plan with someone you trust.
6. If you are bullied or harassed, tell someone who you trust within 24 hours.