

Let's cut out workplace bullying

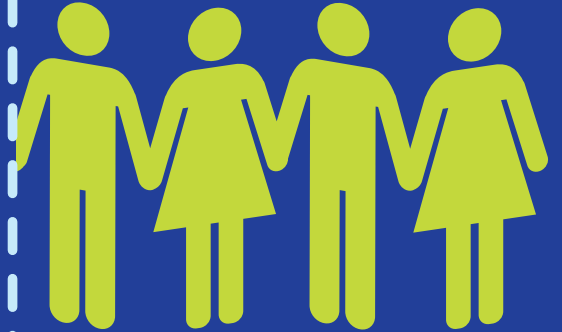
threats
rumours
name calling
cyber bullying
making
stereotypical
assumptions
being shouted at
harassment
gossiping
insults
and more...



CWU
The communications union

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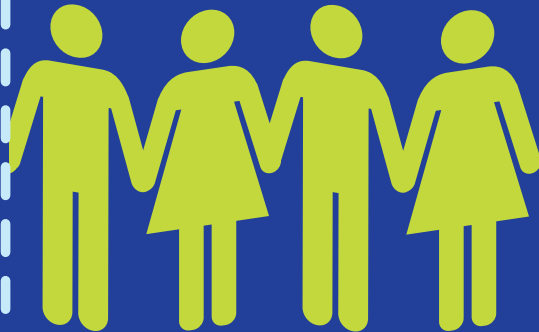
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Bullying can come in many forms

- Direct verbal/physical threats from management or co-workers
- Abusive references to age, sex, race, disability or other personal characteristics
- Spreading of malicious rumours
- Being shouted at
- Persistent criticism of work without instructions on how to improve
- Excessively tight supervision often in the form of performance management
- Being the constant butt of jokes

This list is not exhaustive

If you believe you may be being bullied at work, contact your local CWU branch in confidence for advice on dealing with bullying in your workplace, or call the **CWU harassment helpline on 0800 107 1909**, or email cwu.dignityandrespect@firstassist.co.uk

For more information visit www.cwu.org/bullying-amp-harassment.html

TOGETHER WE CAN MAKE A DIFFERENCE.



The communications union

www.cwu.org

Billy Hayes General Secretary www.billyhayes.co.uk

044251

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