

# 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



FOR MORE INFORMATION:

<https://psc-cuny.org/clarion/june-2012/what-workplace-bullying>



FOR INCIDENT REPORT:

<https://tinyurl.com/ccnyhealthandsafety>



The NYSUT workplace bullying toolkit has sample policies, contract language, a training module, online resources and more. You can find it at [www.nysut.org/healthandsafety](http://www.nysut.org/healthandsafety).

