



## What do you know about bullying in the workplace?

Bullying is a type of interpersonal aggression that can occur in various settings such as work, school or other group situations.

It is estimated that workplace **bullying affects 65 million workers each year.**

Bullying is defined as the experience of multiple, negative acts over an ongoing period of time that is typically carried out by a person of power or authority (either professional or social power).

Examples of bullying in the workplace:

- Being a victim of rumors and gossip
- Receiving hurtful emails
- Being ridiculed on social media
- Experiencing hostile reactions from others
- Often the target of practical jokes
- Ignored and excluded by others
- Hearing insulting remarks made about you
- Being given tasks with unreasonable deadlines
- Intimidated with threatening behavior
- Persistently criticized
- Being humiliated by others

If you are experiencing any of the examples above, contact the **NYC Employee Assistance Program (EAP) at 212-306-7660, or email us at: [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)**

**You are not alone. We are here to help.**

### If you are being bullied at work, consider these resources:

- Speak to your supervisor or manager.
- Contact your city agency's EEO office.
- Review the NYC Equal Employment Opportunity Policy online to learn more about your rights and protections.
- Consult with the NYC EAP.

### If you witness a coworker being bullied, consider these actions:

- Notify a supervisor or manager about the situation.
- Stand up for someone that is being targeted.
- Join your co-workers against bullies. Use the strength in numbers technique.
- Be accepting and understanding of one another.
- Be part of a work culture that is inclusive, not exclusive.



**212-306-7660**