



**BC NURSES'
UNION**



**HAVE YOU EXPERIENCED
WORKPLACE BULLYING?**

SPEAK OUT when you witness bullying and harassment.

REVIEW your employer's policies and procedures on bullying and harassment in the workplace.

REPORT bullying and harassment incidents.

DOCUMENT your experience.

See over



BULLYING AND HARASSMENT

**Have you seen it?
Have you experienced it?
Document it!**

Before you report bullying and harassment, it's important to gather the evidence.

Take action

Document the following information as soon as possible following an incident (in a notebook or electronically):

- > Date, time and location of interaction
- > People involved
- > Witnesses
- > Description of interaction
- > How the interaction impacted you
- > Any other relevant details

LEARN MORE

Support for psychological health and safety is critical when facing workplace bullying.

SCAN
FOR MORE
RESOURCES

