

UCI Workplace Violence Prevention Program

WHAT CAN I DO ABOUT *BULLYING*?

1. PUT YOURSELF FIRST

- Preserve your mental and physical health. Consult EAP, therapist, and/or physician.
- Be aware of your own emotions and ***resist the impulse to respond in kind.***

2. TAKE A STAND

- Identify and document the ***specific bullying behaviors.***
- Identify boundaries for acceptable professional behaviors.
- ***Speak up.***
- ***Report to a supervisor or other appropriate entity.***
- Anticipate potential responses and consider your alternatives.
- Obtain group support.

3. GET SUPPORT

- [UCI Human Resources](http://www.hr.uci.edu) www.hr.uci.edu
- [UCI Office of Equal Opportunity and Diversity \(OEOD\)](http://www.oeod.uci.edu) www.oeod.uci.edu
- [UCI Life Resources Program](http://liferesources.uci.edu) liferesources.uci.edu
- [UCI Office of the Ombudsman](http://ombuds.uci.edu) ombuds.uci.edu