

# A WEEK FOR SUPPORT, INSPIRATION, PEACE & HEALTH



## FREEDOM FROM WORKPLACE BULLIES WEEK OCT 13 - 19, 2019

THE WORKPLACE BULLYING INSTITUTE  
WORKPLACEBULLYING.ORG

Bullying is a systematic campaign of interpersonal destruction that jeopardizes employee health, shatters careers, and strains families.

Bullying is non-physical, non-lethal workplace violence. It is abusive, causing psychological injuries and stress-related diseases.

It is costly to businesses.  
Bullies are too expensive to keep.

The destructive power of workplace bullying comes from secrecy.

The Workplace Bullying Institute celebrates its annual  
FREEDOM FROM WORKPLACE  
BULLIES WEEK.

The week is a chance to break through the silence and secrecy. It is a week to be daring and bold. To take courageous action. To do the right thing.

Everyone deserves a safe, healthy, and dignified workplace.

Find advice, tips and activities at [workplacebullying.org](http://workplacebullying.org) for:

WORKPLACE  
**BULLYING**  
INSTITUTE

- Employers
- Family
- Coworkers
- Friends
- Unions
- Mental Health Professionals
- School Administrators
- Public Policy Makers
- Community Leaders
- Medical Professionals