

Harassment & Bullying At Work

Action Planning

Action 1

Confirm



Confirm your understanding of the differences between harassment and bullying by writing down what each are and give examples of the types of behaviour demonstrated.

Action 2

In Action



Have you seen examples of what you have deemed to be harassment or bullying in the workplace? Please write down the situations (with no names) and the behaviours that you observed.

Action 3

Prevention Plan



Write down at least 5 key preventative measures that you can take to ensure that you do not bully or harass others even though you might have no intention of doing so.