

# Harassment & Bullying At Work

## Cheat Sheet

### Definition:

*“Any unwanted behaviour that makes someone feel intimidated, degraded, humiliated or offended”*

### Bullying Behaviours:

Spreading Malicious Rumours

Exclusion Or Victimisation

Unfair Treatment

Overbearing Line Management

Unwanted Sexual Advances

### Harassment Definition:

*“Unwanted conduct related to a relevant protected characteristic, which has the purpose or effect of violating an individual’s dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment for that individual”*

If You Experience A Bullying Or Harassment Situation You Need To Take Action

