UFCW Local 342
Tackles Workplace Bullying

/ˈbo͝olē/ – *verb*

Use superior strength or influence to intimidate (someone), typically to force him or her to do what one wants.

"a local man was bullied into helping them"

synonyms: persecute, oppress, tyrannize, browbeat, harass, torment, intimidate, strong-arm, dominate

Workplace bullying can be the result of a single individual acting as a bully or of a company culture that allows or even encourages this kind of negative behavior.

Say NO to BULLYING

Workplace bullying is when a person or group of people in a workplace single out another person for unreasonable, embarrassing or intimidating treatment.

Usually the bully is a person in a position of authority like a store manager, who is insecure or immature.

- Shouting or swearing
- One employee being singled out
- An employee being excluded
- Language or actions
- Practical jokes
- Negative comments or actions that are based on a person's gender, ethnicity, religion, or other legally protected status. This is considered harassment and, unlike bullying, is illegal in the United States and gives the victim legal rights to stop the behavior.

Store Management NEVER has the right to BULLY a worker for any reason, at any time, period!

- Build a support network. Instead of allowing the bully to make you retreat, work on building your relationships with your coworkers so that you have support and the bully doesn't turn them against you as well (although he or she will try and may even be successful).
- Document everything. Keep a journal (but never leave it at work) of what happened when (and who witnessed it) so that when you report it, you have the information you need to make your case. Keep emails and notes.
- Seek help. If you think you're being bullied by a store manager, it's time to start talking to others who can help you, like your Union Steward or call your Local 342 Representative immediately to report any case of bullying. Local 342 fights diligently against any act of bullying.