

Thought of the Week

March – Bullying

Never blow out someone else’s candle to try and make your one shine brighter. – Steven Aitchison

Encourage. Compliment. Include. Support. If you want to look good to others, be good to others.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for “**Bullying**.”



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call **1-800-899-8174**.

Visit our website at www.sentaraEAP.com for additional topics and information.



Bullying in the Workplace

Often when people hear the word "bullying," they think of children on the playground or high schoolers getting teased by their classmates. You might think that as people get older, rates of bullying decline due to developing brains and emotions. However, this is not the case.

The prevalence of workplace bullying is significant. According to a 2017 national survey by the Workplace Bullying Institute, about 20% of U.S. workers have experienced bullying in the workplace and over 60 million workers have been affected by bullying.

Workplace Bullying Defined

Workplace bullying is defined by aggressive behavior with the intent to intimidate, humiliate, sabotage, or degrade. It involves deliberate, hurtful, and repeated mistreatment of employees fueled by a desire to control.

[Read more...](#)



This Month's Webinar

Bullying: Awareness and Effective Response

This training will cover three key areas: Bring awareness of bullying in both the workplace and schools through identifying the signs and behavior; discuss the negative impact and effects; introduce strategies & steps to combat and prevent bullying. We will discuss: the characteristics of bullies, typical characteristics of targets, characteristics and responsibilities of bystanders, recognizing the signs of a child who has been bullied, kinds and motivations of bullying, and how to prevent bullying.

[Log-in](#) any time this month to watch the webinar and ask the expert questions!