



**AUGUST** IS STOP WORKPLACE BULLYING MONTH  
**STAND UP \* SPEAK UP**

**If** you believe somebody is trying to bully you: **TALK ABOUT IT**  
Share your experience with somebody you trust. Speak to a co-worker, supervisor or Local 503 shop steward or representative. When we stand together we can stomp out bullying!  
Talk to us. We will help.

**DOCUMENT, DOCUMENT, DOCUMENT** Make sure you take good notes. Your notes should have all details and events. Notes should include dates, location, names and witnesses. They should include the tone and how the event made you feel.

**BULLYING IS NOT OK** Get information from:  
[www.cupe503.com](http://www.cupe503.com) | 613 230 2456  
Employee Assistance Program 613 580 2424 ext. 23816

