

# WHAT CAN I DO ABOUT BULLYING?

## 1. PUT YOURSELF FIRST

- Preserve your mental and physical health. Consult an Ombudsperson, CARE Services counselor, therapist, and/or physician.
- Be aware of your own emotions and resist the impulse to respond in kind.

## 2. TAKE A STAND

- Identify and document the [specific bullying behaviors](#).
- Identify boundaries for acceptable professional behaviors.
- [Speak up](#).
- Anticipate potential responses and consider your alternatives.
- Obtain group support.

## 3. GET SUPPORT

- UCB Staff Ombuds Office: <http://staffombuds.berkeley.edu>
- UCB CARE Services: <http://uhs.berkeley.edu/facstaff/care>
- University of California Office of the President  
<https://secure.ethicspoint.com/domain/media/en/gui/23531/index.html>
- UCB Employee Relations:  
<http://hrweb.berkeley.edu/about/contact/er/assignments>
- UCB Grievance Coordinator:  
<http://hrweb.berkeley.edu/er/policies/ppsm/implementing/policy-70>
- UCB Discrimination Complaint Resolution Coordinator:  
<http://hrweb.berkeley.edu/er/policies/other/discrimination>
- UCB Labor Relations: <http://hrweb.berkeley.edu/about/contact/labor>