WHAT CAN I DO ABOUT BULLYING?

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

2. TAKE A STAND
   o Identify and document the specific bullying behaviors.
   o Identify boundaries for acceptable professional behaviors.
   o Speak up.
   o Anticipate potential responses and consider your alternatives.
   o Obtain group support.

3. GET SUPPORT
   o UCB Staff Ombuds Office: http://staffombuds.berkeley.edu
   o UCB CARE Services: http://uhs.berkeley.edu/facstaff/care
   o University of California Office of the President
   o UCB Employee Relations:
     http://hrweb.berkeley.edu/about/contact/er/assignments
   o UCB Grievance Coordinator:
     http://hrweb.berkeley.edu/er/policies/ppsm/implementing/policy-70
   o UCB Discrimination Complaint Resolution Coordinator:
     http://hrweb.berkeley.edu/er/policies/other/discrimination
   o UCB Labor Relations: http://hrweb.berkeley.edu/about/contact/labor

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