**WHAT CAN I DO ABOUT *BULLYING?***

**1. PUT YOURSELF FIRST**

* Preserve your mental and physical health. Consult EAP, 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**

* [UCI Human Resources](http://www.hr.uci.edu/)
* [UCI Office of Equal Opportunity and Diversity (OEOD)](http://www.oeod.uci.edu/)
* [UCI Employee Assistance Program (EAP)](http://www.wellness.uci.edu/facultystaff/eap/introduction.html)
* [UCI Office of the Ombudsman](https://ombuds.uci.edu/)