

MENTAL HEALTH MATTERS

"BULLYING"

I feel there's such a strong misconception of what it means to be a bully. We all have experienced/heard hateful words, or unapproachable people that make us "feel" uncomfortable to be around in our lives for obvious reasons, but what happens when we say words that are only meant as a joke, or we say things because we want someone's attention/time?

Dictionary

Data from Oxford Languages

Enter a word

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Dictionary definition:

bul·ly

[ˈbʊli]

VERB

bullying (present participle)

seek to harm, intimidate, or coerce (someone perceived as vulnerable):

"her 11-year-old son has been constantly bullied at school" · "a local man was bullied into helping them"

SIMILAR: persecute · oppress · tyrannize · torment · browbeat · intimidate

We may not mean any harm from what words we chose to communicate to another, but our form of communication consists of more than just words. It could be how we present them, either through sarcasm (joking), physical gestures such as rolling of eyes, hand gestures, or sighs tied to our conversation (just to name a few).

Personal perception of what others speak aloud may be misconstrued as something that another can be taken as offensive – so how do we avoid this misunderstanding???

As the dictionary definition of BULLYING states: "*seek harm, intimidate, or coerce (someone perceived as vulnerable)*" – clearly these individuals mean to force their control over another, but we cannot assume what another person "**FEELS**" if/when we mean no harm

So the answer to the above question:

- *Listen to their response*
- *Drop the sarcasm, or joking*
- *Keep the dialog going til all parties understand your meaning*
- *Be patient*
- *KNOW your audience*
- *Be respectful of others without judging them*

I am very well aware that Bullying (a true BULLY) takes place from time to time. And I know it can be very difficult to deal with these individuals, but **YOU ARE NOT ALONE** in facing these people ALL BY YOURSELF. There are those around that are willing to help resolve your concerns/situations. There is NEVER a reason to allow these individuals to do and say what is taking place in our lives, we come to work to do our due diligence then return to our lives outside of this place. And that's how it should be!

It may be difficult to speak on behalf of yourself when it comes to being BULLIED because you don't want to "**rock the boat**", "**rat someone out**", or

you would rather “avoid” these people and just forget about it – All of your own choice/decision, but these individuals WILL continue to bring chaos into your life --

So you or someone you know that has been spoken to because of another member saying you were being disrespectful, hurtful or saying something another found offensive. Yet you weren't approached by this individual and the thought that may cross your mind is “Why didn't they just say something to me? I would have stopped” – individuals living with MENTAL HEALTH concerns/issues can/do have an overwhelming amount of thoughts going on in their minds, and the last thing they want/need is to face more turmoil – fact is, is that most people dealing with MENTAL HEALTH issues/concerns would say nothing and just add it to the already growing dialog festering in their mind

Please be kind to one another, we don't have to be “friends” with everyone we work with, but being respectful goes a long way

Now I know that I've put a great deal of focus on the victims of BULLYING, but that does not take away from the reality that BULLIES suffer from their own turmoil (which could be the reason why they do/say the things they do to others) this is not to take away from the victims. My door is always open,

and if you need/want help I'm here for you, regardless of your circumstances.

If you are faced with dealing with a bully, and you want/need HELP please Do NOT hesitate to reach out

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