

Am I Being Bullied Questionnaire



BENEFITS

Unfortunately, workplace bullying has become very common, impacting both the victims themselves and [co-workers who observe or know about what's happening to their colleagues](#). But workers may not even realize that they're being bullied and believe that the conduct they're being subjected to is normal or acceptable.

HOW TO USE THE TOOL

Give this questionnaire to all staff members and encourage them to complete it if they suspect that they might be the victims of workplace bullying. The higher the score, the more pronounced the bullying behaviour. As scores increase beyond 20 (out of 33), the severity of the bullying is escalating .

Make sure that all employees know what to do if they conclude that they have, in fact, been bullied, including to whom they should report this behaviour'especially if the alleged bully is their boss or supervisor.