

Bullying in the Workplace

A List of Resources

The websites, articles, and books listed below address a variety of elements associated with workplace bullies. While the lists are not exhaustive, they do provide a great deal of information and additional resources to help you successfully navigate potentially difficult workplace situations. As always the Office of Human Resources is available to provide support or guidance with your particular situation. Please contact us at 419-372-8421 or ohr@bgsu.edu for additional assistance.

Website Resources

<http://www.bullyinginstitute.org/>

- The Workplace Bullying Institute (WBI) is frequently cited in many of the other links listed below.
- Includes a number of surveys and results related to workplace bullying.
- Provides information and updates regarding legislative efforts related to workplace bullying.
- Has both audio and video resources.

<http://www.worktrauma.org/>

- Contains a number of links to information such as definitions, recommended books, articles, and research, workshop opportunities, announcements, etc.
- Internationally-based site (out of South Africa).

<http://www.itstime.com/jul2005.htm>

- Newsletter from the Institute for Management Excellence.
- Includes data from WBI (Workplace Bullying Institute); tips for managers, supervisors, and executives; how to prevent bullies from harming others; list of resources (Internet, books, articles); and even four cartoon links.

http://careerplanning.about.com/od/bosscoworkers/a/bullies_at_work.htm

- Advice on how to deal with a workplace bullying situation.

<http://www.busreslab.com/policies/badpol7.htm>

- More of an opinion piece, but does include a few recommendations on how to obtain employee feedback regarding bullying.

<http://www.lni.wa.gov/Safety/Research/Files/Bullying.pdf>

- Provides good information about bullying identifiers; affects of bullying; difference between bullying and harassment; strategies to address bullying; and, additional resources.
- From the Washington State Department of Labor and Industries.
- Published in April 2008.

<http://www.mediationworks.com/mti/certconf/bib-bullying.htm>

- A lengthy annotated bibliography for bullying in the workplace resources.
- Please note the copyright restriction for this site.

<http://www.management-issues.com/bullying.asp>

- Links include articles, editorials, and "advice columns" related to bullying.
- Internationally-based site (out of the United Kingdom).

Related Articles

http://www.businessweek.com/smallbiz/content/may2008/sb2008057_530667.htm

- Addresses recent legal actions of workplace bullying.
- Set-up is a Q&A format, with a focus on the implications for small business owners.
- Published May 7, 2008.

<http://abcnews.go.com/GMA/TakeControlOfYourLife/story?id=4526313&page=1>

- A Q&A with many tips on how to address bullying issues.
- Published March 27, 2008.

http://www.nytimes.com/2008/03/25/health/25well.html?_r=1&oref=slogin

- Mentions recent legislation and legal actions related to bullying.
- Includes a video clip.
- Published March 25, 2008.

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2007/01/21/BUG7DNKKN61.DTL>

- Cites recent legislation related to workplace bullying.
- Does refer to a particular bullying situation involving a college faculty member.
- Published January 21, 2007.

http://www.purdue.edu/hr/LeadingEdition/LEdi_705_workplace_bullies.htm

- A Q&A published in an e-newsletter for Purdue University supervisors (*LeadingEdition*).
- Published July 2005.

<http://query.nytimes.com/gst/fullpage.html?res=9E04E7DE1339F931A15755C0A9629C8B63>

- Shares personal stories related to workplace bullying as well as recent research in the area.
- Published June 22, 2004.

http://www.usatoday.com/money/jobcenter/workplace/relationships/2002-11-12-bullies_x.htm

- Echoes research and findings from The Workplace Bullying Institute.
- Published in 2002.

<http://www.apa.org/monitor/jul98/bully.html>

- Focuses on violence in the workplace as a product of bullying and on-the-job stress.
- Published in 1998.

Book Resources

- *The Complete Guide to Understanding, Controlling, and Stopping Bullies and Bullying at Work: A Complete Guide for Managers, Supervisors, and Co-Workers* (2008) by Margaret R. Kohut
- *Workplace Bullying and Harassment: Victim or Victor?* (2008) by Patricia Watson
- *Towards Dignity and Respect – An Exploration of the Nature, Causes and Consequences of Workplace Bullying* (2007) by Maryam Omari
- *Handbook of Workplace Violence* by (2006) E. Kevin Kelloway, Julian Barling, and Joseph J. Jur. Hurrell
- *You Can't Talk To Me That Way! Stopping Toxic Language in the Workplace* (2005) by Arthur H. Bell
- *Bullying and Emotional Abuse in the Workplace: International Perspectives in Research and Practice* (2003) by Stale Einarsen, Helge Hoel, Dieter Zapf, and Cary L. Cooper
- *Bullies: From the Playground to the Boardroom : Strategies for Survival* (2002) by Jane Middleton-Moz and Mary Lee Zawadski
- *Bullying in the Workplace: An Organizational Toolkit* (2001) by Elaine Douglas
- *The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job* (2000) by Gary Namie
- *Workplace Bullying: What We Know, Who is to Blame, and What Can We Do?* (2001) by Charlotte Rayner, Helge Hoel, and Cary L. Cooper
- *Bully in Sight: How to Predict, Resist, Challenge, and Combat Workplace* (1996) by Tim Field