

# Bullying damages our health – mentally, emotionally and physically.

**Know  
better**

**Be  
better**

We already work together in a stressful environment. Bullying, harassment and other inappropriate behaviour adds extra stress, which can harm a person's mental, emotional and physical health and wellbeing. Unless we understand what contributes to our environment of bullying and harassment, we can't change things.

The first step is to recognise what inappropriate behaviour is. Find out more at [health.vic.gov.au/KnowBetterBeBetter](https://health.vic.gov.au/KnowBetterBeBetter)