

How do you know if you're a bully?

**Know
better**

**Be
better**

Acts of bullying aren't always obvious. Working in a stressful environment is no excuse for inappropriate behaviour, whether it's obvious or subtle.

Read through the definition to better understand what constitutes bullying. You may find examples of this behaviour in yourself or your colleagues. Take it as an opportunity to improve the way you treat others. Find out more at health.vic.gov.au/KnowBetterBeBetter