Can adults be bullied?

Adults can be, and frequently are, bullied. The majority of adult bullying takes place in the workplace, but can just as easily take place in social groups. Surprisingly, the reasons adults bully others are very similar to the reasons children bully others.

Bullying among adults occurs because of jealousy, or because one person feels they are not being treated as they should be. In the workplace, bullying is common in extremely competitive work environments where people are always trying to out-do each other. If there are no safe-guards in place by managers or human resources, workplace bullies have no motivation or reason to stop bullying.

A few examples of adult bullying include:

- Intentionally leaving one person out of social engagements
- Ignoring someone’s ideas and comments
- Speaking in a negative or threatening way toward someone
- Shouting
- Taking credit for something someone else did
- Spreading rumors.

There are several ways to remove yourself from a situation where bullying is taking place. If the bullying is taking place in a social situation, you can either stand up for yourself and put an end to the bullying, or remove yourself from the situation completely. By not spending time with the bully, you will not be subject to his or her torments.

If the bully is in a workplace, speak with your manager or human resources department. Confronting an especially aggressive bully may backfire, and could even put you in danger. If you have tried all available means to end the bullying and it continues, you should evaluate whether or not it is worth staying in that environment.

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