
The library has three titles available for loan in the Against bullying series: Understanding bullying [DVD UND]; The bystander [DVD BYS]; and Better ways to communicate [DVD BET]. Each program runs for about 20 minutes. Classification: Not classified


“With higher workloads, declining resources and frequent change, together with the hectic pace of personal lives, resilience is almost a key to survival … Resilient people are more optimistic, adaptable and independent. They are also better at solving problems and have sound levels of self-control. Resilient teams have similar characteristics, and find it easier to rebound from setbacks and adapt to change and pressure. All of these characteristics can be developed. Based on sound psychological theory, Building resilience at work is a practical and easy-to-read book providing a proven path to self-help in developing personal resilience.” – Back cover.


“Bully blocking at work reveals the evil nature of workplace bullying, helping the reader to understand its toxic, destructive impact on all employees – whether they are targets, bullies or onlookers – and provides advice for coping and confronting bullying, from both a personal and organisational perspective.” – Back cover.

The bully at work: what you can do to stop the hurt and reclaim your dignity on the job by Gary Namie & Ruth Namie. 2nd ed. Naperville, Ill: Sourcebooks, 2009. 658.3 NAM

The authors, the founders of the Workplace Bullying Institute, outline key strategies such as how to identify allies, how to build confidence, how to stand up to bullies, and when to walk away with dignity.

Bully free in the workplace: how to survive workplace bullying produced & presented by Tony Johnston; featuring Evelyn M. Field. DVD. Bully Free TV, 2010. 105 min. DVD BUL

This Australian DVD outlines what workplace bullying is, why it happens and how you can survive using powerful and effective anti-bullying strategies. Classification: Not classified

The bully-free workplace: stop jerks, weasels, and snakes from killing your organization by Gary Namie & Ruth F Namie. Hoboken, NJ: John Wiley & Sons, 2011. 659.3 NAM

This book “includes information on how to create a preventive policy that brings consequences, like never before, when violated. The authors discourage half-hearted, short-term fixes that are prevalent today, and present their signature Blueprint methodology to successfully protect employee health and eradicate the psychological violence from organizations.” – Publisher website.

Bullying in different contexts edited by Claire P. Monks and Iain Coyne. Cambridge: Cambridge University Press, 2011. 302.3 BUL

“Bullying in different contexts brings together … leading international researchers to discuss [bullying] behaviours in a wide range of settings, including preschool, school, the home, residential care, prisons, the workplace and cyberspace. The [British] authors provide background to the different contexts, discuss the impact and types of interpersonal aggression and the characteristics of those involved.” – Back cover.


“This new edition ... takes a comprehensive and in-depth look at the nature of the bullying. Packed with real-life case studies, Bullying in the workplace enables the reader to understand the negative impact it has on individuals and organisations and offers practical advice on how to identify and eliminate bullying from the workplace, now and in the future.” – Author website.
WORKPLACE BULLYING

Bullying: making the employer manage the risks; what works and what doesn’t by Joan Lemaire. Surry Hills, NSW: NSW Teachers Federation, 2009. 658.3 LEM

This Eric Pearson study report explores strategies regarding bullying that have been adopted in both Ireland and the UK by government, health and safety authorities, teacher unions and other unions. Joan Lemaire is Senior Vice President of the NSW Teachers Federation.


"Bullying of staff in schools aims to assist school employees to understand the phenomenon of bullying of staff, its existence, the form it takes, and its impact on staff and their schools. This book does not aim to convert school employees into psychologists or counsellors but rather to ensure they are better informed about bullying of staff. Data from research studies involving over 2500 participants identifies bullies and targets, examines the phenomenon across 10 demographic classifications, details the human and economic costs, and provides helpful advice and recommendations to school employees and school leaders." – Back cover.

The cost of bad behavior: how incivility is damaging your business and what to do about it by Christine Pearson and Christine Porath. New York: Portfolio, 2009. 658.3 PEA

"In an accessible and informative style, Pearson and Porath examine the toll that bad behaviour can have on otherwise well-functioning companies. And they reveal strategies that successful organizations use to stop incivility before it takes hold." – Book jacket.


"[A] thoroughly developed, well-researched analysis of cyber bullying - what it is, how it is carried out, who is affected, and what can and should be done to prevent and control its occurrence in society. Case studies are used throughout." – Publisher website.


"This book identifies the various forms of bullying, explains its causes and effects, and presents advice on how to develop strategies in schools, workplaces and at home to deal with bullying behaviour." – Publisher website.


"We all have people in our lives who frustrate, annoy or hurt us ... And most of us hurt others occasionally, too. In Difficult personalities Dr Helen McGrath and Hazel Edwards take common situations and offer strategies to help, including: anger and conflict management; achieving empathy; optimism and assertion; [and] making decisions about difficult relationships." – Back cover.

Fear is power by Anthony Gunn. Prahran, Vic: Hardie Grant Books, 2006. 658.3 GUN

This book "uncovers ten simple secrets you can use to harness your fear and make it work to your advantage." – Back cover. Chapter 6 focuses on dealing with bullying.

How to stop your workplace going pear shaped: readings in HR risk mitigation by Martha Knox-Haly. Prahran, Vic: Tilde University Press, 2008. 658.3 KNO

This text is a distillation of 20 years as a researcher, consultant, organisational psychologist and employer. The experiences are based on years of investigating the fascinating living entities that are workplaces and on the privilege of being able to speak to thousands of Australian workers and managers.


"This is a comprehensive, practical and engaging book designed to help readers to recognise bullying behaviour at work and identify and select inter-personal strategies for handling bullying behaviour." – Publisher website.


"They [workplace psychopaths] are cunning, self-centred and ruthless. They make working life a living hell for many of us. What motivates these individuals? How can you protect yourself from these snakes in suits who hide behind a veneer of respectability? With new case studies and key tips on spotting and identifying the workplace psychopath, Dr John Clarke shows you how to recognise and manage a workplace psychopath within your midst." – Back cover.
“Employers and managers have a duty of care as part of occupational health and safety laws to prevent injuries. This responsibility requires action. This book shows you how to meet these responsibilities using practical, sensible strategies based on a framework of: understanding what bullying and sexual harassment really mean, using a risk management approach to identify issues in the workplace, implementing procedures to control risk, taking action when things go wrong. A range of tools and tips are included throughout the text to help the reader get started quickly.” – Publisher website.


In this practical guide, the authors “explain how to identify workplace bullying and apply best practice to preventing and managing it. They outline what constitutes bullying at work, demystify some of the controversial issues, and discuss the various factors which influence workplace bullying.” – Back cover.

The question space: tools to aid recovery from workplace and other bullying by Gail Foster. Hobart: Forty South, 2014. 331.1 FOS

“The book looks at the ‘big picture’ and asks the reader to consider their purpose and legacy. Clear explanations are given for the common experiences of grief, loneliness and shame. Tools are designed for possibility thinking and include The Traffic Light Exercise, The Question Space, Using Your Wonder Muscle and a simple ABC Strategy to counter future bullying tactics. The question space corrects many common misconceptions and concludes that post bullying trauma is very real, yet healing and joy are possible.” – Back cover.


This book is “a practical guide to empower all employees to care for themselves and colleagues when faced with bullying behaviours. Beginning with an overview of social and emotional resiliency at work, the reader is shown how six key strategies based on the development of social skills can equip them to block even the most persistent of bullies.” – Back cover.

Tanaka-san will not do calisthenics: a documentary by Maree Delofski. DVD. Australia: Blue Room Productions, 2008. 75 min. DVD TAN

“Every workday morning for more than 25 years Tanaka Tetsuro has protested outside the gate of the corporation that sacked him – a decision he says was unjust. When he’s not at the gate protesting, Tanaka-san teaches music, English, human rights and how to confront bullies in his small apartment and once a year he takes his protest to the company’s annual stockholders’ meeting – only to be ejected.” – Back cover.

Classification: Not classified


“From the incompentent to the incomprehensible, the disruptive to the dastardly, this book will explain how bad behaviour gains a foothold and what perpetuates it against all good common sense. This book provides both high-level strategies and readily applicable tips for the CEO and the change leader as well as the vulnerable and the victimised.” – Back cover.

What teachers need to know about personal wellbeing by Debra Ferguson. Camberwell, Vic: ACER Press, 2008. 371.1 FER

“Teachers are renowned for putting their own needs last and, although this is a natural response in the short term, the long-term consequences can be damaging to health and wellbeing. Personal wellbeing will help teachers evaluate their life and work in order to become more fulfilled, productive and happier.” – Back cover.

Working with monsters: how to identify and protect yourself from the workplace psychopath by John Clarke. Milsons Point: Random House Australia, 2005. 658.3 CLA

“White-collar psychopaths exist in a variety of workplaces. They are individuals who manipulate their way through our life and leave an indelible mark on both their victims and society … What motivates these individuals? How can you protect yourself from these ‘monsters’ who hide behind a veneer of respectability?” – Back cover.

Workplace bullying project compiled by Deborah Greenhill and Susan Benham (Anna Stewart Officers, NSWTF, Term 4, 2006). 658.3 WOR

Includes: NSWTF Annual Conference 2006 decision; survey findings; DET policy; what you can do about bullying.
### Online resources

**Beyond Bullying** provides training, resources and other services on workplace bullying for organisations and employees [http://www.beyondbullying.com.au](http://www.beyondbullying.com.au)

**Bully Blocking** contains extensive definitions of workplace and school bullying, as well as advice on the general subject of resilience. You can buy Evelyn Field’s books through this website as well as complete a free assessment test [http://www.bullying.com.au](http://www.bullying.com.au)

**Bullying UK** offers advice to teachers, pupils, schools and parents on countering bullying. Bullying UK was founded in 1999 by journalist Liz Carnell and her son John, as a direct result of their experience of dealing with school bullying, which included taking successful legal action against an education authority. Contains a section for adults called *Bullying at work* [http://www.bullying.co.uk](http://www.bullying.co.uk)


**Workplace Bullying Institute** is a US organisation that aims to raise awareness of and a public dialogue around workplace bullying. The Institute also aims to apply research to solutions for individuals, unions, employers and public policy makers [http://www.workplacebullying.org](http://www.workplacebullying.org)