



Workplace Bullying: Stop It Now, Or Get Beat Up!, PLUS Journal

By Philip Voluck and Irina Rabovetsky

Over the last few decades, the number of people who have admitted to being the target of workplace bullying has increased drastically, according to a recent survey of more than 3,000 fulltime employees. Our newsfeeds are laden with horrifying tales of employees who have been hurt, and even killed, by bullying. Just this past April, six were injured and an employee gunman was killed in a FedEx facility shooting in Atlanta, Georgia. Workplace violence was further thrust into the spotlight in February by a fatal shooting at the New York City Department of Environmental Protection office, with an employee accused of shooting and killing his co-worker. Bullying extends to all types of workplaces. Recent headlines detailed a bullying controversy between two teammates on a National Football League team, causing the victim to quit the team (and for the time being, football).