



HOSPITAL EMPLOYEES' UNION

NEWSLETTER

PLEASE POST

On February 28 – Pink Shirt Day – help end bullying

Bullying. It's a growing problem in our schools, workplaces, homes and online. It can take many forms – physical aggression, name-calling, gossiping or shunning, harassment and discrimination.

And in today's digital world, using social media to exclude, threaten, embarrass, intimidate, or damage reputations is a pervasive problem, which is why the focus of Pink Shirt Day 2018 is on cyberbullying.

This year, on February 28, HEU encourages everyone to commit to stopping cyberbullying by refusing to post or circulate negative personal attacks – and to wear something pink to symbolize our collective responsibility to put an end to bullying and promote respect whenever and wherever we can.

Everyone deserves a safe, harassment-free, non-bullying environment, whether it's in the workplace or in the community.

In recent years, HEU and other unions successfully lobbied to have workplace bullying and harassment included as a compensable mental health claim through WorkSafeBC.

In November 2013, WorkSafeBC introduced amendments to sections 115, 116 and 117 of the *Workers Compensation Act* – to clearly outline the responsibilities of employers, supervisors and workers to create respectful workplaces.

Pink Shirt Day was originally inspired by two Nova Scotian teenagers who, in 2007, stood up for a classmate who was bullied at school for wearing a pink shirt. They bought and distributed 50 pink tank tops to male students who wore them in a day of solidarity against bullying.

Across the globe, countries including Japan, New Zealand, China and Panama are now organizing anti-bullying campaigns and fundraisers. In 2017, people in almost 180 countries shared their support of Pink Shirt Day through social media posts and donations.

Remember to wear a pink shirt on Pink Shirt Day to send a message to victims of bullying that they are not alone and that there is help and support available.

January 25, 2018