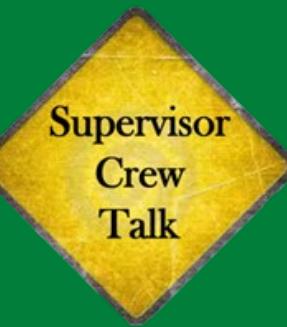
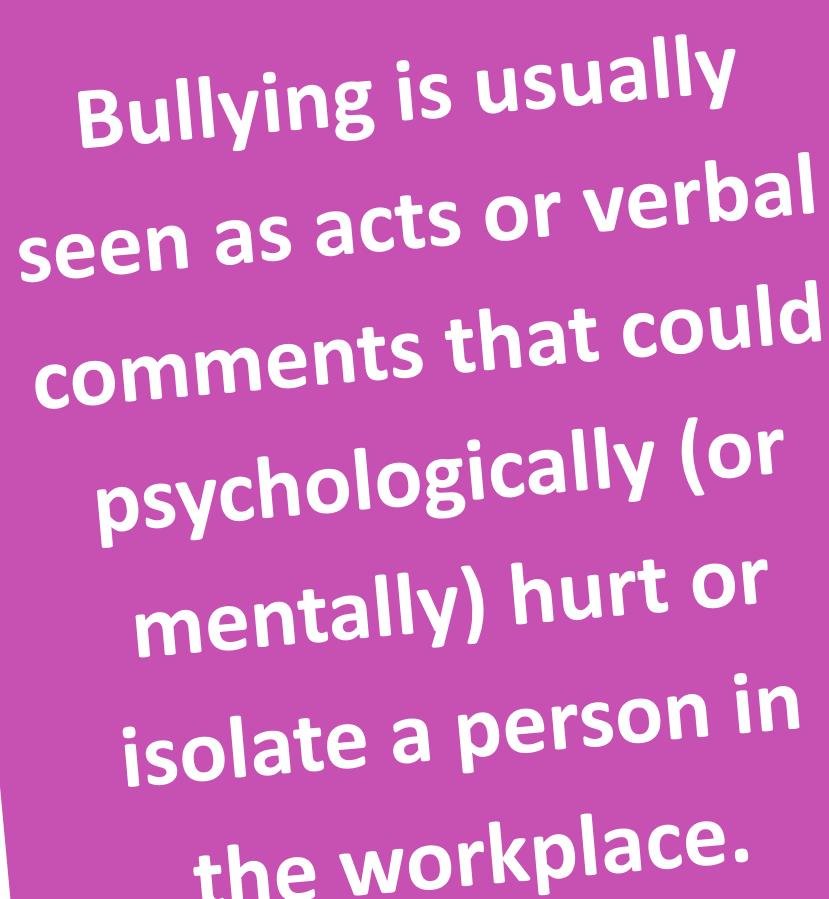


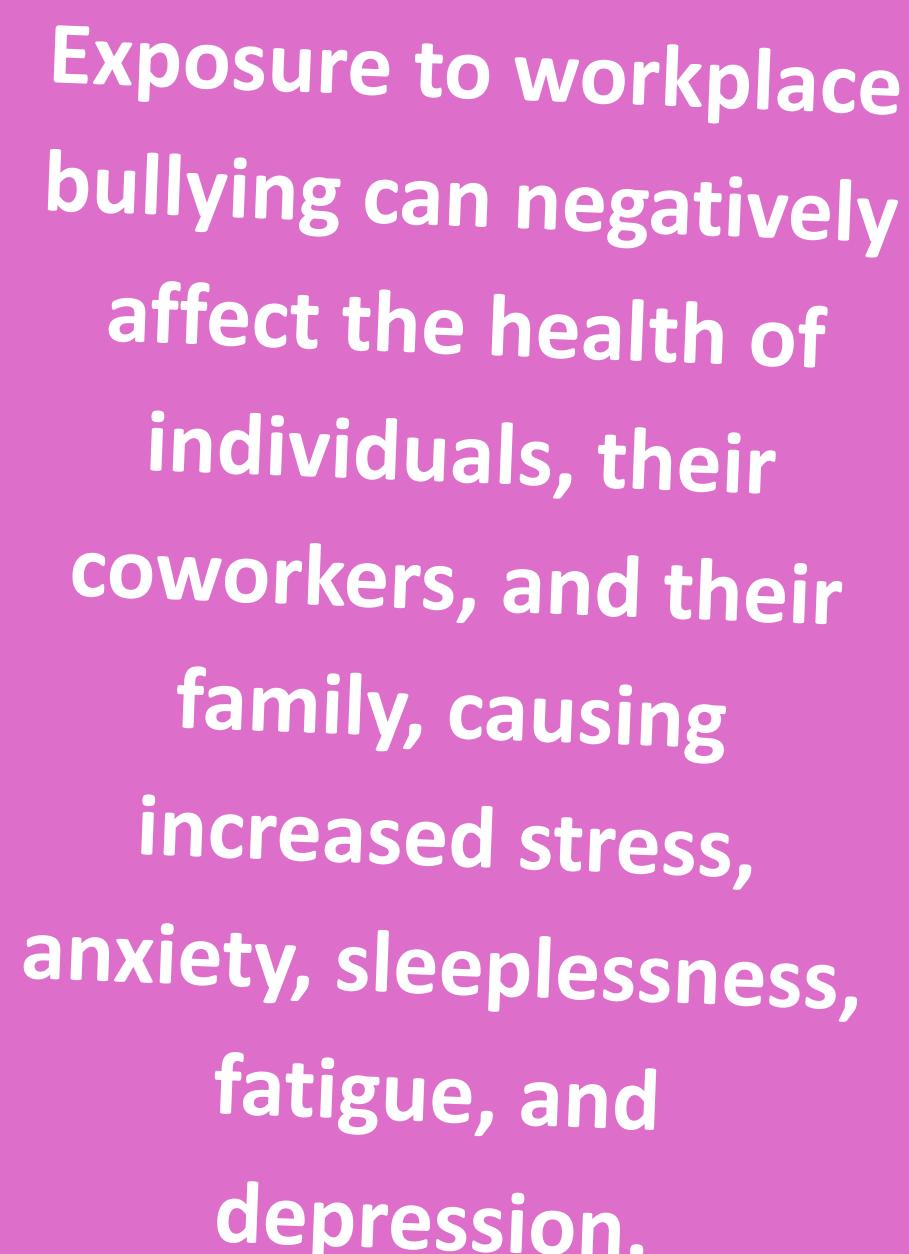
# Pink Shirt Day - February 25th



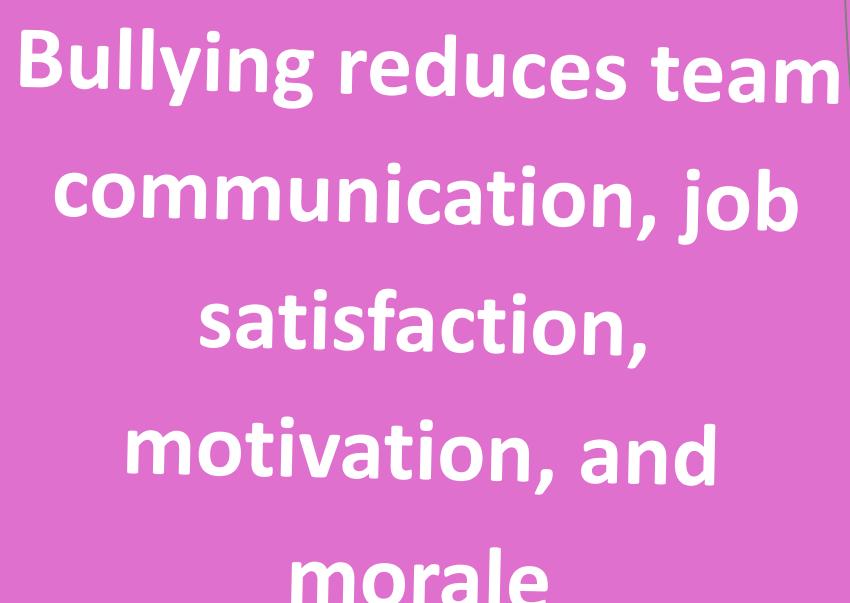
**Bullying doesn't just happen in schools. It's estimated that up to 40 percent of Canadians have experienced bullying in the workplace.**

A graphic of a pink t-shirt with a white X drawn on the chest. The text is centered inside the shirt.

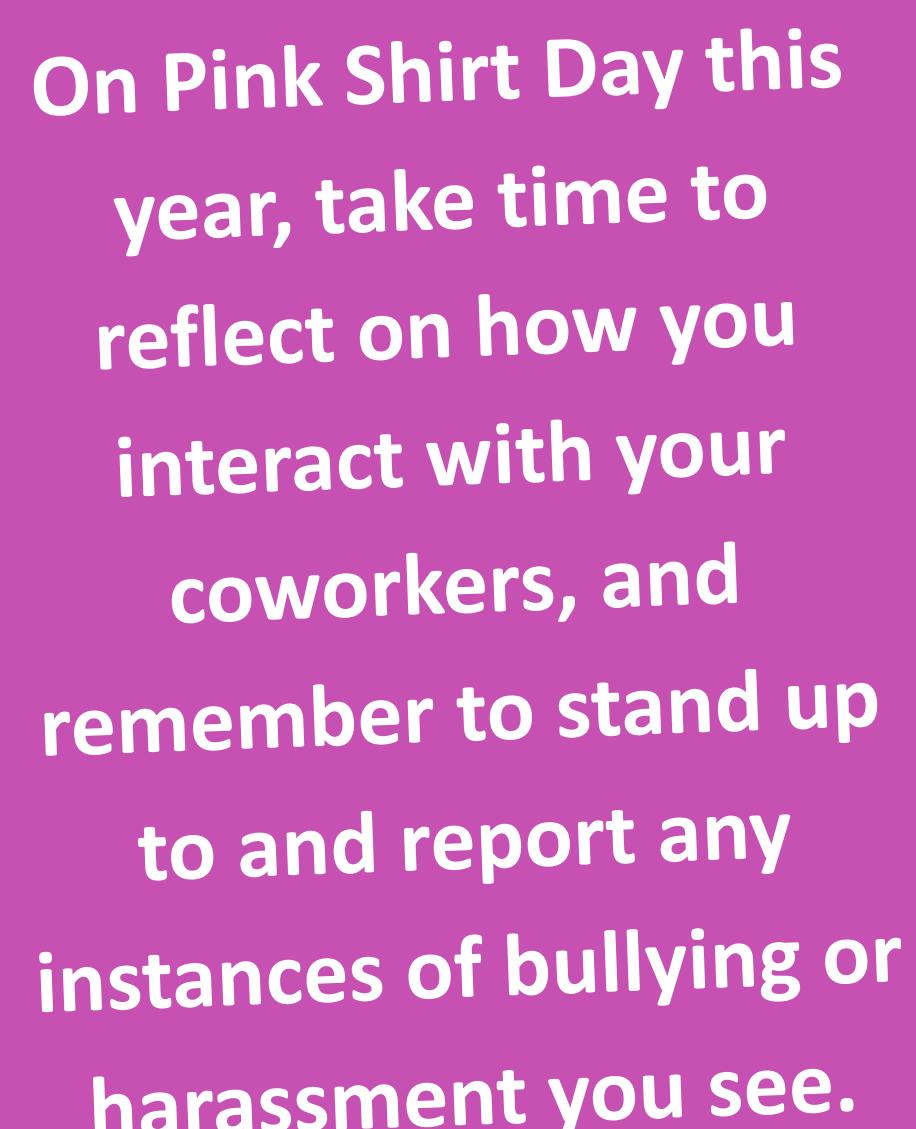
Bullying is usually seen as acts or verbal comments that could psychologically (or mentally) hurt or isolate a person in the workplace.

A graphic of a pink t-shirt. The text is centered inside the shirt.

Exposure to workplace bullying can negatively affect the health of individuals, their coworkers, and their family, causing increased stress, anxiety, sleeplessness, fatigue, and depression.

A graphic of a pink t-shirt. The text is centered inside the shirt.

Bullying reduces team communication, job satisfaction, motivation, and morale

A graphic of a pink t-shirt. The text is centered inside the shirt.

On Pink Shirt Day this year, take time to reflect on how you interact with your coworkers, and remember to stand up to and report any instances of bullying or harassment you see.