

Suggestions cards

Inspiration for what to say or do in a situation.

Hey, I don't think you should be saying that.

Hey, speak properly. We're at work, and I expect us to act professionally with each other. It is not acceptable to talk about your co-workers like that, even if you think it's meant well.

Now then, I think the talk is getting a little close to the bone here.

I think it's unfortunate for you to comment on what someone is wearing. I really don't think that is right for our workplace.

Hey - we don't use that kind of tone here. Please speak properly about my colleagues..

Even if it's just in fun, that is hardly a professional way to talk.

You can tell someone concerned that they should speak out in the face of unwelcome behaviour, and if they do not want to do so themselves, then the union rep can help.

What can you say or do afterwards?

You can ask if the person is okay or tell your workplace rep that they might need to check it out.

You could go to your manager and point out that witnessing the situation was very uncomfortable. "Is that really how you talk about others in this work-place?" you might ask.

Show you are interested and caring. Everyone must be able to trust their co-workers and should not feel pressured but listened to. The person should know that what was going on is not OK and that it is alright to speak out.

You can ask the person directly if they are okay? You might ask if they would like to talk about it.

You can ask if the person is alright. Perhaps ask about their well-being and offer to sit down for a chat if they would like. You could mention the possibility of talking to a union or workplace rep and suggesting a friendly reminder that we should all have the opportunity to have a good day at work.