

1 How to avoid being a perpetrator

RCS Ed Tackling bullying and undermining in Surgery and Dentistry includes a free e-tutorial [Anti-Bullying and Undermining Campaign | RCSEd](#)

[How to be Assertive Without Being a Bully | RCSEd](#)

[Is My Behaviour Affecting the Team? | RCSEd](#)

BMJ did a webinar [Preventing bullying and harassment Online course | BMJ Learning](#)

And have a page on how to be nicer in work [Promoting a positive working environment \(bma.org.uk\)](#)

And more BMA resources in different types of discrimination [Bullying and harassment support resources \(bma.org.uk\)](#)

[Equality and diversity guidance \(bma.org.uk\)](#)

2 How to respond if you witness this behaviour (Bystander response)

[Active Bystander Training | Challenging Antisocial Behaviour - The Active Bystander Training](#)

[Company](#) is the company that BMA use for their elected council members

[What Can You Do? | RCSEd](#)

3 How to manage a situation where you are the victim of this behaviour

[Are You Being Bullied? | RCSEd](#)

[The Facts and the Law | RCSEd](#)

In addition, the GMC's ethical hub has links to information about racism and sexual misconduct [Ethical hub - GMC \(gmc-uk.org\)](#)

The RCOG has a whole toolkit on the above questions [Workplace Behaviour Toolkit | RCOG](#), which they developed along with RCSEd.