

Quotes about bullying

"If someone is strong enough to bring you down, show them you are strong enough to get back up."
- Unknown

"Each of us has the potential to be a saint or a sinner, altruistic or selfish, gentle or cruel, good or evil."
- Phil Zimbardo

"A culture of silence must be replaced by a culture of safety."

"Disruptive behaviors happen because they can. It takes willing individuals and leaders to stop it."

"Policies regarding disruptive behaviors are not an effective tool without employee accountability and leadership involvement."

"Make no mistake about it; disruptive behavior is a threat to patient safety."

"Disruptive behavior is one of the most important influences on the quality of relationships."

"If workplace incivility isn't addressed, it can escalate to workplace violence."

"Bullying distracts nurses from patient care."

"Isn't it time nurses stop eating each other and start supporting each other?" - Renee Thompson

"Policies don't solve problems – People do." - Renee Thompson

"Don't think you can concentrate on your patients when you're working with a bully – you can't."
- Renee Thompson

"In a moment of decision the best thing you can do is the right thing. The worst thing you can do is nothing." - Theodore Roosevelt

"Never succumb to the temptation of bitterness." - Martin Luther King, Jr.

"The time is always right to do what is right." - Martin Luther King, Jr.

"The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people." - MLK

"Injustice anywhere is a threat to justice everywhere." - Martin Luther King, Jr.

"In the end, we will remember not the words of our enemies, but the silence of our friends."
- Martin Luther King, Jr.

"Our lives begin to end the day we become silent about the things that matter." - Martin Luther King, Jr.



NURSE BULLY-PROOFING MODULES

BY RENEE THOMPSON, DNP, RN, CMSRN



“Before we can change things, we must call them by their real name.” - Confucius

“What makes the dawn come up like thunder? Courage!” - Cowardly Lion

*“What you ignore, you condone. Speak up when you see bad behavior in the workplace!”
- Renee Thompson*

*“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.”
- Dalai Lama*

“We have a choice about how we behave, and that means we have the choice to opt for civility and grace.” - Dwight Currie

“My religion is very simple. My religion is kindness.” - Dalai Lama

“Human capacity is equal to human cruelty, and it’s up to each of us to tip the balance” - Alice Walker

“It may seem a strange principle to enunciate as the very first requirement in a Hospital that it should do the sick no harm.” - Florence Nightingale

“Never lose sight of the fact that the most important yardstick of your success will be how you treat other people.” - Barbara Bush

“The difference between a hero and a coward is one step sideways.” - Gene Hackman

“They can’t get your goat if you don’t tell them where it’s tied up.” - Zig Ziglar

“Sticks and stones can break my bones, but words can break my heart.” - Robert Fulghum

“Life is not so short but that there is always time for courtesy.” - Ralph Waldo Emerson

“Kind words can be short and easy to speak, but their echoes are truly endless.” - Mother Teresa

“No act of kindness, no matter how small, is ever wasted.” - Aesop

*“Cruelty, like every other vice, requires no motive outside of itself; it only requires opportunity.”
- George Eliot*

*“I’m not concerned with your liking or disliking me... All I ask is that you respect me as a human being.”
- Jackie Robinson*

“All it needs for evil to prosper is for people of goodwill to do nothing” - Edmund Burke

“How people treat you is their karma; how you react is yours.” - Wayne Dyer

