

# National Human Rights Consultation Submission

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**Submission Text:**

Firstly, I would like to see the Australian Charter of Human Rights to include the basic right of people to defend / protect themselves from violence. As it stands currently, self-defence is merely an excuse by law, and not a right as such. With the proven increase in violence in our society, victims and potential victims should have the basic right of self defence / self protection.

Secondly, there is no protection or legislation on a national scale protecting people from general harassment / bullying, especially in the workplace. I personally suffered 3 years of workplace bullying, and there was no recourse for me as I the bullying was not related to any form of discrimination.

Thank you

Doug Nicholson