# How to... Deal with Bullying

Bullying is a big issue for many people with a disability. Everyone has the right to be safe and not bullied.









#### 1.What is Bullying?

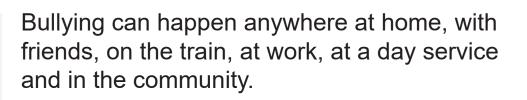
Bullying happens when people use words or actions to hurt other people. There are different ways people can be bullied. They are:

#### Verbal bullying

- Teasing
- Name-calling
- Making threats to hurt you
- Shouting
- Gossiping
- Saying mean things about you
- Physical bullying
  - Hitting and kicking
  - Spitting
  - Pushing and tripping
  - Breaking your things
- Cyber bullying
  - Writing mean things on Facebook
  - Texting bad things
  - Ringing and saying bad things

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#### 2.Bullying is NOT OK!

No one deserves to be bullied. Everyone has the right to be safe. If you are being bullied you should:

- Walk away!
- Speak Up! Tell someone you trust such as:
  friends
  - family members
  - support workers
  - staff
- Get help people who can help you include:
  - Police
  - Disability Advocacy Services
  - Community Legal Services
- People you trust can also help you to make a formal complaint about the bullying.
- Talk about it at your self advocacy group meeting.







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#### 3. How Self Advocacy Groups can help to STOP BULLYING!!

There are lots of things your group can do to help stop bullying. Here are some ideas:

- Speak up and tell people why bullying is not OK.
- Let people know they have the right to complain.
- Make anti-bullying posters and put them up in day services, schools, train stations, shop windows, health centers etc.
- Go out to schools and talk to the students about how it feels to be bullied and how they can help to stop bullying.
- Join together with other groups to hold an anti-bullying forum to talk about ways to stop bullying.
- Talk to the government about working together to find ways to stop bullying in the community.
- Talk to your council about how to make your local community safe.
- Let service providers, work places, schools and governments know they must have anti-bullying policies.

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- Start a Stop Bullying campaign this could include:
  - holding forums
  - making videos
  - making flyers
  - planning a no-bullying social event such as a dance night.
- Create a Say No to Bullying Facebook group.

### **Remember:**

- No-one deserves to be bullied.
- All people should be treated with dignity and respect.
- Everyone in the community has to work together to stop bullying.

