



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



Bullying can happen anywhere at home, with friends, on the train, at work, at a day service and in the community.

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.





STOP BULLYING

Speak Up



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.



- 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.



STAND UP. SPEAK OUT.
END
BULLYING.