

## Talking about Bullying

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Bullying can happen to anyone. It's important to reassure the people you support that it is not their fault. Direct Support Professionals (DSPs) can talk to individuals about bullying to help reduce their risk of harm.

### It's Important for DSPs to Ask Questions!

Talk to individuals about:



#### Possible Response

##### What happened?

- Someone yelled at me
- Someone hit me
- Someone said something mean
- \_\_\_\_\_
- \_\_\_\_\_

##### Where did it happen?

- At home
- At School
- At Work
- In the Community
- \_\_\_\_\_
- \_\_\_\_\_

##### Who did it?

- A friend
- Someone you work with
- Someone who support you
- Someone you do not know
- \_\_\_\_\_
- \_\_\_\_\_

##### What was your reaction?

- Fight back
- Walk away
- Yell at them
- Ask them to stop
- \_\_\_\_\_
- \_\_\_\_\_

##### How did it make you feel?

- Sad
- Angry
- Alone
- Scared
- \_\_\_\_\_
- \_\_\_\_\_

## **Talk to Individuals about Ways to Keep Safe**

Here is a list of do's and don'ts. Make a plan with those you support for what to do if they are bullied again!

### **Don'ts**

- Ignore the bullying
- Get into a fight with a bully (verbally or physically)
- Try to get "even" with the bully
- Believe you deserve to get picked on

### **Do's**

- Talk to someone you trust
- Speak confidently to the bully
- Write down or talk about how you feel
- Walk or run away if a bully tries to hurt you