

## What to Do If You Are Bullied

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If someone feels bullied, they may feel most comfortable sharing their experiences with their Direct Support Professional (DSP). This activity will help you determine what is happening and what you can do to help.

### Are You Being Bullied? Checklist

Read each of the following questions and check any boxes you think might apply to you.

- Do other individuals make mean comments about you?
- Have you ever been called hurtful names?
- Are you teased for how you look or act?
- Do you feel alone or isolated at home, work, or in the community?
- Has anyone ever spread mean or untrue rumors about you?
- Are you ever purposely excluded from a group?
- Have you ever felt that someone you thought of as a friend is trying to control you?
- Has someone ever touched you in a way that felt inappropriate, demeaning, or threatening?
- Has anyone ever mocked or mimicked the way you talk or act?
- Has anyone ever damaged your belongings?
- Do other individuals physically hurt you on purpose?
- Are you ever afraid to go to work, school, home, or into the community?
- Do you get anxious about how you are treated by individuals in these places?
- Have photos of you been posted online without your permission?
- Has anyone ever pretended to be you on a social media site?
- Have people ever posted mean things about you online, or commented in a mean way on things you post?

Source: Pacer Center's Teen Against Bullying

## What to Do

### 1. Remember that you can do something about bullying

- No one deserves to be bullied.
- It is NOT your fault. You have the right to ask for help to stop the behavior.
- You don't have to go through this experience alone.

### 2. Tell someone whom you trust

- You can tell a friend, family member, or support person.

### 3. Come up with a plan!

- If it happened at home, talk to your support person.
- If it happened at work, talk to your supervisor.
- If it happened at school, talk to a teacher or counselor.

## Activity

Here is an activity to complete to help identify situations of bullying and the steps to take to stop it.

**Scenario:** Jane started to attend a day program. At the day program, a member named Alice started telling others not to be Jane's friend, saying mean things about Jane that made her want to be alone.

Is this an example of someone being bullied? \_\_\_ Yes \_\_\_ No \_\_\_ Not Sure

If yes, why is this an example of bullying? What happened?

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Where did it happen?

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Who bullied who?

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How do you think this made them feel?

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Who should they tell?

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**Remember You Are Not Alone!**

## Additional Resources

- Stop Bullying: <https://www.stopbullying.gov/resources/get-help-now>
- Pacer Center's Teen Against Bullying: <https://www.pacerteensagainstbullying.org/>