

What Is Bullying?

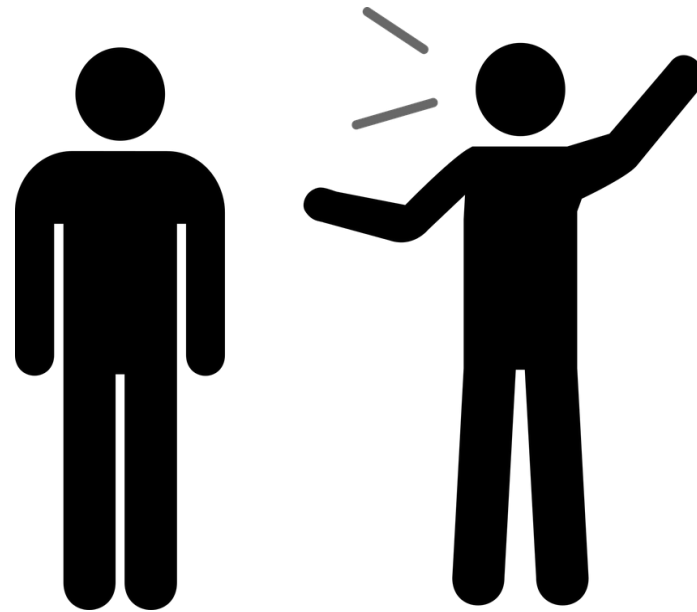
Bullying Basics

- Bullying is unwanted, aggressive behavior towards someone that often happens again and again
- Bullying is intentional
 - It's meant to threaten or intimidate someone
- Bullying can happen at work or at school
- Bullying is never OK



Bullying Might Include:

- Teasing or name calling
- Written or verbal abuse, including threats
- Physical abuse
- Scaring or yelling
- Pushing someone around

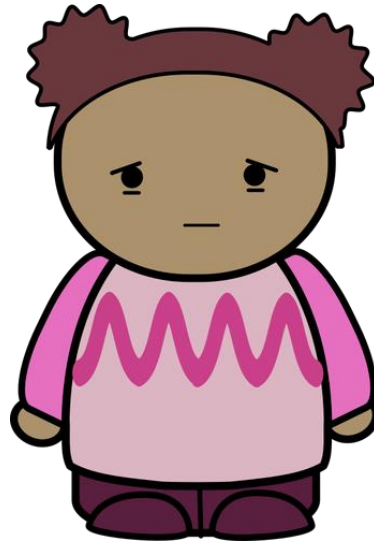


Individuals with Disabilities May Be More at Risk Than Others

- Everyone is at risk of bullying
- Many people have been bullied or witnessed someone being bullied
- People with disabilities are more likely to become victims than others, including those with:
 - Autism
 - Epilepsy
 - Intellectual disabilities
 - A stutter or difficulty speaking
 - Diabetes and are dependent on insulin
 - Medical conditions that can be seen by others (like cerebral palsy)

Bullying Can Make Someone Feel...

- Sad or depressed
- Afraid
- Angry
- Alone



Longer-Lasting Effects of Bullying

- Bullying can cause serious harm and should not be taken lightly
- Effects may include:
 - Depression or anxiety
 - Physical injury
 - Emotional distress
 - Poor performance at school or work
 - Death, in severe cases

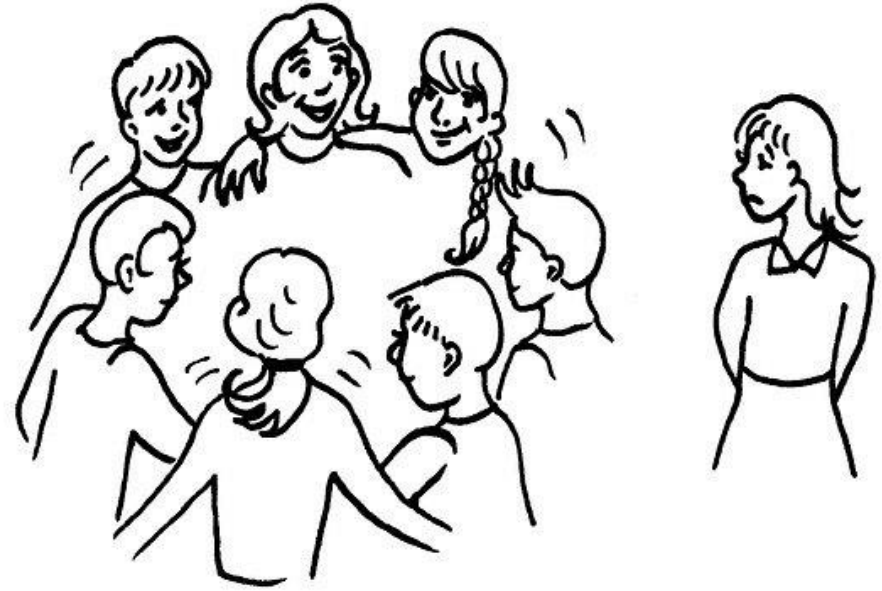


Some Signs of Bullying

- Unexplained injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Complaints of frequent headaches or stomachaches
- Changes in eating habits
- Difficulty sleeping or frequent nightmares
- Self-destructive behavior, like running away or harming themselves

More Signs of Bullying

- Loss of friends
- Feeling sick or pretending to be sick
- Losing interest in school or work
- Not wanting to go to school or work



If You See Signs of Bullying...

- Don't ignore the signs
 - Look for changes in the person's behavior
 - If you see unexplained changes, talk to the person about what is going on
 - Be supportive and reassure the person that it is not their fault
 - Ask about friends and whether they have been good friends or may have been bullies
 - Talk to the person about ways to be safe



Have You Ever Seen Someone Being Bullied?

- Try to think whether you've ever seen someone being bullied
 - At work, school, or even at home
- How did the bullied person act?
- How do you think the bullied person felt?
- Have you been bullied before?
 - How did it feel?
- Have you ever bullied someone?
 - How did it make you feel?
 - How do you think the person you bullied felt?

Nobody Deserves to Be Bullied!

- Learn more at [stopbullying.gov](https://www.stopbullying.gov/):
<https://www.stopbullying.gov/>
- Check out this special needs anti-bullying toolkit:
<http://bullyfreeworld-bully.nationbuilder.com/toolkit>
- Learn more about individuals with developmental disabilities in the workplace and the Americans with Disabilities Act:
<https://www.eeoc.gov/laws/guidance/persons-intellectual-disabilities-workplace-and-ada>