

## What Is Bullying?

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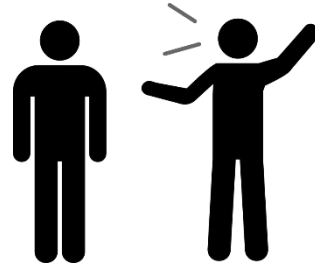
This tip sheet accompanies the presentation “What Is Bullying?”

### Bullying

Bullying is unwanted, aggressive behavior towards someone that often happens again and again. Bullying is intentional, 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



Everyone is at risk of bullying. Many people have been bullied or witnessed bullying. 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)

### Effects of Bullying

Bullying can make someone feel sad or depressed, afraid, angry, or alone.

In the long run, 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



### Signs of Bullying

Common signs of bullying include:

- Unexplained injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Complaints of frequent headaches or stomachaches

## Tip Sheet

- Changes in eating habits
- Difficulty sleeping or frequent nightmares
- Self-destructive behavior, like running away or harming themselves
- 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 Think Someone You Know Is Being Bullied, 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 find out whether they have been good friends or if they may have been bullies. (Sometimes someone may think they have a new friend even though the "friend" calls them names and makes fun of them.) Talk to the person you know about ways to be safe.

### Have You Ever Seen Someone Being Bullied?

Try to think whether you have ever seen someone being bullied. It may have happened at work, at school, or even at home. If you would like, you can brainstorm with the individual you support.

How did the bullied person act? How do you think the bullied person felt?

Have you ever 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>

