



BULLYING: Tips on What to Do About it

What is Bullying?

- Bullying is when someone hurts another person on purpose with their words and actions. This can also happen when someone is treated unfairly because of their disability.
- Bullying can happen anywhere – at schools, work, home, group homes, day programs, or community events.
- From name-calling to leaving someone out on purpose, bullying can happen in different ways. It can look like:
 - Using words or actions to hurt someone
 - Trying to control a person or make them feel bad
 - Making a person feel guilty for something they did not do
 - Making a person feel like they deserve bad treatment
 - Threatening a person if they try to get help
- Bullying is serious and can make a person feel alone, sad, or left out. When the behavior gets worse or continues, it can turn into abuse (being hurt) or neglect (not getting needed care), and should always be reported to keep people safe.
- Knowing the signs of bullying and how to get help can support people with disabilities to feel safe, included, and healthy in their community.



Types of Bullying

Verbal

- Verbal Bullying is when someone uses words to hurt or scare a person.
- Examples include:
 - Teasing or calling someone mean names
 - Saying sexual comments that make a person uncomfortable
 - Saying mean things about someone's body
 - Threatening to hurt someone

Social

- Social bullying is when someone tries to make others turn against them and hurt a person's friendships.
- Examples include:
 - Telling others not to be friends with a specific person
 - Spreading lies or rumors
 - Leaving someone out on purpose
 - Embarrassing a person in front of others

Physical

- Physical bullying is when someone hurts a person's body or damages their things.
- Examples include:
 - Hitting, kicking, pinching, tripping, or pushing
 - Taking or breaking someone's things
 - Using rude hand gestures



Tips for Dealing with Bullying

- Prevention: People with disabilities should have support to build trust with friends, family, support coordinators, or direct support professionals. If the person doesn't know a trusted person, they should ask family or a support coordinator/case manager for help.
- Trusting relationships can prevent bullying and give the person someone to talk to if bullying happens. It can be hard to talk about bullying because a person may feel embarrassed or scared to share what happened to them.
- People who bully others usually do not pick on someone who is with a group. Going places with a peer or supporter can increase community inclusion, too.
- When someone bullies others, they want to make someone feel bad and alone. Supporting a person to know they are not alone is important.
- People can role-play and brainstorm what to do if they get bullied. This can also build peer relationships to support one another.

Bullying and Abuse: What to Do

- Physical bullying is abuse and should always be reported right away. Verbal and Social bullying can also become abuse or neglect if it worsens or continues.
 - If you are unsure about whether to make a report or not, it's safer to make one
- A person with disabilities can make a report directly by themselves or ask a trusted person (staff member, family member, friend, therapist, or doctor) to help them create one.
 - Many of these helpers are mandated reporters, meaning they must report abuse by law
- Develop a plan to stop bullying, including what type of bullying and behaviors are going on, what steps to take, and who can help



For more information:
bit.ly/FromSilenceToSafety

Questions about this project?

Phone: 520.626.0442

Email: ucedd@arizona.edu

The PACER Center has resources at: <https://www.pacer.org/bullying/>

Reporting Abuse: What to Do

Anyone can make a report when suspecting abuse, neglect, or mistreatment. They can call the numbers below or click on the links. A person with disabilities can also ask someone they trust to help make a report, such as a staff member, family member, friend, therapist, or doctor. Many of the people listed are mandated reporters, which means they legally need to make an official report if a person with disabilities alleges potential abuse or neglect.

For individuals over eighteen,
submit a report to Adult
Protective Services.

Report via phone:
[1-877-SOS-ADULT](tel:1-877-SOS-ADULT)
[1-877-767-2385](tel:1-877-767-2385)

Monday - Friday 7:00am - 7:00pm
Saturday, Sunday, and holidays 10:00am-6:00pm

For individuals under
eighteen, submit reports to
the Arizona Department of
Child Safety

[Report via phone:](tel:1-888-SOS-CHILD)
[1-888-SOS-CHILD](tel:1-888-SOS-CHILD)
[1-888-767-2445](tel:1-888-767-2445)

*For life-threatening
emergencies, call 911
immediately*

An online reporting form is available 24 hours a day, seven days a week:

<https://tinyurl.com/3utb6sns>

Provider agencies that provide services and supports contracted through the Arizona Division of Developmental Disabilities (DDD) must follow the DDD reporting and incident management policies and procedures:

<https://tinyurl.com/bdf372ea>