Bullying

*Easy Read*
What is bullying?

Bullying is when a person (or a group of people) does or says something to you that:

• Hurts you
• Upsets you
• Makes you sad
• Makes you worried

Bullying happens more than once.

It can get worse over time.

Bullying is always wrong!

Being bullied is not your fault.
What is bullying?

Bullying can happen to anyone.

A bully is someone who does the bullying.

Anyone can be a bully.
What is bullying?

A friend can be a bully.

A stranger can be a bully.

Someone in your family can be a bully.
What is bullying?

A member of staff or support worker can be a bully.

A professional can be a bully.

A social worker is a professional.

A doctor or nurse is a professional.

A teacher is a professional.

Bullying can happen anywhere.
What is bullying?

Bullying can happen at home.

Bullying can happen at school.

Bullying can happen at work.
What is bullying?

Bullying can happen **face-to-face.**

- Hits you
- Pushes you
- Kicks you
- Spits at you
- Throws something at you

Bullying can be **physical.**

This is when someone:

- Hits you
- Pushes you
- Kicks you
- Spits at you
- Throws something at you

Bullying can be when someone **takes** something from you.
What is bullying?

Bullying can be when someone breaks or damages your things.

Bullying can be when someone ignores you.

Bullying can happen on your phone.

This is when someone:

- Sends you a nasty text, message or email
- Calls you and says bad things
- Sends you nasty/rude photos
What is bullying

**Bullying can be words.**

This is when someone:

- Is rude to you
- Swears at you
- Calls you names
- Makes fun of you

**Bullying with words can happen:**

- Face-to-face
- Online
- By phone and text
- On social media

**Bullying can be when someone makes you give them money.**

This can happen:

- Face-to-face
- Online
- By phone and text
- On social media
What is bullying?

**Bullying** can be when someone **makes you do something you do not want to do.**

This can happen:

- Face-to-face
- Online
- By phone and text
- On social media

**Bullying** can happen **online.**

It can happen on:

- Your tablet
- Your computer
- Your phone

**Bullying online**

This is when someone:

- Sends you a nasty message or email
- Sends you nasty/rude photos
- Makes fun of you
What is bullying?

**Bullying online**

This is when someone:

- Posts pictures of you without your permission
- Makes you do something you don’t want to do
- Makes you give them money

**Bullying can happen on social media**

This is when someone:

- Sends you a nasty message
- Posts bad things about you
- Posts pictures of you without your permission
- Makes you do something you don’t want to do
- Makes you give them money
- Sends you nasty/rude photos
- Makes fun of you
What to do?

**What to do if you are being bullied:**

Don’t keep it to yourself.

**What to do if you see someone else being bullied:**

Don’t keep it to yourself

Being bullied

**REMEMBER** - It is not your fault
What to do?

What to do if you are being bullied:
Tell people you trust

What to do if you see someone else being bullied:
Tell people you trust

They can help you sort it out

REMEMBER - Bullying is always wrong!
How we can help

The Down’s Syndrome Association has a helpline.

You can call us on 0333 1212 300.

We are happy to answer your questions.

The helpline is open Monday to Friday from 10am until 4pm.

You can also email us at info@downs-syndrome.org.uk

You can write to us too.

Our address is:

Langdon Down Centre
2a Langdon Park
Teddington
Middlesex
TW11 9PS

This leaflet is made by the
Down’s Syndrome Association
The Down’s Syndrome Association provides information and support on all aspects of living with Down’s syndrome. We also work to champion the rights of people with Down’s syndrome, by campaigning for change and challenging discrimination. A wide range of Down’s Syndrome Association publications can be downloaded free of charge from our website.

**Contact us**

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