



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

## Emotional Wellbeing Series



# Bullying

*Easy Read*

A Down's Syndrome Association publication

## 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**.

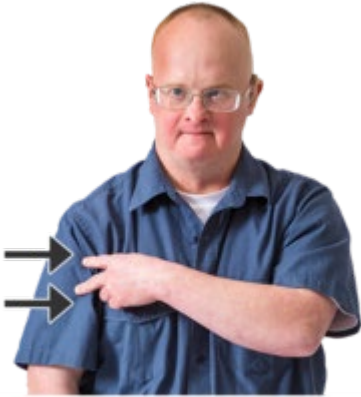


A **stranger** can be a **bully**.



Someone in your **family** can be a **bully**.

## What is bullying?



**Staff**

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

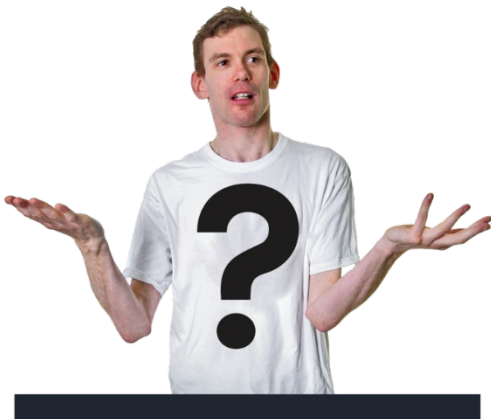


A **professional** can be a **bully**.

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**.



**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

### Down's Syndrome Association

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