

# What is Bullying?

- Bullying is when someone hurts you on purpose.
- Anyone can be bullied.
- People are often bullied because they are different from
- other people.
- It can happen more than one time.
- It can hurt your body, your feelings, or both.

**For this session, we are watching videos from England. Advocates there are working hard to stop bullying and hate crimes against people with disabilities.**



<https://www.youtube.com/watch?v=gdBqVh0k83Q&t=1s>

# Types of Bullying

- Words (Verbal) – name-calling, mean jokes, teasing
- Actions (Physical) – hitting, pushing, taking or breaking things
- Online (Cyberbullying) – mean messages, posting hurtful pictures
- ignore you and leave you out of things.
- make you do things you do not want to do

# How Bullying Makes Us Feel

\* Sad \*Scared \*Angry \*Alone

## Bullying is Not Okay

- No one deserves to be bullied.
- It is never your fault.
- Everyone has the right to be safe.

# What You Can Do

- It is important to get it stopped.
- Say 'Stop' if it's safe.
- Walk away from the bully.
- Tell someone you trust – friend, staff, family, or teacher.
- Tell the police if you feel unsafe. Tell the police if someone has hit you or is seriously hurting you.

# What You Can Do

- Sometimes it's hard to talk about our feelings or if something bad has happened to us.
- It's common for people to feel that it's their fault or feel ashamed, as well as scared, confused and alone.
- If you are being bullied, it is never your fault.
- There is always someone who can help stop it. Talking about it is the first step to stopping it.



<https://www.youtube.com/watch?v=27gejtqwb4&t=1s>

# Bullying vs. Harassment

**Both bullying and harassment mean someone is being hurt on purpose.**

- It can hurt your body or your feelings.
- The person doing it has more power.
- The person being hurt has a hard time making it stop.
- It happens more than once.

**The difference:**

- **Bullying** is when someone is mean on purpose, over and over.
- **Harassment** is bullying that happens **because of who you are**.

# Bullying vs. Harassment

## Examples of who you are (protected classes):

- Your race or skin color
- Your religion
- If you are male or female
- Your age
- If you have a disability
- Where you or your family come from (national origin)

👉 Example:

- If a boy calls Maria “slow” every day just to be mean, that’s **bullying**.
- If he does it because she has a disability, it’s also **harassment**.

## Bullying

## Harassment

Mean on purpose to hurt you

Bullying that breaks the law

Can be words, actions, or online messages

Targets you because of who you are (disability, race, religion, gender, etc.)

Happens more than once

Keeps bothering you after you told them to stop

Always wrong, but not always against the law

Tries to scare you or make you feel unsafe

# What if the bullying doesn't stop after I have asked for help?

- There are lots of laws that say bullying is wrong.
- If you are still being bullied after you have got help, the police might be able to help you.
- The police might ask you for evidence.
- Evidence means proof that something has happened.
- You can show the police evidence by keeping a diary of what is happening to you – you can write the diary or record it on a tape keeping any nasty letters, texts or emails to show them.

# Hate Crime

## Episode 3

### Emma



<https://www.youtube.com/watch?v=kypMzBypfII>

# Bullying

## Teasing on the Bus

Maria rides the bus to her day program.

A boy calls her “slow” and laughs at her every day.

It makes her feel sad.

This is bullying because it is mean on purpose  
and happens over and over.

# Bullying

## Pushing in the Lunch Line

Sam waits in line for lunch at work.

Another worker keeps cutting in front and shoving him.

Sam tells his supervisor.

It's wrong and should stop, but it's not yet harassment.

# Harassment

## Threatening Text Messages

Alex gets texts saying, “I’m going to hurt you after work.”

The messages come every week.

Alex tells staff and they call the police.

This is harassment because there is a threat to hurt him.

# Harassment

## Targeting Someone for Who They Are

Jamie uses a wheelchair.

A neighbor shouts, “You people shouldn’t be here!”

They block Jamie’s door with trash again and again.

This is harassment because it targets him for his disability.



# Hate Crime

## Episode 1

### James

<https://www.youtube.com/watch?v=T3kBpvZ2Djs&t=82s>

# Targeted The Truth about Disability Hate Crime 2021



<https://www.youtube.com/watch?v=fuDemwmLvD0&t=8s>