



**WHAT IS BULLYING
AND
WHAT TO DO**

**All
play
learn**

**DO
ABOUT IT**

Friendships can be fun!



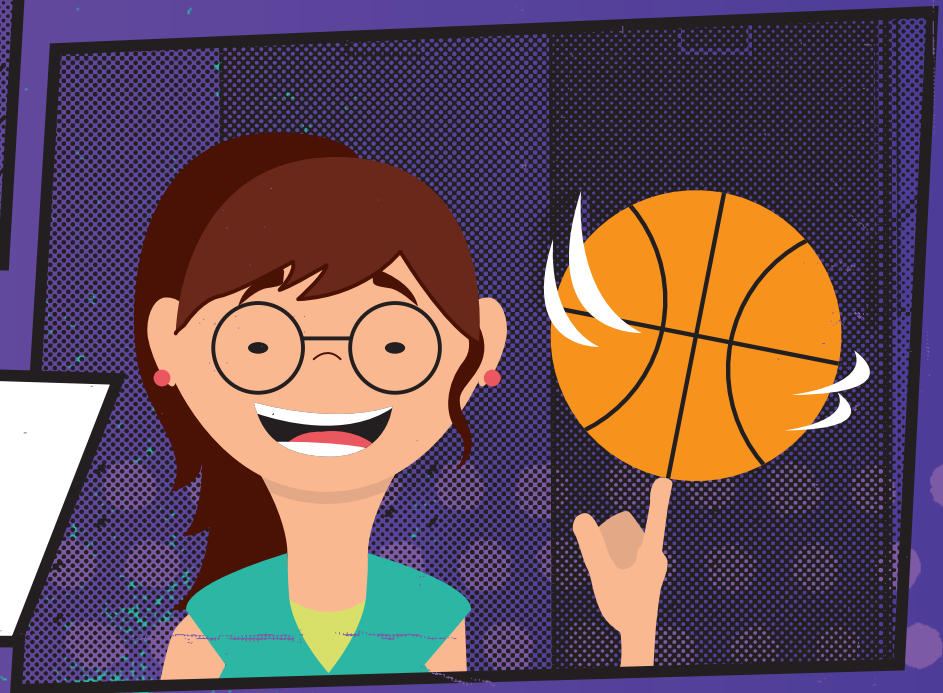
**But sometimes people
might not be nice.**



Sometimes friends fight and get angry.
They might say something unkind when
they are angry.



Sometimes friends say they're better than
you at something, and that can make you
feel sad or not very good about yourself.



Bullying is when someone often says or does mean things that hurt you

HAHA!!
HAHA!!

HAHA!!
HAHA!!

SHOVE!!
SHOVE!!



They might leave you out on purpose



Spread lies about you.

HAHA!!
HAHA!!
HAHA!! HAHA!!



Make up mean jokes about you, or your disability.

BULLYING CAN BE DONE IN PERSON TO YOUR FACE, BEHIND YOUR BACK, OR ONLINE.

WHAT ISN'T BULLYING?



We all sometimes fight or argue with our friends.
A one off disagreement is not usually bullying.

Bullying can make you feel sad.
You might not want to talk to
anyone, or you might find it hard
to eat or sleep.



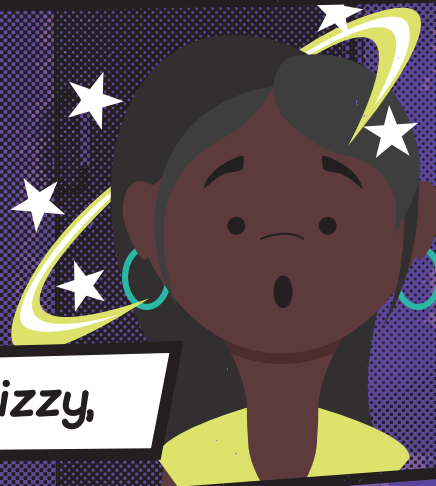
You might feel like crying.



Bullying can make you feel scared.

You might feel:

dizzy,



sweaty,



shaky,



or your heart
might beat fast



Bullying can make you feel lonely. You might feel like no-one likes you. You might feel like no one understands you.



**IT IS NORMAL TO FEEL SAD
OR LONELY OR SCARED WHEN
SOMEONE BULLIES YOU.**

If you feel sad, scared or lonely,
talk to someone you trust.

Talk to a parent, teacher, or a
big brother or sister.



You can call a
helpline for young
people. They are
good listeners.



You can do something you
enjoy every day.



At school, ask if there are any lunch clubs at school.
Ask a teacher or adult at school to help you make
some new friends.



Join a club after school to make some new friends.



REMEMBER:

Bullying is not ok. There are things you can do if you are bullied.
Let someone know and get help!
Everyone should be happy at school.



About this story:

Bullying can have significant effects on a teenager's wellbeing. This story is designed for teenagers with intellectual disability, and includes information catered to their learning approach to support them in defining what bullying is and isn't, with evidence-based strategies for how to manage bullying.

Common emotional reactions to bullying are acknowledged and normalized, and practical responses to stop bullying from continuing are identified. Further, a range of positive coping strategies such as activating social supports and engaging in self-care are described.

For more stories and information on making education accessible for everyone
please visit: allplaylearn.org.au



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