BULLYING & Developmental Disabilities

Together we are Stronger than BULLYING

The New Jersey Council on Developmental Disabilities

www.njcdd.org
Bullying can occur at any time, in any place, and at any age: whether at home, school, a place of worship, or in the workplace. All people deserve to live in a world free from harassment and abuse.

Types of Bullying

**Verbal Bullying**
- name calling, gossiping, threats, embarrassing jokes

**Emotional/Social Bullying**
- intimidation, group exclusion, public ridicule

**Physical Bullying**
- hitting, kicking, throwing objects, or damaging property

**Cyber Bullying**
- harassment through texts, emails, social media websites, or instant messaging
Targeting People with Developmental Disabilities

Some Examples

• Calling a person with a disability “retard” or “cripple”

• Making fun of a person with cerebral palsy because of the way they speak

• Deliberately misguiding or excluding a person with an intellectual disability

• Deliberately hindering a person in a wheelchair from moving easily

Traits of Bullying Targets

• May have few or no friends

• May not have the ability to assert themselves in a bullying situation

• May have lowered self-esteem/self-confidence
How to Stop Bullying

1. Instill confidence and pride in people
   People with self-confidence and self-esteem are less likely to become victims

2. Learn to recognize the signs of bullying
   These include changes in mood, eating habits, or sleep patterns; or unexplained physical injuries

3. Report and document the incident
   The Americans with Disabilities Act states that disability harassment is illegal. Reach out to support staff, employers, community and family members, or teachers if bullying occurs

4. Communicate with all parties involved
   Both the bully and the bullying victim should be educated on why NO ONE deserves to be bullied

5. Seek Support
   NO ONE should feel inferior or afraid. There is no shame in seeking help.