

BULLYING & Developmental Disabilities



Together
we are **Stronger** than
BULLYING

*The New Jersey Council
on Developmental Disabilities*



BULLYING & Developmental Disabilities

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 wheel chair 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.



**Make
it Happen**
ADVOCATE
COLLABORATE
PARTICIPATE