

#ASDNext Bullying

Bullying is purposeful, unwanted, aggressive behavior that is meant to inflict pain, discomfort or fear. It is often repeated over time and includes an unequal balance of power.

3 Types of Bullying



Verbal bullying: Saying or writing mean things. Includes teasing, insults, name-calling or threats.

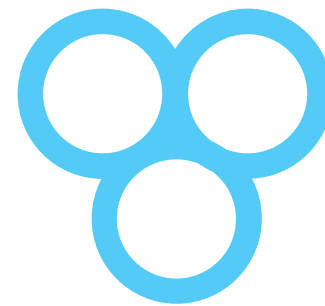
Social or relational bullying: Hurting someone's reputation or causing embarrassment. Includes, lying or spreading rumors in person or online.



Physical bullying: Hurting a person's body or possessions. Includes hitting, kicking, pushing, spitting, stealing or breaking someone's things.

Preventing Bullying

Avoid the bully if possible. Sit in a new spot, take a different path to class and try to be away from them as much as possible.



Don't get singled out- travel with a friend or in a group. If you know when the bully may approach, make sure you're not alone during that time.

Act confident, even if you're not. Doing things like: standing tall, making eye contact, and looking happy when you're with others can all help.



Dealing with Bullying

Stand up for yourself and be assertive

Talk using a calm but firm voice

Use "I" statements like "I think..." or "I feel..."

Try to walk away as though the bullying didn't bother you. Most bullies like making others feel bad, so if you can act like it didn't bother you, they may leave you alone

Report the bullying to a trusted adult.

This information sheet was developed by ASERT for #ASDNext.

For more information, please contact ASERT at 877-231-4244 or info@asdnext.org

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