Action Against Bullying

By Our Choice Action Against Bullying
RIGHTS

Everyone has the same rights.

If you are treated like you don’t have the same rights as everyone that is bullying.

Bullying is bad. Together we can stop it!

If someone commits a crime against you because you have a disability then this is a Hate Crime.
These are your rights

Be listened to
Get a job
Chance to go out to places
Have a family
Have a Boyfriend or Girlfriend
Have your own Money
Feel Safe – you shouldn’t be sworn at or hit.
A place to live.
See your friends when you want to.
There are different kinds of Bullying.

Bullying can make you feel:

Angry

Sad

Scared

Alone

Worried

Sick
WHO CAN BE A BULLY?

Men and Women

People in your family

People who you thought were friends

School children

Staff

People you don’t know

Your boss at work or other people you work with
Where can you be bullied?

- At home
- At the club or pub
- On the bus
- At college
- At the day centre
- At work
- On the street
Being hit or kicked or flicked

Being spat at

Being held down

Being burnt

Being hurt can be bullying.

Being given medicine without being asked

Having your hair or ears pulled

HAVE YOU BEEN HURT?
WHAT HAPPENED?
Because someone says they will do bad things if you tell

Because people don't listen

Because people talk about you and call you names

Because people don't help you get the things you need

Because someone follows you

Because people shout at you

Because people made scared or alone can be bullying

HAVE YOU BEEN MADE TO FEEL SCARED?

WHY?
Because of the way you talk

Because of the way you look

Because you need support

Being made to feel different can be bullying

Because of who you go out with

Because of your religion

HAVE YOU BEEN MADE TO FEEL DIFFERENT? WHY?
Kissing or touching when you do not want to.

Giving people your things or your money when you do not want to.

Being made to do things when you do not want to can be bullying.

Having sex when you do not want to.

Having your photo taken when you do not want to.

HAVE YOU BEEN MADE TO DO THINGS YOU DID NOT WANT TO? DO YOU WANT TO TELL YOUR STORY?
What to do?

• TELL SOMEONE YOU TRUST.

• YOU SHOULD TELL THE POLICE.
You can call 999 or go into the police station. You can get help to do this.

Write your local contact numbers here:

advocacy project
police station
care manager
Safeguarding Adults team
Respond

080 8808 0700
Thank You

• Our Choice Training Group.
• The Our Choice Training Steering Group.
• Sgt Gary Sexton and all at the Community Safety Unit.
• David Morris, Senior Policy Advisor to the Mayor of London (Disability and Deaf Equality)
• All the photographs show people acting. No one was hurt.

You can copy the booklet from our website at www.advocacyproject.org.uk but please do not change it or use the photographs from it.

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