



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



Have your own Money



Feel Safe – you shouldn't be sworn at or hit.



Get a job



Have a Boyfriend or Girlfriend



Chance to go out to places



A place to live.



Have a family



See your friends when you want to.



There are different kinds of Bullying.

Bullying can make you feel:



Angry

Alone



Sad

Worried



Scared

Sick



WHO CAN BE A BULLY?

ANYONE!



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?

ANYWHERE!



At home



At the day centre



At the club or pub



At work



On the bus



On the street



At college



Being hit or kicked or flicked



Being spat at



Being held down



Being burnt



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 someone follows you



Because people shout at you



Being made scared or alone can be bullying



Because people talk about you and call you names



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



Because people don't listen

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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