



ACT
Down Syndrome &
Intellectual Disability

What is bullying?

For people with intellectual disability

Easy Read Guide



This guide has been made by

ACT Down Syndrome and Intellectual Disability.



You can read this guide by yourself or you can
ask someone to help you.



This guide has been made with money from the

National Disability Insurance Agency.

We sometimes call them the **NDIA**.

What is Bullying?



Bullying is when someone is mean to you on purpose.



It can happen to anyone.



People might bully you because you are different.



Bullying is always wrong.

How Bullying Feels



Bullying can make you feel scared, upset, or alone.



You might feel confused or think it's your fault.



Remember, it is NEVER your fault.

What Does Bullying Look like?



Someone might call you names.



Someone might hit, kick, or touch you in a way you don't like.



Someone might steal or break your things.



Someone might send mean messages or leave you out.



Bullying can happen anywhere,
at school, online or in public.

What Can You Do?



Tell someone you trust, a family member,
friend, teacher or support worker.



You can also talk to the police if
someone is hurting you.



Write down what happened
and how it made you feel.



Keep any messages or letters to show someone you trust.

How to Ask for Help



It's okay to ask for help.

Everyone needs help sometimes.

You can say:

‘I need help’

‘Help me please’

‘I am confused’

‘I don’t understand’

‘Can you say that again’

‘I don’t know what to do next’



Asking for help is a strong and smart thing to do.

Organisations that can help you



Kids Helpline

1800 55 1800



headspace

1800 650 890



1800RESPECT

1800 737 732