

# Bullying:

## A Quick Guide for Students with Disabilities

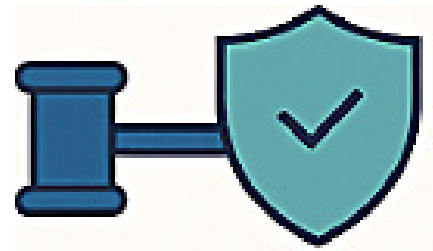
### Definition of Bullying

Bullying is when someone uses their power to hurt another person with mean words or actions over and over



### Know Your Rights

- Bullying is never okay
- You have the right to be safe and respected
- It is the adults' responsibility to make the bullying stop



**Report bullying to a trusted adult**

### Resources

- [Bullying and Conflict – What's the Difference? | PACERTalks About Bullying](#)
- [Using the IEP or 504 Plan to Help Address Bullying | PACERTalks About Bullying](#)
- [Advocacy and Self-Advocacy | PACERTalks About Bullying](#)
- [PACER Center's Teens Against Bullying](#)

### Forms of Bullying



**Anyone can bully  
Anyone can be bullied**