



Get **SET...**

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Educate

Train for Success!

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The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

[Visit our Website](#)

Director's Corner

Hi, hope all is well. Everyone deserves to feel safe, valued, loved, and supported.

Bullying prevention is a responsibility we all share. Whether we are a parent, educator, student, friend, or community member, each of us has the power to make a difference through our words, actions, and kindness.

We may not always understand one another's differences or experiences, but we can choose to listen, learn, show respect, and stand up for others. Small acts of kindness and compassion can have a lasting impact.

Together, let's break down barriers, celebrate our differences, and create a world where everyone feels safe, loved, respected, and supported.

Because everyone matters, everyone belongs, and together we can make a difference, one act of kindness at a time.

Bullying Prevention We All Play a Role ❤️



What you do **today**
impacts someone's
tomorrow.

Bullying is not only
devastating **while it's**
happening, it can hurt
for a **lifetime.**

 **PACER's**
National Bullying Prevention Center.
Create a World Without Bullying | pacer.org/bullying

Family Activities

Bully Free Zone Activity



[Download](#)

Kind Words, Helping Actions

Gather your family and explain: "Bullying is when someone repeatedly hurts or picks on another person who has a hard time making it stop."

1. Share a pretend situation: "Every day, some children call Alex mean names and tell Alex not to sit with them."
2. Talk together: Ask, "How might Alex feel?" and "What could you do if you saw this?" Let everyone suggest a helpful action without requiring anyone to share personal experiences.

3. Practice helping: Take turns pretending to help Alex. Try saying: “Come sit with me.” “That’s hurtful. Please stop”—if it feels safe. “Let’s find a trusted adult together.”
4. Choose a trusted adult: Have each child name someone they could tell at home and at school.

Finish with one kind comment to each family member. Remind children: “Bullying is never your fault. Asking for help is not tattling. If the first adult doesn’t help, keep telling until someone does.”

Your Voice Matters! Share with KY-SPIN!

We value your thoughts, experiences, and ideas! Your feedback helps KY-SPIN better understand the needs of youth, families, and professionals and improve the information, resources, and support we provide. Take a few moments to complete our brief [survey](#) and help us make a difference!

Survey



Upcoming Events!

Bridging the Gap in Special Education

October 29, 2026

9am – 4pm EST

[Register Now](#)
[Download Flyer](#)

Lunch & Learn: Supporting Students with Disabilities and Behavioral Needs

November 10, 2026

12-1pm ET

[Register Now](#)
[Download Flyer](#)

Transition Tuesday: Owning Your Story and Rights

November 24, 2026

9:30-10:15am ET

[Register Now](#)
[Download Flyer](#)

Kentucky Voters with Disabilities: Your Vote is Your Voice!

Kentucky Protection & Advocacy (KY P&A)

Let yours be heard! If you encounter a barrier or problem while casting your ballot on: General Election Day (November 3), Contact your county clerk or Protection & Advocacy’s voter hotline for assistance. Protection & Advocacy 1-800-372-2988 or (502) 564-2967 Hours: 6 a.m. to 6 p.m. (Eastern)

www.kypa.net

**YOUR
VOICE
IS
YOUR
VOTE**

If you are a person with a disability
and encounter problems
casting your vote on
General Election Day (November 3)

Call your county clerk
or

Protection & Advocacy's voter hotline
(1-800-372-2988 or 502-564-2967)

Hours: 6 a.m. - 6 p.m. (Eastern)

KY-SPIN's Let's Vote



Resources:

- [Voting Checklist](#)
- [Let's Vote Brochure](#)
- [Voting Plan](#)

Resource Central



[KY-SPIN Learning Center](#),
offering free online, self-paced
learning courses designed to
help families, youth and
professionals!

Bullying, Mental Health and People with Disabilities

Bullying, Mental Health and People with Disabilities

Bullying can deeply impact anyone - especially people with disabilities.

Bullying can happen in person or online. It can be physical, verbal, social or even exclusion. When someone is bullied because of their disability it can lead to:



How to Handle Bullying

- Remind Yourself - You are not alone**
Bullying is never your fault, it is ok to ask for help.
 - Tell someone you trust**
Talk to a parent, teacher, counselor or other trusted adult. You deserve the support.
 - Document what is happening**
Keep track of what was said or done, who was involved and when it happened. This will help others support you.
 - Use Your Voice**
You have the right to be respected. Speak up if you need to share something.
- REMEMBER** You are valuable. You deserve respect. There is always help. Things will get better.

Bullying Awareness

Bullying is when someone on purpose hurts, scares or treats you unfairly - more than once. It can be:

- Physical** (hitting, pushing, taking things)
- Verbal** (name calling, teasing, threats)
- Social** (ignoring, leaving out, spreading rumors)
- Online** (mean texts, posts or messages)

Is it bullying?

Read each situation and answer yes/no

	YES	NO
Someone makes fun of the way you talk	☐	☐
A friend accidentally bumps into you and apologizes.	☐	☐
Someone won't let you play games, even when you ask.	☐	☐
A person calls you hurtful names during lunch every day.	☐	☐

How does bullying affect you?

Check all that apply

- ☐ I feel sad or down
- ☐ I feel worried or nervous
- ☐ I don't want to go to school or activities
- ☐ I have trouble sleeping or concentrating

What can you do?

List 3 people you can talk to if you need help

Positive Coping Strategies

List 3 things you can do to take care of yourself.

[Download](#)

PACER's Student Action Plan Against Bullying The Peer Advocacy Guide

Check out more resources on KY-SPIN webpage [here](#)

Early Childhood

Let's Find What We Have in Common!

Let's discover what we may have in common with someone who has a disability!

Most important of all is we all want to be...

Loved and Included

1-800-525-7746 www.kyspin.com

Let's Find What We Have in Common!
This fun activity helps us learn that we have things in common with everyone!

- Think About What You Like** - What's your favorite food? What games do you like to play?
- Meet a New Friend** - At the park or school, approach someone new with a smile and say, "Hi! I'm _____. What's your name?"
- Find Something the Same, Talk about what you both like** - Do you both love pizza? Do you both enjoy music?
- Talk About It** - Share with others what you learned and how you are alike in different ways.
- Draw or Write** - Show what you learned by making a picture or writing a few words below.

Everyone is special, and we can all be good friends!

1-800-525-7746 www.kyspin.com

If you need someone to talk to....

- [988 Suicide & Crisis Lifeline](#): Call or Text 988
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

Youth Connect

Bullying Quick Guide

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

VERBAL 	SOCIAL 
PHYSICAL 	CYBER 

**Anyone can bully
Anyone can be bullied**

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Learn more about us
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[KY-SPIN Infosheet](#)

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REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
[Contact Form](#) (www.kyspin.com/contact/)
Download Printable [KY-SPIN Referral Form Here](#)
(<https://tinyurl.com/4t2evb59>)

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