



Lumine Your Way, LLC Outline for Bullying

Forms of bullying/abuse:

- Understand there are different kinds of bullying: verbal, physical, relational/exclusionary and Cyber
- Name calling – emotional abuse
- Physical altercations
- Taunting regarding disability
- Mimicking disability in a derogatory way
- Not being picked for activities or at lunchtime
- Picked on because lack of social skills
- Stolen things
- Cyber and sexting bullying

Social media and cell phone safety tips:

- Teach how to block numbers and friends on social media sites
- Monitor sites
- Create a safe place to ask questions; many disabled students take things so literally and do not understand subtle tones or sarcasm
- Directly type in the site name instead of clicking on it through another site/email
- Strong password; try to use a complete sentence as a password (Hackers use the forgot password and search for the answers to the questions on your page)
- Two factor authentication or login verification
- Never give out: place of birth, date of birth, phone, address, banking info, passwords
- Do not post resume/work/school history
- Do not share your locations
- Parental controls
- Adjust private settings
- Understand between private/public/friends
- Do not friend someone you do not know
- Be selective with friends
- Verify your friends
- Do not over friend
- Understand deleting still leaves a footprint, once its on the web, its there forever
- Know how to block; understand that the blocked person can see the block
- Understanding joining/creating groups: public/private

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**Nonviolent forms of bullying/abuse:**

- Shaming your child regarding their disability
- Dismissing your child's pain due to their disability/stress
- With holding medications or giving wrong doses or selling the medication for the abuser's profit
- Destroying assistive technology or service animals that your child needs for their independence
- Knowing your child is not able to verbalize "no" when it comes to bullying

Is your child the bully:

- A disabled child may become a bully as a protective method due to his/her pain, from being bullied at one point, anger, frustration...
- Seek professional help in this case

Tips for bullying:

- Although you cannot prevent violent abuse/assaults, you can educate your child and build up their self-esteem, self-confidence, and self-determination skills to cope with this type of situation.
- Know who to report the bullying to at his/her school
- Acknowledge and validate the bullying
- Research effective self-defense programs with your child to bolster their self-confidence
- If bullying is an issue, make sure it is in your child's IEP especially if the bullying is in regard to a health issue where a health plan needs to be in place
- Educate your child about clothing trends, hair trends, body language (keep head up so he/she can fit in with peers)
- swap sensory mannerisms for another method of self-soothing so he/she fits in with peers
- Create a safe place for your child to express their feelings,
- create a safe word your child can text you or tell another adult that there is a problem
- Try to draw out your child's feelings and where they feel it in their body
- If you need to, set up a corner of some room with two big pillows and have that be your family's emotional corner – it is safe to go there to express feelings
- If your child cannot articulate the bullying/abuse, then try having your child draw what happened – pay attention to the colors used
- Introduce your child to journaling
- Possibly have your child give a presentation about your child's disability

Statistics on bullying, violent abuse and assault:

According to the CDC:

- 39% of women with a disability will endure sexual violence
- 24% of men with a disability will endure sexual violence

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Teresa@lumineyourway.com ▪ www.Lumineyourway.com



- Both Women and men with a visual impairment are unlikely to report abuse due to isolation, transportation, self-blame, fear and confusion, bullied into not telling, limited advocacy, fear of telling on a family/friend, and persons with a disability are not seen as credible when reporting abuse
- approximately 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18
- 10% were assaulted by strangers
- 23% were assaulted by other children

The following websites provide more resources:

- <https://www.thehotline.org/resources/abuse-in-disability-communities/>
- <https://www.perkinselearning.org/videos/webcast/addressing-issues-sexuality-students-who-are-visually-impaired>
- <https://www.stopbullying.gov/resources/get-help-now>
- <https://www.stopbullying.gov/bullying/special-needs>
- <https://www.rainn.org/articles/sexual-abuse-people-disabilities>
- <https://visionaware.org/emotional-support/dealing-with-crime-or-domestic-violence-as-a-person-with-a-disability/crime-against-persons-with-disabilities/>

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