

Bullying and Mate Crime

Bullying

Bullying is the use of force, coercion abuse or intimidation. It can take various forms, such as verbal abuse, psychological abuse and physical abuse.



It can occur in any setting including home, college, university, the workplace or out in your neighbourhood.

A friend should never bully you. If they do, they are not a true friend and you should immediately cease contact with them and tell someone you trust what has happened. If a bully has stolen from you or has hurt you physically, tell the police as the bully has committed a crime.

Don't ever be tempted to retaliate against a bully as this could get you into trouble.

How do I know if I'm being bullied?

Examples of bullying include

- People calling you names
- Making things up to get you into trouble
- Humiliating you
- Hitting, pinching, biting, pushing and shoving
- Taking things away from you
- Damaging your belongings
- Stealing your money
- Taking your friends away from you

- Posting insulting messages on the internet or by IM (cyberbullying)
- Spreading rumours
- Threats and intimidation
- Making silent or abusive phone calls
- Sending you offensive phone texts
- Bullies can also frighten you so that you don't want to go out, or so that you pretend to be ill to avoid them

They may make remarks about:

- Your weight
- Your looks
- The colour of your hair
- Your family
- Your schoolwork
- If you are popular
- If you work hard
- If you have a disability
- If you are a different religion, colour or culture
- If you wear spectacles or a hearing aid
- If you have dyslexia or dyspraxia
- Your Asperger Syndrome or High Functioning Autism
- If you've been ill

If you are being bullied, it is important to tell someone you can trust such as a parent, close friend, advocate or Support Worker. If you have been bullied in the past, and are still upset by it, counselling could help.

If a friend touches you in a way that makes you feel uncomfortable or tries to pressure you into having sex with them, you should get away

from them as soon as you can and tell someone you trust what has happened.

Mate Crime

Mate Crime is a term used by some disability organizations to describe situations where disabled people are befriended by people who exploit and take advantage of them. Mate Crimes often happen in private settings where they are not witnessed by others.



Mate Crime is a form of Disability Hate Crime and should be reported to the police.

These are some examples of what a perpetrator of Mate Crime might do:

- Borrow your mobile and using up all the credit.
- Follow you to the local shops and steal your shopping or get you to buy things for them without paying you back.
- Coming round every time it's your benefit payment day so they can go to the pub and spend your money.
- Taking money from you without asking.
- Your friend comes round every Thursday and you go out in his car for the afternoon. He charges you £20 for petrol each time. .

- People sending abusive text messages to your mobile phone.
- Coming round to your flat and always expecting you to provide the food and drink in for them.
- Pressuring you into sexual activities

It is important to remember that most people are good and kind and that it is possible for everyone to have mutually supportive and healthy friendships. While you need to know what to look out for in unhealthy friendships, and how to protect yourself from bullying or Mate Crime, don't let this deter you from trying to seek out positive relationships.