

# TK-5 Student Tips



Speak Up. Stay Safe. Be Proud of Who You Are.

## What does it mean to be neurodivergent?



“**Neurodivergent**” is a big word that means that a person’s brain works in its own special way. A student who is neurodivergent might learn, talk, or play a little differently - and that’s okay. Some kids may have an Individualized Education Plan called an “IEP” or 504 plan, and some don’t. Either way, everyone has strengths and the right to feel safe at school.

Helping kids who are neurodivergent means helping them be themselves, not making everyone act the same way.

## What is bullying, and what are the signs?



**Bullying** is when someone keeps hurting another person to feel powerful. 4 out of 10 kids in grades TK-5 say they have been bullied. Bullying can be *hitting, name-calling or teasing, or breaking things*, but can also be *spreading rumors or leaving someone out on purpose*.

### Signs a student may be bullied:

- **In class:** grades go down, or they don’t want to go to school.
- **With friends:** they hide who they really are to fit in, pull away from friends, or get angry a lot.
- **On their body:** injuries or missing/damaged belongings.

## Why is bullying of students who are neurodivergent different?



Neurodivergent kids can be bullied every day. That can hurt their learning, friendships, and feelings of safety. Kids with disabilities are **3 to 4** times more likely to be bullied.

When people don’t understand differences, kids may be teased or left out just for being different — even if no one meant to be mean.

Bullying someone because of a disability is against the law in a bigger way. Schools must help if bullying makes a student feel unsafe or stops them from learning.

## What should I do if I’m being bullied for thinking or learning in different ways?



- **Try not to show** that it bothers you
- **Don’t argue;** it can make things worse
- **Stay away** from the person bullying you
- **Tell a trusted adult** (parent, teacher, counselor, principal)
- **Ask friends for help** and stay close to them
- **If it happens online**, write it down and take a picture of the screen
- **Block anyone** who is mean to you online, and tell a parent right away

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### What should I do if I see someone being bullied for being neurodivergent?



- **Listen**, but don't gossip
- **Stay by their side and show you care**, maybe ask them to hang out
- **Help them get away**: say "Let's go" and walk with them
- **Check** on them later
- **Tell** a trusted adult

### How can I protect myself from bullying and cyberbullying?



- **Don't share** personal information online, like your address or phone number
- Use **privacy settings** on apps and games
- Stay close to **friends** and **trusted adults** so you don't feel alone
- If you feel scared or unsafe, go to a **safe place** at school, like the office or a counselor's room

### Will I get in trouble for speaking up?



**No.** Speaking up about bullying is the right thing to do.

- You should not get in trouble for telling an adult
- Adults are there to keep you safe
- Schools have rules to protect kids who report bullying
- In California, school staff are required to take reports seriously and respond.

When students speak up, are kind, and help each other, they make their school safer for everyone.

### Where can I learn more about neurodiversity and how to prevent bullying?



- **Your school or school website**: Under Senate Bill 939 (2023-2024), district or county offices of education must share information about bullying and neurodiversity and help students who are bullied.
- **Scan QR code for more resources**:

