

IT'S YOUR MOVE!



What to do when teens with neurodivergence get bullied

90%

of students in California with disabilities report being bullied, and students with neurodivergence face a similarly high risk.

Most stay silent

More than 50% don't know how to report it, and up to 75% don't tell school staff, because they're afraid of getting in trouble.

We can change this

Stopping bullying usually takes more than reporting it once. Reaching out for support is always an important step, especially if someone is in danger.

What Helps Us Grow?

The first step is knowing what puts a teen at risk and what protects them.

RISK FACTORS		PROTECTIVE FACTORS	
Social isolation Being seen as different	Individual	Strong sense of self Good social skills	
Aggressive friends Family conflict	Peers and Family	Close friends Supportive parenting	
Unfair school rules Feeling unsafe	School and Community	Caring staff Safe and inclusive environment	

*Risk factors don't mean a teen will be bullied.
We all have a role to play.*

IF IT'S HAPPENING TO YOU

Act Unbothered

If you're experiencing teasing or rumors, the best reaction is no reaction. A quick "Whatever" or "Okay, and?" and walking away takes the power out of their words.

Create Space to Stay Safe

At school, keep your distance. Online, lock it down! Adjust privacy settings so only friends can comment, or take a break from the apps.

Don't Feed the Trolls

If you're experiencing bullying online, don't defend yourself in the comments. It usually backfires. Not reacting is the ultimate power move online.

IF YOU SEE IT HAPPENING

Be a +1

People who bully are less likely to target someone with friends. The simple act of inviting friends to sit with you or hang out is a game-changer.

Say Something

A simple "Hey, that's not cool" from a peer is often more powerful than an adult stepping in. Bullies don't want to take on a group.

Be a Trusted Friend

If a friend tells you they're being bullied, listen. Say "That sounds really hard, I'm sorry that's happening." Don't make it worse by spreading gossip to your peers.

**SPEAK UP, SUPPORT YOUR PEERS, AND
HELP CREATE A PLACE WHERE EVERYONE BELONGS!**