

## If you or someone you know is being bullied...

- ✓ You can get help to make it better.
- ✓ Remember that it is not your fault if you are being bullied.

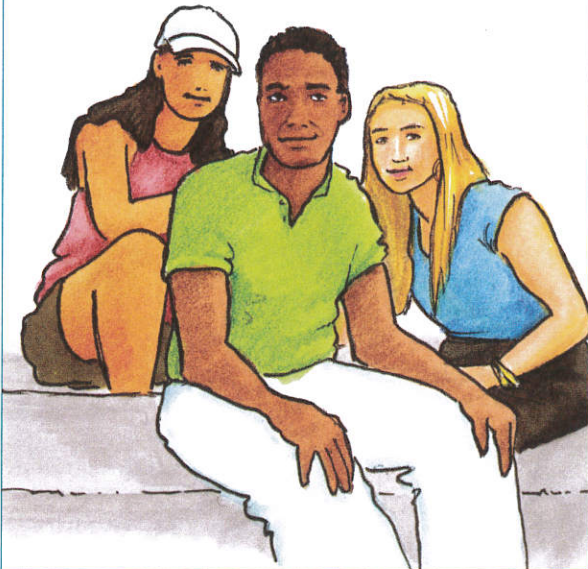
## Here are some ways you can get help.

- ✓ Tell a supportive adult like a parent, teacher, counselor or friend. If the first person you talk to can't or won't help, keep looking until you find someone who can.
- ✓ If you are in crisis or thinking about suicide, contact the Trevor Lifeline at:

1-866-488-7386

or

[thetrevorproject.org](http://thetrevorproject.org)



Taking action against anti-gay bullying and violence helps make our community safer for everyone. For more information and to find resources that can help, visit:  
[makeitbetterproject.org](http://makeitbetterproject.org)  
[pflag.org](http://pflag.org)  
[glsen.org](http://glsen.org)

This pamphlet is not a substitute for professional or medical care. If you have questions or concerns, please talk with a health care provider.

Written by Mardi Richmond.  
Designed by Eva Bernstein. Illustrated by Meg Biddle.  
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MAKE IT BETTER

# Respecting Others Stopping Anti-Gay Bullying and Violence



RESPECTING DIFFERENCES

## RESPECTING OTHERS: STOPPING ANTI-GAY BULLYING AND VIOLENCE

Bullying, taunting, teasing and physical violence against lesbian, gay, bisexual and transgender (LGBT) people is common. And it is serious.

### Did you know...

- ✓ 80 percent of LGBT young people have been verbally harassed or threatened.
- ✓ About 25 percent have been physically attacked.
- ✓ More than 50 percent were bullied via text messages, email, instant messages or on Internet sites.
- ✓ Being the victim of bullying or violence can lead to other problems, such as having trouble in school, alcohol or other drug abuse, depression and suicide.

Each of us can do something to stop anti-gay bullying and violence.

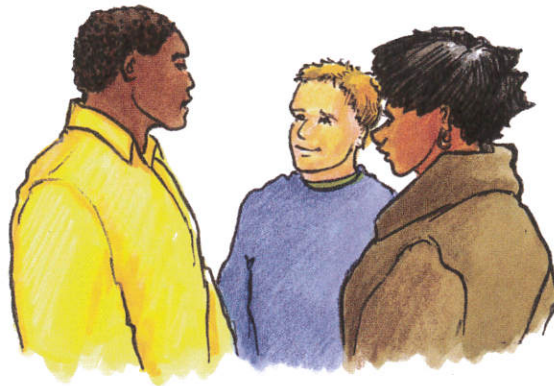


### Respect is the first step.

- ✓ Everyone, including people who are LGBT, deserves to be treated with respect.
- ✓ Treating people with respect is the first step in stopping bullying and violence.

### Recognize all types of bullying.

- ✓ Some types of anti-gay bullying include:
  - Name-calling, jokes or threats.
  - Outing someone.
  - Sending hurtful emails, texts, photos, videos or posting hurtful things online.
- ✓ Other kinds of anti-gay violence include getting beaten up, raped and even killed.



### Speak up.

- ✓ Speak up if people tease, make jokes or say things like "That's so gay."
- ✓ Say, "I don't like jokes that make fun of other people." Or, "Stop. What you are doing is bullying."
- ✓ If you are worried about being called gay for speaking up, you can say, "You don't have to be gay to think bullying is wrong."

### Stop Internet and phone bullying.

- ✓ Do not respond to or forward hurtful emails, texts, photos or videos.
- ✓ Report bullying to the service provider and to an adult.
- ✓ Think before you send. Do not send anything that could be hurtful to someone else or used against you.



### Report threats right away – you could save a life.

- ✓ At school, tell a teacher, professor, counselor or administrator. At work, report it to your supervisor.
- ✓ If you see a threat on the street or in your neighborhood, call 911.

### Be a friend.

- ✓ If you know people who are being bullied, offering friendship can make a difference.
- ✓ Let them know that it will get better and that they can get the support they need.
- ✓ Take action at school or work. Join a gay-straight alliance to help make a safer place for everyone.

