

STOP
UNWANTED ABLEIST BEHAVIOUR

Anti-Bullying Download

Contents

Behaviour

Reaction

Repeated Pattern

Steps forward

Behaviour

Please scroll down the pages to discover

Plus Value Awareness

A Zero Toxic special themed project developed by Keith McKenzie with Plus Value Awareness.



Behaviour

Everyone needs to pay greater attention to behaviours and reactions related to bullying towards autistic and neurodivergent people.

- Exaggerated mocking
- Ridiculing and trivialising
- Distracted heckling
- Mistaken identity threats and humiliation
- Shaming heckling
- Bad wording through false perception
- False accusations shaming
- False framing behind the victims back
- Physical abuse and assault
- Ableist controlling & interfering
- Pressurising interference
- Disruptive gaslighting & framing

On the Next Page
Reaction



Reaction

What doesn't help is the cycle of helpful reactions when bullying & ableism are being reported or highlighted

Witnesses look away & do nothing

Heckling and threats against the victim

Making false accusations behind the victim back

Finger pointing their difficulties as weakness

Blaming the victim

Playing innocent denial

On the Next Page
Repeated Pattern



Repeated Pattern

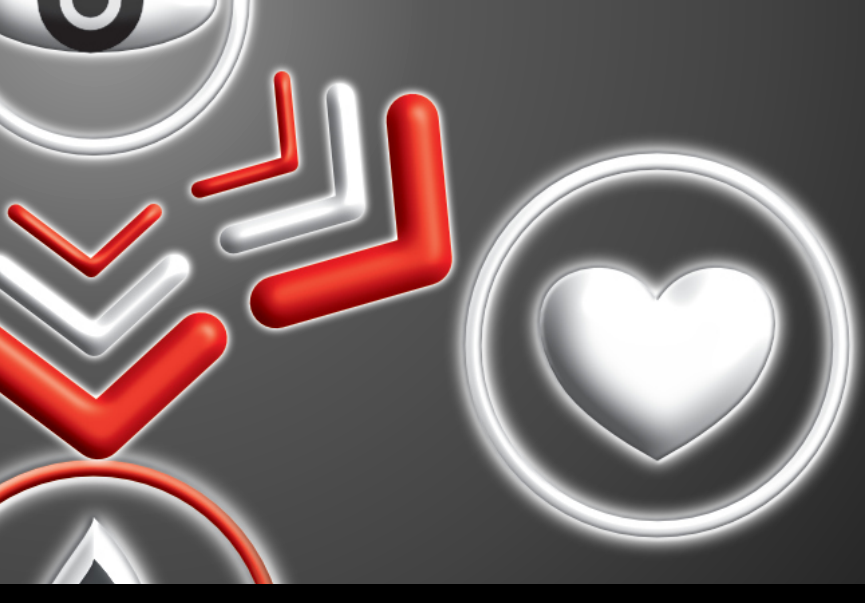
When bullying and reactions are unnoticed, this can lead to a repeated cycle.



We must break the cycle it is everyone's responsibility to change this.

A person's difficulty should never be made to feel a shameful, undervalued or made to feel a burden to others.

On the Next Page
Steps forward



Steps forward

A person's difficulty should never be made to feel a shameful, undervalued or at seen as a downgrade to others.

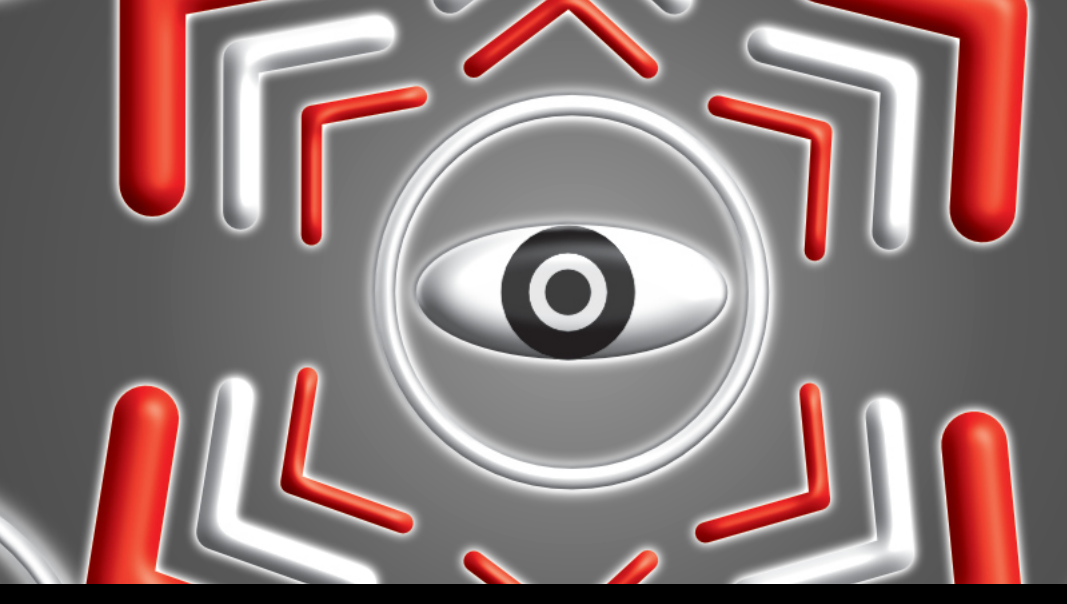
Change your perception

1. Stop misinterpreting a neurodivergent
2. Change your behaviour
3. Speak up against mistreatment
4. Report the mistreatment without false accusation
5. Provide support when needed
6. Listen, be supportive and not demigrate
7. Discourage & intervene within intermediate, working and family environment

Next Step

1. Digest & share this document to your family & community
2. Select the link below, digest & share the anti bullying content
3. Speak to your family, friends & community Find ways and how we can break the of unwanted ableism and the cycle of unhelpful reactions
4. Spread the word to more people

On the Next Page
Conclusion & Useful Links



Conclusion & Useful Links

Either you are part of the problem or part of the solution

It is everyone's responsibility to combat bullying & ableism, time to start now

Useful Links

Zero Toxic
Plus Value Awareness information project against ableism, discrimination and hatred
https://plusvalue.dudaone.com/zerotoxic

Think Twice
A bite size project against bullying behaviour towards a neurodivergent person
https://plusvalue.dudaone.com/think-twice

Plus Value Awareness website
Explore a variety of projects and information related to hidden related difficulties of Neurodiversity
https://plusvalue.dudaone.com/

Plus Value Awareness

Written & developed by
Keith McKenzie for
Plus Value Awareness
and Supporting
Anti-Bullying Week and
Give Us A Break Campaign

© Copyright Keith Mckenzie

Please note:
The information on this document is for guidance only. Please use the information at your own discretion
Keith Mckenzie cannot be held responsible if any errors or when issues occurs