

Autism Bullying Signs and How to Help Your Child



Being a child with an autism diagnosis comes with many struggles on its own, but autism bullying shouldn't be one of them. So what can you do if your child has experienced bullying to support and help them?

How Does Autism Bullying Affect Children?



Children on the autism spectrum are particularly at risk for bullying, especially in school



Bullying can affect self-esteem, mental health, and educational progress

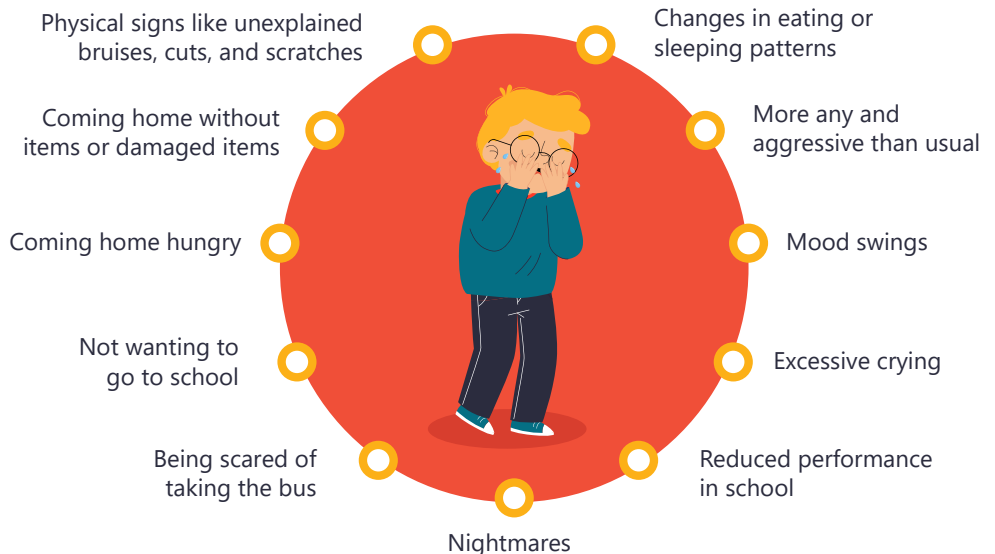


Autism struggles can be exacerbated when a child is faced with a bully



Bullying can come in many forms like mean comments, name-calling, being left out of activities, hitting and pushing, or having items taken

Signs Your Autistic Child Might Be Bullied



How to Help Your Child Cope with Autism and Bullying



First, you should talk with your child and help communicate what they are dealing with, as many autistic children may not realize they are being bullied



Educate your child on the difference between appropriate and inappropriate treatment from their peers



Encourage your child to share with you and be supportive of their feelings and experiences



Develop a plan with your child to map out what steps they can take to prevent bullying



Set up a meeting with your child's school to address your concerns and include your child's teacher, school administration, a school welfare coordinator, and any specialist staff if possible



Talk to your child's school about autism awareness and tolerance to understand what tools and precautions they have in place to protect your child



If necessary, educate individuals on your child's autism struggles, and the effect bullying has on those with disabilities



Most states have laws about bullying children with special needs, so it is helpful to understand your child's rights in any situation



Speak up and advocate for your child when necessary to help keep them safe and prevent future instances of autism bullying

Autism bullying is something that can be easily prevented with the proper steps in place. With education and support, you can protect your child from bullies and let them get back to being a kid.

Sources:

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<https://www.autismspeaks.org/blog/7-steps-take-stand-against-bullying>

<https://www.stopbullying.gov/resources/laws>

<https://www.autism-society.org/living-with-autism/how-the-autism-society-can-help/safe-and-sound/bullying-prevention/>