

Where to find help

At school

- Teachers
- School counselors
- Principal
- Friends

At home

- Parents or family members
- Neighbors
- Friends
- Counselors

In sports

- Coach
- Friends or teammates
- Parents

At work

- Supervisor or employer
- Colleagues
- Employee Assistance Program

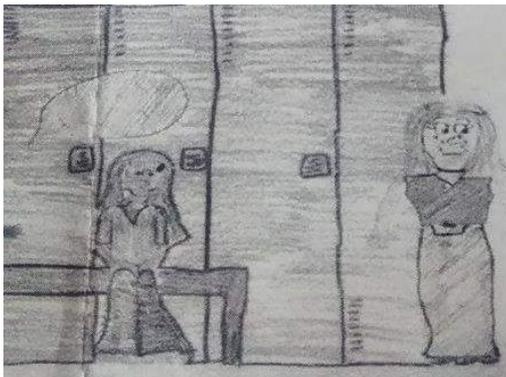
Acknowledgements

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The Community Legal Information Association



Think before you speak

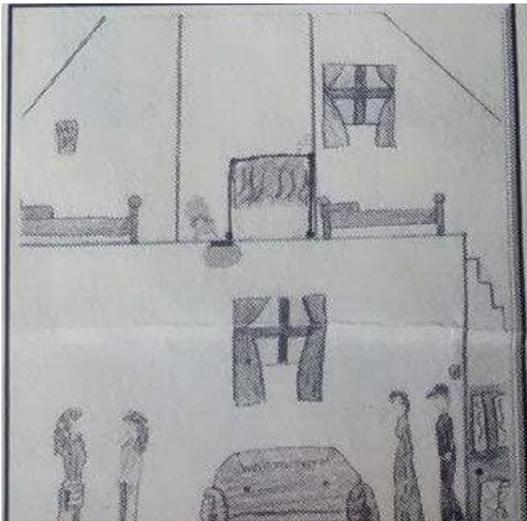


**Words Can Change People's
Lives**

They Last a Lifetime

What is Verbal Abuse?

- Using words to insult, tease, name-call, imitate, make fun of, or put down others.
- Is one type of bullying.
- Can take place anywhere – at home, at school, at work, in sports, on the playground.
- Can take many forms – racism, harassment, labeling, humiliating, mimicking a person’s disabilities are just a few examples.
- Leaves no scars or bruises so sometimes people don’t realize how much it hurts or how much damage it does.



What Does Verbal Abuse Do To People?

- Affects the dignity and self-esteem of both the victim and the abuser.
- Can cause lifelong problems.
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- Can lead to other forms of abuse.

Bullies (or abusers) may need help for the problems that are causing them to abuse others.

Victims are often afraid to tell anyone about the abuse. They fear things may get worse or no one will be able to stop it or someone will “get them” for telling.



What can you do about Verbal Abuse?

- If you see someone being verbally abused, you can ...tell the abuser to stop, support the victim, and tell someone about the abuse.
- If you are a victim of verbal abuse, you can ...tell the bully to stop and tell someone about the abuse.
- **If you are an abuser,** ...**Think** before you **Speak**. Verbal abuse hurts you as well as the victim. You can ask someone for help.

